

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 1

Date ____/____/____

A) 15-Yard Sprint (2-Point Start) w/ 5-Yard Decel

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3x/side						
Week 2	3x/side						
Week 3	3x/side						
Week 4	3x/side						

B1) Box Jump

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6						
Week 2	3 x 6						
Week 3	3 x 6						
Week 4	3 x 6						

B2) Glute Bridge w/ Belly Breathing

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10 breaths						
Week 2	3 x 10 breaths						
Week 3	3 x 10 breaths						
Week 4	3 x 10 breaths						

C1) Goblet Squat

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

C2) Incline Push-Up

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

C3) Side Plank w/ Belly Breathing

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 breaths/side						
Week 2	3 x 6 breaths/side						
Week 3	3 x 6 breaths/side						
Week 4	3 x 6 breaths/side						

D1) DB Stiff-Legged Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 12						
Week 3	3 x 8						
Week 4	3 x 10						

D2) Low Pulley Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 12						
Week 3	3 x 8						
Week 4	3 x 10						

D3) Front Plank w/ Belly Breathing

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10 breaths						
Week 2	3 x 10 breaths						
Week 3	3 x 10 breaths						
Week 4	3 x 10 breaths						

CON) 50-Yard Shuttle Run (0 & 25): On the minute

Week 1	2 x (5x)/2 min
Week 2	2 x (6x)/2 min
Week 3	3 x (5x)/2 min
Week 4	2 x (4x)/2 min

Daily Pre-Training Sessions Assessment

Rate each category on a scale from 1-5, with 1 being the worst and 5 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress				
Sleep				
Muscle Soreness				
Fatigue				
Quality of Pre-Workout Meal				

ENDEAVOR

SPORTS PERFORMANCE

Name _____
Day 2

Date ____/____/____

A) 15-Yard Sprint (Side Lunge Start) w/ Lateral Decel.

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3x/side						
Week 2	3x/side						
Week 3	3x/side						
Week 4	3x/side						

B1) Box Jump

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6						
Week 2	3 x 6						
Week 3	3 x 6						
Week 4	3 x 6						

B2) Seated Psoas Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x5s)/side						
Week 2	3 x (3x5s)/side						
Week 3	3 x (4x5s)/side						
Week 4	3 x (4x5s)/side						

C1) Kettlebell Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

C2) Incline Push-Up

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 6						
Week 4	3 x 8						

C3) Side Plank w/ Belly Breathing

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 breaths/side						
Week 2	3 x 6 breaths/side						
Week 3	3 x 6 breaths/side						
Week 4	3 x 6 breaths/side						

D1) Slideboard Hamstring Curl

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6-8						
Week 2	3 x 7-9						
Week 3	3 x 8-10						
Week 4	3 x 10-12						

D2) Low Pulley Row w/ Hold

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (6x3s)						
Week 2	3 x (8x3s)						
Week 3	3 x (5x3s)						
Week 4	3 x (6x3s)						

D3) Front Plank w/ Belly Breathing

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10 breaths						
Week 2	3 x 10 breaths						
Week 3	3 x 10 breaths						
Week 4	3 x 10 breaths						

CON) 25-Yard Shuttle Run (0 & 25): On 30s

Week 1	2 x (8x)/2 min
Week 2	2 x (10x)/2 min
Week 3	3 x (8x)/2 min
Week 4	2 x (8x)/2 min

Daily Pre-Training Sessions Assessment

Rate each category on a scale from 1-5, with 1 being the worst and 5 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress				
Sleep				
Muscle Soreness				
Fatigue				
Quality of Pre-Workout Meal				