



Name _____
Day 1

Date ____ / ____ / ____

A1) 15-Yard Sprint

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 1/2 Kneeling Start	3x/side						
Week 2: 1/2 Kneeling Start	4x/side						
Week 3: 2-Point Start	4x/side						

A2) Wall March

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

B1) 12-18" Depth Jump

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

B2) Backward Monster Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						

B3) Lying MiniBand Hip Flexion

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

C1) RFE Split Squat (Back Squat Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 80%	2 x 6/side						
Week 2: 70%	3 x 6/side						
Week 3: 90%	2 x 4/side						

C2) 3-Way Ankle Mobility (Foot on Floor)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (3x5)/side						
Week 2	2 x (3x5)/side						
Week 3	2 x (3x5)/side						

D1) Band-Resisted Diagonal Slideboard Lunge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						

D2) Slideboard Bodysaw

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

D3) 2-Way Bunkie Side Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x20s)/side						
Week 2	2 x (2x25s)/side						
Week 3	2 x (2x30s)/side						

CON) Slideboard

Week 1: on 45s	15 x 12	
Week 2: on 45s	18 x 12	
Week 3: on 3mins	6 x 45s	

AIS: 8x2s/each

Lateral Hamstring
Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 2

Date ____ / ____ / ____

A1) Sidestanding Med Ball Shoput

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2	3 x 5/side						
Week 3: w/ Partner Pass	3 x 5/side						

A2) Quadruped Thoracic Extension-Rotation w/ Reach

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						

B1) Hang Clean

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	5, 3, 3						
Week 2: 80%	5, 3, 3, 3						
Week 3: 90%	5, 3, 2, 2						

B2) Scap Push-Up into Yoga Push-Up

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

C1) 1/2 Kneeling 1-Arm Overhead KB Press

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	2 x 6/side						
Week 2: 80%	3 x 6/side						
Week 3: 90%	3 x 4/side						

C2) Sidelying DB External Rotation

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

D1) Chin-Up (Overhand Grip)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	2 x 6						
Week 2: 80%	2 x 8						
Week 3: 90%	2 x 5						

D2) Tall Kneeling Cable Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						

E1) 1/2 Kneeling Overhead SB Perturbation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s/side						
Week 2	3 x 20s/side						
Week 3	3 x 20s/side						

E2) PRI Right Sidelying Apical Expansion w/ Reach

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 3

Date ____/____/____

A1) 15-Yard Sprint

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: Side 1/2 Kneeling Start	3x/side						
Week 2: Side 1/2 Kneeling Start	4x/side						
Week 3: Side Standing	4x/side						

A2) Wall March

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

B1) Lateral Bound

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2	4 x 5/side						
Week 3: w/ Rebound	3 x 3/side						

B2) Lateral MiniBand Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 10/side						
Week 2	2 x 10/side						
Week 3	2 x 10/side						

C1) Trap Bar Deadlift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 70%	2 x 6						
Week 2: 90%	3 x 6						
Week 3: 80%	3 x 4						

C2) 3-Way Ankle Mobility (Foot on Wall)

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (3x5)/side						
Week 2	2 x (3x5)/side						
Week 3	2 x (3x5)/side						

D1) DB Farmer's Walk

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 50 yards						
Week 2	3 x 50 yards						
Week 3	3 x 50 yards						

D2) Band-Resisted Diagonal Slideboard Lunge

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 8/side						
Week 2	2 x 8/side						
Week 3	2 x 8/side						

D3) 2-Way Bunkie Side Plank

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x20s)/side						
Week 2	2 x (2x25s)/side						
Week 3	2 x (2x30s)/side						

CON) Shuttle Run

Week 1: on 45s	15 x 50 yards	
Week 2: on 45s	18 x 50 yards	
Week 3: on 3mins	6 x 45s	

AIS: 8x2s/each

Lateral Hamstring
Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 4

Date ____ / ____ / ____

A1) Front Standing Med Ball Scoop

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2	3 x 5/side						
Week 3: w/ Partner Pass	3 x 5/side						

A2) Quadruped 1-Arm Reach w/ Breath

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

B1) DB 1-Arm Hang Snatch

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	3 x 4/side						
Week 2: 80%	4 x 4/side						
Week 3: 70%	4 x 3/side						

B2a) Squat-to-Stand w/ 1-Arm Reach

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

B2b) Lying Chin Tuck w/ Breath

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

C1) Low Pulley Row

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	2 x 6						
Week 2: 80%	3 x 6						
Week 3: 70%	3 x 4						

C2) 1-Arm Wall SB Hold w/ Perturbation

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 20s/side						
Week 2	2 x 20s/side						
Week 3	2 x 20s/side						

D1) Feet Elevated Push-Ups

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1: 90%	2 x 8						
Week 2: 80%	2 x 10						
Week 3: 70%	2 x 6						

D2) Cable Face Pull w/ External Rotation

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

D3) PRI Paraspinal Release w/ Left Hamstring

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (4 breaths)						
Week 2	2 x (4 breaths)						
Week 3	2 x (4 breaths)						

CON) Elliptical

Week 1	15 x (:15/:45)	
Week 2	18 x (:15/:45)	
Week 3	8 x (:30/:60)	

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

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Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				



Name _____
Day 5

Date ____ / ____ / ____

CON) Elliptical (HR: 120-140)

Week 1	20 min	
Week 2	25 min	
Week 3	30 min	

AIS: 8x2s/each

Prone Glute
Lying Knee-to-Knee
Rectus Femoris w/ Internal Rotation
90° Pec Stretch
135° Pec Stretch
Cross-Body Lat
Diagonal Neck Stretch

Daily Training Assessment

Rate each category on a scale from 1-10, with 1 being the worst and 10 being the best.

	Week 1	Week 2	Week 3	Week 4
Stress: 10 = No Stress				
Sleep: 10 = Great Sleep				
Muscle Soreness: 10 = No Soreness				
Fatigue: 10 = Lots of Energy				
Pre-Workout Meal: 10 = Perfect Meal				
Body Weight				
Morning Resting Heart Rate				
Difficulty of Session: 10 = Hardest Workout				