



Name _____
Day 1

Date ____ / ____ / ____

A1) 10-Yard Sprint (Lat. Back Pedal Start)

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

A2) Seated Psoas Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						

B1) 10-Yard Sprint (Forward Shuffle Start)

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

B2) Wall March

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						

C1) Goblet 1-Leg Squat

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

C2) Side Plank w/ Wall Leg Slide

		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						

D1) Slideboard Hamstring Curl

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

D2) Reverse Crunch w/ Med Ball Crush

		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						

E) Squat Hold into Vertical Jump

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x10s+3)						
Week 2	3 x (4x10s+3)						
Week 3	4 x (4x10s+3)						

CON) Slideboard w/ Vest

Week 1	8 x :30/:60	
Week 2	10 x :30/:60	
Week 3	12 x :30/:60	

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) Sidelisting Med Ball Shoput w/ Cross Behind Step		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 5/side						
Week 2: w/ Partner Pass	3 x 5/side						
Week 3: w/ Partner Pass	3 x 5/side						

A2) 1-Arm SB Wall Hold w/ Partner 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						

B1) Hang Clean		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	5, 3, 2						
Week 2	5, 3, 2, 1						
Week 3	5, 3, 3						

B2) Alt. Arm Scap Wall Slide		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						

C1) Bench Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6						
Week 2	3 x 8						
Week 3	3 x 5						

C2) Quadruped Rock vs. Stability Ball 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						

D1) 1-Arm DB Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 8/side						

D2) Push-Up Position Rotation w/ 1-Arm Reach		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6/side						
Week 2	3 x 8/side						
Week 3	4 x 6/side						

D3) OH Med Ball Floor Slam		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 8						

D4) Squat to Rotational Plate Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 8/side						

D5) Face Pull w/ External Rotation		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 8						

D6) 50-Yard Farmers Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3x						
Week 2	3x						
Week 3	4x						

CON) Elliptical (HR: 120-140)			
Week 1	10 min		
Week 2	10 min		
Week 3	10 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				



Name _____
Day 3

Date ____ / ____ / ____

A1) 10-Yard Sprint (Back. Back Pedal Start)

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

A2) Seated Psoas Lift

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						

B1) 5-10-5

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

B2) Wall March

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (8x2s)/side						
Week 2	2 x (8x2s)/side						
Week 3	2 x (8x2s)/side						

C1) DB 1-Leg SLDL

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

C2) Front Plank w/ Partner Hip 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) Forward Sled Drag

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x 25 yards						
Week 2	2 x 25 yards						
Week 3	2 x 25 yards						

D2) 2-Way Skater/Goalie

		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	2 x (2x6)/side						
Week 2	2 x (2x6)/side						
Week 3	2 x (2x6)/side						

E) Split Squat Hold into Lateral Bound

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

CON) 150-Yard Shuttle Run (On 90s)

Week 1	8x	
Week 2	10x	
Week 3	12x	

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) Lateral Shuffle into 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: w/ Partner Pass	3 x 5/side						
Week 3: w/ Partner Pass	3 x 5/side						

A2) 1-Arm SB Wall Hold w/ Partner 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						

B1) DB 1-Arm Hang Snatch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 4/side						
Week 2	4 x 4/side						
Week 3	3 x 3/side						

B2) Tall Kneeling Diagonal Band Pull Apart		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						

C1) Chin-Up (Underhand Grip)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6						
Week 2	3 x 8						
Week 3	3 x 5						

C2) Quadruped Rock vs. Stability Ball 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						

D1) Band-Resisted 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	4 x 8						

D2) Stability Ball Front Plank w/ Mini Rollout		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 8						

D3) OH Med Ball Floor Slam		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	4 x 8						

D4) Push-Up Shoulder Touches		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8/side						
Week 2	3 x 10/side						
Week 3	4 x 8/side						

D5) Belly Press Lateral Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3x3)/side						
Week 2	3 x (3x3)/side						
Week 3	4 x (3x3)/side						

D6) 50-Yard Dual Waiter Walk		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3x						
Week 2	3x						
Week 3	4x						

CON) Paced Slideboard w/ Vest (1/sec)		
Week 1	10 x :20/:40	
Week 2	12 x :20/:40	
Week 3	6 x :20/:40	

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/Track (Work HR: 150-160)

Week 1	2 x 5 x (1:00/1:00)/5 min	
Week 2	2 x 6 x (1:00/1:00)/5 min	
Week 3	5 x (1:00/1:00)	

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				