

Name:		WARM-UP + SPEED WORK				Date:	
Rolling with Lacrosse Ball (Link)				Rolling with Foam Roller (Link)			
Chest				Adductors			
Back of Shoulder Blade				Middle of Back			
Upper Trap				Behind Armpit			
Calves / Side of Calves				Side of Body			
Sides of Glutes				Inside of Leg			
Back of Legs (Hamstrings, Sitting on bench, box, or ground)				Front of Legs			
				45° on Outside of Leg			
Dynamic Warm-Up				Notes			
1.	Dead Bug - 5/side						
2.	Sidelying Windmill - 8/side						
3.	Reach, Roll, & Lift - 5/side			Feel in upper back, not top of deltoid.			
4.	Hip Flexor Stretch - 30sec/s			Hold for duration of time.			
5.	1-Leg RDL - 5/side						
6.	Lateral Lunge - 5/side			Perform in place if not enough room			
7.	Walking Spiderman Lunge - 5/side			Perform in place.			
8.	High Knee Skips - 10/side			Perform in place, or over 10yd distance			
9.							
10.							

Sprint / Movement Day (Optional): can be performed after Day 1/3																
Notes: Beginning segment is done for intentions of practicing speed and change of direction movements. Also, the aim is to simply reintroduce these movements after some time of not doing them - so take it at an RPE of 7 or less.																
This is done sequentially - not in a round like fashion. You will complete the first drill in its entirety (3 sets) before moving onto the next numbered item.																
1 Single Leg Lateral Line Hop						2 High Knee Skip - Hands OH										
Hop from left to right, right to left on one foot. And then switch sides.																
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4		
Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		
3x(10/s)/s		3x(10/s)/s		3x(15/s)/s		3x(15/s)/s		3x10yds		3x10 yds		3x10 yds		3x10 yds		
3 High Knee Skip						4 Jog to Sprint										
Arms moving freely																
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4		
Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		
3x10yds		3x10 yds		3x10 yds		3x10 yds		3x20-30yds		3x20-30yds		3x20-30yds		3x20-30yds		
5 Side Shuffle to Sprint (Transition)						6 Sprint - Different Starting Positions										
10-15 yards. Side shuffle in one direction, then change directions to sprint																
Wk 1+2 = Bear Crawl // Wk 3+4 = Side Start																
Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4		Rest
Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		Set x Rep		
3x1/s		3x1/s		3x1/s		3x1/s		6x10 yds		6x10 yds		7x10 yds		8x10 yds		90-120s

Name:	DAY 1	Date:
--------------	-------	--------------

Special Exercises		Daily Questionnaire				
A1.		Sleep (Hours)	1	2	3	4
A2.		How excited are you to train? Scale from 1-10	1	2	3	4
B1.		How sore are you? Scale from 1-10.	1	2	3	4
B2.		Bodyweight (Enter in weight for each week)	1	2	3	4

Bodyweight Program	Phase 1, 3x Day 1
--------------------	-------------------

Lesson/Purpose:

A1	Push Up	A2	Walking Spiderman Lunge w/ Hip Lift
----	---------	----	-------------------------------------

Bring chest and pelvis down in unison. If too difficult, perform to an elevation.

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
6-8		6-8		8		8-10		5/side		5/side		5/side		5/side	
6-8		6-8		8		8-10		5/side		5/side		5/side		5/side	
6-8		6-8		8		8-10		5/side		5/side		5/side		5/side	

Density Circuit: Repeat exercises in a circuit fashion. Rest 90-120sec after each set.

B1	Split Squat - 2 Sec Down, 2 Sec Up	B2	Side Plank
----	------------------------------------	----	------------

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
4x5/s		4x5/s		4x6/s		5x5/s		4x20s/s		4x20s/s		4x30s/s		5x30s/s	

B3	Front Plank w/ Arm Reach	B4	Jumping Jacks
----	--------------------------	----	---------------

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
4x8/s		4x8/s		4x10/s		5x10/s		4x30		4x30		4x30		5x30	

B5	Bodyweight Lateral Lunge
----	--------------------------

Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load							
4x5/s		4x5/s		4x6/s		5x5/s	

Cardio	Jogging / Walking
--------	-------------------

Work at HR at about 65-75% of MHR.

Week 1		Week 2		Week 3		Week 4	
Duration							
10-12min		10-12min		12-15min		12-15min	

Name:	DAY 2	Date:
--------------	--------------	--------------

Special Exercises	Daily Questionnaire				
A1.	Sleep (Hours)	1	2	3	4
A2.	How excited are you to train? Scale from 1-10	1	2	3	4
B1.	How sore are you? Scale from 1-10.	1	2	3	4
B2.	Bodyweight (Enter in weight for each week)	1	2	3	4

Bodyweight Program	Phase 1, 3x Day 2
---------------------------	--------------------------

Lesson/Purpose:

A1 Push Up - 3 Sec Lowering	A2 1-Leg RDL - 2 Sec Up, 2 Sec Down
------------------------------------	--

Focus on bringing torso and with a tempo.

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
6-8	6-8	8	8	8-10	8-10	5/side									
6-8	6-8	8	8	8-10	8-10	5/side									
6-8	6-8	8	8	8-10	8-10	5/side									

Density Circuit: Repeat exercises in a circuit fashion. Rest 90-120sec after each set.

B1 Front Plank w/ Shoulder Taps	B2 Bodyweight Reverse Lunge
--	------------------------------------

Perform tall push up position, and tap shoulders without rotating torso.

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
4x8/s	4x8/s	4x10/s	4x10/s	5x10/s	5x10/s	4x6/s	4x6/s	4x6/s	4x6/s	4x8/s	4x8/s	4x8/s	4x8/s	5x6/s	5x6/s

B3 Core Engaged Reverse Crunch	B4 Bodyweight Lateral Step Up
---------------------------------------	--------------------------------------

Start on SIDE of step, and raise hands in front as you step up. Use top leg to pull.

Week 1		Week 2		Week 3		Week 4		Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load															
4x8	4x8	4x10	4x10	5x10	5x10	4x6/s	4x6/s	4x6/s	4x6/s	4x8/s	4x8/s	4x8/s	4x8/s	5x6/s	5x6/s

B5 Side Plank	
----------------------	--

Week 1		Week 2		Week 3		Week 4	
Set x Rep @ Load							
4x20s/s	4x20s/s	4x30s/s	4x30s/s	5x30s/s	5x30s/s		

Cardio	Sprinting / Walking
---------------	----------------------------

Sprint (if possible) for 15 sec, then walk for 90sec

Week 1		Week 2		Week 3		Week 4	
Duration		Duration		Duration		Duration	
15s / 90s	8 Rds	15s / 90s	9 Rds	15s / 90s	10 Rds	15s / 90s	8 Rds

Name:	DAY 3	Date:
--------------	--------------	--------------

Special Exercises		Daily Questionnaire				
A1.		Sleep (Hours)	1	2	3	4
A2.		How excited are you to train? Scale from 1-10	1	2	3	4
B1.		How sore are you? Scale from 1-10.	1	2	3	4
B2.		Bodyweight (Enter in weight for each week)	1	2	3	4

Bodyweight Program	Phase 1, 3x Day 3
---------------------------	--------------------------

Lesson/Purpose:

A1	1-Leg RDL - 2 Sec Pause at Bottom	A2	Vertical Jump - Hands on Hips
Week 1	Week 2	Week 3	Week 4
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
5/side	5/side	5/side	5/side
5/side	5/side	5/side	5/side
5/side	5/side	5/side	5/side

Density Circuit: Repeat exercises in a circuit fashion. Rest 90-120sec after each set.

B1	Reverse Inchworm	B2	Bodyweight Squat
Go backwards, feet shoulder width apart.			
Week 1	Week 2	Week 3	Week 4
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x8/s	4x8/s	4x10/s	5x10/s

B3	Dead Bug w/ Manual Resistance	B4	Yoga Push Up
Week 1	Week 2	Week 3	Week 4
Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load	Set x Rep @ Load
4x8	4x8	4x10	5x10

B5	Side Plank
Week 1	Week 2
Set x Rep @ Load	Set x Rep @ Load
4x20s/s	4x20s/s

Cardio	Sprinting / Walking
Sprint (if possible) for 15 sec, then walk for 90sec	
Week 1	Week 2
Duration	Duration
15s / 90s 8 Rds	15s / 90s 9 Rds