	SPORT	1	1	A MASTER GENERIC										STAGE	Developmental - 3							3	\neg					
	Weekly Rotation	MONDAY	T WEDI	NESDAY	′ U FI	RIDAY L		A IVIA) I		(GE	N C	. $\boldsymbol{\Gamma}$				PROGRAM	ВІ	ock 1	l - S	pring	g II S	Sun	nme	r - C	Sycl	e 1
	"The only place suc	cess comes	before wo	rk is in t	he dict	ionary"	l	BE	AT	KE	ĒΝ	TU	CK.	Υ				"Hard things are put in ou	r way	not to st	top us, t	out to ca	all out c	our co	urage a	and stre	angth"	
	PRE ACTIVITY PREPARATION	Neck -	- Traps		Extra	s	1	PRE ACTIVITY PREPARATION		Neck -	- Trap	os		E	xtras			PRE ACTIVITY PREPARATION		Nec	k - Tra	ıps			E	xtras	š	
	Report to TRAGER	Roondogs x 1	10			Team Run		Report to TRAGER		•		Seconds			hur Te	eam Run		Chops from Lunge Position - Down x 6 ea		ndogs						SER		
	Group Run	Shrugs x 15		POWER CO				Group Run				x 30 secs	POWER C					Chops from Lunge Position - Up x 6 ea		ıgs x 1						- GUN SH	HOW	
	Linear - Lateral Speed	Face Pulls x 1	15	CORRECTIV	E MEASURE	S			Bent O	ver Sh	rugs	x 15	CORRECT PILATES	TIVE ME	ASURES			Overhead Squat to Box x 6	Fac	e Pulls	x 15		U	IPPER B	ODY GE	T RIGHT		
	Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon			PILATES				Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon					PILATES					Lunge Matrix x 1 circle Step Overs x 20 total										
	Blocks 3 - 4 Kellii aliu Veruoli	2 Cir	rcuits					Blocks 3 - 4 Kellil allu Verdoli		2 cir	cuits							Standing Fly x 10		2 (Circuit	s						
	MONDAY			15-Jun-09 22-Jun-09				WEDNESDAY	3Ju				17-Jun-09 24-Jun-09					FRIDAY	5-Jun-09 12-Jun-09					19I	un-0	9 26	àlui	1-09
	SESSION T	% GR WT					1	SESSION U						-	_	GR WT		SESSION L		GR W	_							
										_	_	x5 90	36.5% X	_	_	-			_	x5 1		_	_		_	40 41.0%	_	_
	CG Deadlift	^{35.0%} x5 105						G2 Overhead Press			ļ	<u> </u>				x5 100		Front Squat	ļ									
		45.5% x3-5 135	49.4% x3-5 15	0 47.5% x3-5	140 53.	3% x3-5 160			45.5% x3	-5 110	49.4%	x3-5 120	47.5% X	3-5 11	53.3%	x3-5 130			45.5%	x3-5 1	75 49.4%	x3-5	190 4	47.5%)	3-5 18	53.3%	% x3-5	205
l_	Set Stance - Athletic Position	56.0% x2-3 170	60.8% x2-3 18	O 58.4% x2-3	175 65.	3% x2-3 195	l	w/ Chin Up x 3-5	56.0% x2	-3 135	60.8%	x2-3 145	58.4% X	2-3 14	0 65.6%	x2-3 155			56.0%	x2-3 2	15 60.8%	x2-3	235 5	58.4%	2-3 22	25 65.65	% x2-3	255
2		63.0% x1-2 190	ļļļ	<u> </u>		 	2					x1-2 165		1		i i I	ER 1			ļ		<u>-</u>		- i	<u>.</u>		·	
Ē	"PUSH"	ļ <u>ļ</u>	↓ ↓				I⊞		-	;	·			;		·;	皿		63.0%	x1-2 2	45 68.4%	x1-2	265 6	65.7%	1-2 25	73.89	% x1-2	285
-		70.0% x5 210	76.0% x4 23	0 73.0% X 4	220 82.	% 5x2 245	-		70.0% X	6 170	76.0%	x6 180	73.0%	(6 17	5 82.0%	3x4 195	_		70.0%	x6 2	70 76.09	√ x6	295 7	3.0%	x6 28	30 82.0°	% 3x4	315
		^{70.0%} x5 210	76.0% v4 23	∩ 73.0% v 4	220 82	% 5x2 245			70.0%	6 170	76.0%	v6 180	73.0%	6 17	5 82.0%	2x4 195			70.0%	x6 2	70 76.09	6 x6	295 7	3.0%	v6 28	80 82.0°	% 2x/	315
		L	L						Li				L						L	ii	L	i					_	
		70.0% x5 210	L			% x2 255						x6 180	73.0%	(6 1/	5 85.0%	X4 205				x6 2				3.0%	X6 28	30 85.0	% x4	325
		70.0% x5 210	76.0% x4 23	0 73.0% x 4	220 88	^{0%} x2 265			70.0% X	6 170	76.0%	x6-12 180			88.0%	x4 210			70.0%	x6 2	70 76.0%	% x6-12	295	1		88.0	% x4	340
	1	^{70.0%} x5 210	76.0% v4 23	n	94.	% x2 280			<u> </u>				<u>-</u>		91.0%	x4 220	10		ļ	tt				<u>†</u> -		91.0	% x4	350
300		A0 2.0		<u> </u>	- -		240		 			 		 		ļ	385			 		- 						
63			76.0% x4-10 23			% x2 305	2									x4 225	$\overline{}$					1 1		_ !		94.0	^{1%} x4	360
	Back Squat	39.7% x5 200	43.6% X5 22	0 41.6% x5	210 47.	% x5 235		Deck Clean	48.8% X	5 145	53.6%	x5 160	51.2% X	(5 15	58.4%	x5 175		G2 Bench Press	39.7%	x5 10	43.6%	x5	175 4	11.6%	x5 16	35 47.59	% x 5	190
7	-	48.8% x3 245	53.6% y3 27	0 51.2% x3	255 58.	% x3 290	7		54.9% ¥	3 165	60.3%	x3 180	57.6% ¥	3 17	5 65.7%	x3 195	7		48.8%	x3 1	95 53.6%	y3	215 5	51.2%	v3 20	05 58,4	% v3	235
2		L	iiii		_i	i				5 10-		5 000	<u>+</u> ^	4 40		x4 220	2		ļ	ļ					<u>i</u>		.	- <u>i</u>
TIER		54.9% x2 275	Lii-					Set Stance - Athletic Position									_		54.9%	x2 2	L			<u>_</u>		L	!	_i
F		61.0% x6 305	67.0% x6 33	5 64.0% x 6	320 73.	% x6 365	=	"PUSH" + "JUMP" + "PUNCH"	61.0% X	5 185	67.0%	x5 200	64.0%	(4 19	73.0%	x4 220	F		61.0%	x6 2	45 67.09	√ x6	270 6	64.0%	x6 25	55 73.0°	% x6	290
	Strength Speed Complex	61.0% x6 305	67.0% v6 33	5 64.0% Y 6	320 73	% v6 365		Strength Speed Complex	61.0% ¥	5 185	67.0%	x5 200	64.0%	<i>ι</i> Δ 19	0 73.0%	x4 220		Strength Speed Complex	61.0%	x6 2	45 67.09	6 x6	270 6	64.0%	v6 2	55 73.0	% v 6	290
		L							L		L		L		L				L	L								_i
	x 3 Box Jump	61.0% x6 305	iii			11				i	L	iii		i		x4 220		x3 OH Med Ball Throw	L	x6 2		_ii			L		i	_i
500	Work Sets	61.0% x6 305	67.0% x6 33	5 64.0% X 6	320 73.	% x6 365	300	Work Sets	61.0% X	5 185	67.0%	x5 200	64.0%	(4 19	73.0%	x4 220	400	Work Sets	61.0%	x6 2	45 67.09	√ x6	270 6	34.0%	x6 25	55 73.0°	% x6	290
20	Preparation Sets - as needed	61.0% x6 305	67.0% v6 33	5	† †		၂ဣ	Preparation Sets - as needed	61.0% ¥	5 185	67.0%	x5 200	64.0%	<i>γ</i> Δ 10	∩ 73.0%	x4 220	4	Preparation Sets - as needed		x6 2							<u> </u>	†
~	·				100			·										•	-						. 4 4		+-	100
œ	Sumo Supinated Row		L		_i		œ	Front Squat			L	{				x6 260	TIER 3	Hang Clean to Push Press	55.0%	^ ·		-ii		i	 			
Ħ		61.0% x10 185	67.0% x10 20	0 64.0% X 6	190 73.	% x8 220	Ħ		55.0% X	6 210	61.0%	x6 235	58.0%	(6 22	5 67.0%	x6 260	Ħ		55.0%	x4 1	50 61.09	√ x4	165 5	8.0%	x4 1	55 67.0°	% x4	180
SME	Set Stance - Athletic Position	61.0% x10 185	67.0% x10 20	0 64.0% ¥F	190 73.	% x8 220		to Parallel Box	55.0% ¥	6 210	61.0%	x6 235	58.0%	(6 22	5 67.0%	x6 260		"JUMP" + "PUNCH" + "THROW"	55.0%	x4 1	50 61.09	6 x 4	165 5	8.0%	x4 1:	55 67.0	% y ⊿	180
			ł		73.							x6 235	 -			x6 260			ļ	x4 1								- -
300	Barbell Recovery Position = Below Knee	61.0% X1U 185	67.0% X 10 20	U	13.	v8 220	85	Strength Speed Complex	55.0% X	0 210	61.0%	X0 233	ļ <u>ļ</u>		67.0%	X0 200	270	"Drop and Go"	55.0%	X4 1	OU 61.07	% X4	100			67.0	% x4	180
က							က	x 3 Hop Jump									7	Load = Clean Grip Power Pull						- 1				
4	CG Power Pull - Deck	x5	х5	x5		х5	4	DB SA Row w/DB Incline Press	x 1	15 row		x15 row	X	15 ro	w	x15 row	4	Lateral Lunge		3x6		3x6		2	2x6		3x6	,
2		x5	x5	x5		x5	~		3 s		+	3 sets	÷	sets	-†	3 sets		Push Hips Back	 	min		min		 	nin		min	
TIER	nyunu - FUOR + JUMP"			XJ	<u>'</u>		Щ	row - total reps	L		ļ		├ -				TIER	ir uaii niha dark	ļ	}					 			
_	Load = Hang Clean to Push Press	x 5	х5			x5	T	row - total reps	X	8 press		x8 press)	(8 pre:	ss	x8 press	⊥			15kg		20kg		1	5kg		20kg	j
5	Lateral Step Up	3x6	3x6	2x(3	3x6	5	DB SA SNATCH	3x6	Sea		3x6ea	20	сбеа		3x6ea	5	Inverted Row		x10		x12		×	10		x15	,
ER		min	min	mir	,	min	2	Stick Lock Out	М	IN	ti	MIN	N	IIN	- -	MIN	2	Chest Must Touch	 	x10		x12			10		x15	
Щ		 	} -	·			TIER	Otton Eoch Out		···i	ļ	Ļ	L			<u> </u>	TIER	Onest mast routh	ļ	ļļ					. 10		<u>i</u>	_L
_	Drive Through the Box	15kg	20kg	15k		20kg	_		45			45#		5#		45#				x10		x12			ļ.	丄	x15	
ΜO	RDL [load set 2 Deck Clean]	3x10	3x10	2x1	0	3x10	ОМ	Back Ext to Glute Ham Raise			3x6-10	0 mid pt pause	2x6-10 m			0 mid pt pause	MO	Partner Leg Curl	_	x m6		3 x m	-		m6		3 x n	
Š	"T" RAISE	3x12	3x12	2x1	2	3x12	S	"Y" Raise	3x	12	3	3x12	2)	(12	,	3x12	PCOM	"A" Raise	,	3x12		3x12	2	2	x12		3x1	2
S																					-							\neg
Notes	ĺ					CHECK	TEA	M Funtional Movement S	Screen	Corre	ective	e Means	Assig	jnmei	nts ar	nd Blitz P	rog	ramming										

	SPORT 1 Block Cardinal Weekly Rotation MONDAY T WEDNESDAY U FRIDAY L									A B// A		STAGE	Developmental - 3																
	Weekly Rotation	MONDAY	T WE	DNE	SDA	/ U I	FRID	AY L		A MAS) I		7	GE	A C	.Γ				PROGRAM	ВІ	ock 1	- Sp	oring	ı II S	umi	mer	- Cy	cle 2
	"The only place suc	cess comes	before v	vork	is in t	he dic	tiona	ary"		BE	AT	KE	ĒΝ	TUC	X	1				"Hard things are put in ou	r way,	not to ste	op us, b	ut to ca	ll out ou	r coure	age and	streng	jth"
	PRE ACTIVITY PREPARATION	Neck -	- Traps			Extr				PRE ACTIVITY PREPARATION		Neck	- Tra	os			xtras			PRE ACTIVITY PREPARATION x2		Necl	k - Traj	ps			Ext	ras	
	Report to TRAGER	Roondogs x 1	10			ue-Thu	ır Teaı	m Run		Report to TRAGER		•		Seconds			hur T	eam Run		Chops from Lunge Position - Down x 6 ea		ndogs x					DES		
	Group Run	Shrugs x 15	_		OWER CO					Group Run				x 30 secs	POWER (Chops from Lunge Position - Up x 6 ea		ıgs x 15					TROL - GI		v
	Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit	Face Pulls x 1	15		ORRECTI	/E MEASU	RES			Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit	Bent O	ver Sh	ırugs	x 15	CORREC	TIVE ME	ASURES			Overhead Squat to Box x 6 Lunge Matrix x 1 circle	Face	e Pulls x	15		UPF	PER BOD	Y GET R	IGHT	
	Blocks 0-1-2 - Derillody - Pell Blocks 3 - 4 Kenn and Verdon			ľ	ILATES					Blocks 3 - 4 Kenn and Verdon					LILATES					Step Overs x 20 total									
	Diodico di ricini ana volucii	2 Cir	cuits							Dionic o 4 Homi and Fordon		2 ci	rcuits	6						Standing Fly x 10		2 (ircuits	5					
	MONDAY	6-Jul-09	13-Jul-	09	20-J u	I-09	27-J	lul-09		WEDNESDAY	8-Ju	ıl-09	15	-Jul-09	22-J	lul-0	9 29	9-Jul-09		FRIDAY	10	-Jul-09	9 17	-Jul-	09 2	4-Ju	I-09	31-	Jul-09
	SESSION T	% GR WT	% GR	WT	% GF	R WT	% 0	SR WT		SESSION U	% G	R WT	%	GR WT	% (GR W	/T %	GR WT		SESSION L	%	GR W	T %	GR	WT %	6 GF	R WT	%	GR WT
	Deck Clean	38.0% x 5 115		_	_		_			G2 Overhead Press	-	_	_	x5 100		_	_	x5 105		Front Squat	_	x5 14	_	-	_		150	-	x5 170
	Deck Clean	49.4% x3-5 150	ļ		b					02 010111000 1 1000				x3-5 130					-	1 Tont Oquat		x3-5 19		ļ				 	
		ļ ļ -	<u>-</u>									<u> </u>						6 x3-5 135						 		4% X3-3	200	57.2%	x3-5 220
_	Set Stance - Athletic Position	60.8% x2-3 180	65.6% x2-3	195	63.2% x2-3	190	70.4% X	2-3 210	_	w/ Chin Up x 3-5	60.8% x2-	-3 145	65.6%	x2-3 155	63.2% X	2-3 15	70.4%	6 x2-3 170	-		60.8%	x2-3 23	5 65.6%	x2-3	255 63.2	2% x2-3	245	70.4%	x2-3 270
IER.	"PUSH" + "JUMP" + "PUNCH"	68.4% x1-2 205	73.8% x1-2	220 7	71.1% x1-	215	79.2% X	1-2 240	2		68.4% x1	-2 165	73.8%	x1-2 175	71.1%	1-2 17	70 79.2%	6 x1-2 190	ER		68.4%	x1-2 26	5 73.8%	x1-2	285 71.:	1% x1-2	2 275	79.2%	x1-2 305
I≓		76.0% 2x3 230	92.00/ 3-2	245 7	70.00/ >-2	225	00 00/ E	w2 265	Ħ۱		76.00/ 34	C 400	02.00/	×4 405	70.00/ *	-1 10	00 00	4 3x4 210			76.09/	w6 20	E 92.00/	×4	24E 70	00/ >-/	1 205	99.00/	3x4 340
		L	L			_ <u></u> L		I			L			<u> </u>	L			<u>. i</u>				÷		 		+	-+		
		76.0% 2x3 230	82.0% 2x2	245 7	^{79.0%} x3	235	88.0% 5	x2 265			76.0% X	6 180	82.0%	x4 195	79.0%	x4 19	88.0%	⁶ 2x4 210			76.0%	x6 29	82.0%	x4	315 79.	0% x 4	305	88.0%	2x4 340
		76.0% 2x3 230	82.0% 2x2	245 7	79.0% X 3	235	91.0% X	2 275			76.0% X	6 180	82.0%	x4 195	79.0%	x4 19	90 91.0%	% x4 220			76.0%	x6 29	5 82.0%	x4	315 79.	0% x 4	305	91.0%	x4 350
		76.0% 2x3 230	L				94.0%	x2 280						x4 195				% x4 225				x6 29		ļ					x4 360
		70.0% 2.03 230					‡-				70.0% A	0 100			13.070	44 13					70.070	XU 23				°″ X4	1 303		
300		<u> </u>	82.0% 2x2	245 7	79.0% X	235	97.0%	x2 290	240		<u> </u>		82.0%	x4-10 19 5			97.0%	% х4 235	385			<u> </u>	82.0%	x4-10	315		<u> </u>	97.0%	x4 375
က		0.0% 8 Sets	0.0% 10 sets				101.0%	x2 305	ñ								101.09	% x4 240	33									101.0%	x4 390
	Back Squat	43.6% x 5 220	47.5% x 5	235 4	45.5% y. 5	230	51.4%	c5 255		Hang Clean	53.6% Y	5 160	58.4%	x5 175	56.0%	c5 17	70 63.2%	x5 190		G2 Bench Press	43.6%	x5 17	5 47.5%	x 5	190 45.5	5% y .5	180	51.4%	x5 205
۵.	Back oquat	4 <u></u>	ļļ.			·	 	 	٠.	Traing Olean	L			x3 195	L		L		1	OL BOILDITT 1000		ļĻ		ļļ-				L	
2 2		53.6% x3 270	Li_						2 2													x3 21		ļ <u>-</u> -			 	-	x3 255
TIER		60.3% x2 300							ER	Set Stance - Athletic Position								% x2 235			60.3%	x2 24	65.7%	x2	265 63.0	∞ x2	250	71.1%	x2 285
F		67.0% x6 335	73.0% x6	365 7	70.0% x 6	350	79.0%	x4 395	F	"PUSH" + "JUMP" + "PUNCH" - "Drop and Go"	67.0% X	5 200	73.0%	x4 220	70.0%	κ3 2 ⁴	10 79.0%	4 x3 235	Ξ		67.0%	x6 27	73.0%	x6	290 70.	∞ x6	280	79.0%	x4 315
	Strength Speed Complex	67.0% x6 335	Lii-							Strength Speed Complex								4 x3 235		Strength Speed Complex	L	<u> </u>		<u> </u>				L	x4 315
		L	Lii-								L			.		-		 			L	i						Li	
	x 3 Box Jump	67.0% x6 335	Li_		70.0% Xt	350	79.0%											4 x3 235		x3 OH Med Ball Throw	67.0%	X6 27	73.0%	Χb	290 70.	% Xt	280	79.0%	x4 315
0	Work Sets	67.0% x6 335	73.0% x6	365	į		79.0%	x4 395	0	Work Sets	67.0% X	5 200	73.0%	x4 220	70.0%	x3 21	79.0%	x3 235	0	Work Sets	67.0%	x6 27	73.0%	x6	290	İ		79.0%	x4 315
200	Preparation Sets - as needed	67.0% x6 335	li			TT			300	Preparation Sets - as needed	67.0% ¥	5 200	73.0%	x 4 220	70.0%	x3 2	10 79.0%	4 x3 235	400	Preparation Sets - as needed	67.0%	x6 27	'n	<u> </u>		 			
3	Sumo Supinated Row	67.0% x10 200		200 7		1 040	70.00/ 3			-								4 x6 280		Deck CG Power Pull			-	v/4	200 04	ou	400	70.00/	x3 220
8	Sumo Supinated Row	4	liii-			j	79.0%	x5 235 x5 235	띪	Front Squat				↓		4				Deck CG Power Pull		ļ		ļ			 	Li	
Ē		67.0% x10 200	73.0% x8	220 7	70.0% X	210	79.0%)	x5 235	F		L <i>-</i>					4		4 x6 280	Ē		61.0%	x4 18	67.0%	x4	200 64.	0% X 4	190	73.0%	x3 220
SME	Set Stance - Athletic Position	67.0% x10 200	73.0% x8	220 7	70.0% X	210	79.0%)	x5 235		to Parallel Box	61.0% X	6 235	67.0%	x6 260	64.0%	x6 24	73.0%	% x6 280		Hybrid = "PUSH" + "JUMP"	61.0%	x4 18	5 67.0%	х4	200 64.	0% x 4	190	73.0%	x3 220
0	Barbell Recovery Position = Below Knee	67.0% x10 2 00	73.0% ¥ 8	220		1			2	Strength Speed Complex		;			 	t			0			x4 18		†t-			<u> </u>		x3 220
300		X10 200	Αυ	220		++		x5 235	8	Otrength opeca complex	^	0 200	·	AU 200	├──┼			x6 280	õ	Load = Push Press		A- 10		^7					AU 220
				_	i	1					l i		-		Į.	<u> </u>	_	+				<u> </u>		<u>i i</u>	_	_	1		ļ.
4	Push Press	x5	x5		χţ	5			-	DB SA Row w/DB Incline Press	x1	l5 row	/	x15 row	Х	15 ro	w	x15 row		Lateral Lunge		3x6		3x6		2x	6	<u> </u>	3x6
띪		x5	x5		χţ	5)	x5	띪		3 sı	ets		3 sets	2	sets		3 sets	띪	Push Hips Back		min		min		miı	n	l	min
TIER	Load = Deck CG Power Pull	х5	x5				,	x5	₽I	row - total reps	Y	8 press	s	x8 press	Τ,	x8 pre	ess	x8 press	TIER			15kg		20kg		15k	a	<u>i</u>	20kg
_		3x6	3x6		2x	2				DB SA SNATCH	3x6		1	3x6ea	_	x6ea	-	3x6ea		Inverted Bow		x10		x12	-	x1		-	x15
3 2	-a.c. a. c.cp	 	ļļ.			·	 		8		Ļ				ļ				3 5	Inverted Row		ļ		<u> </u>		 	 -	L	
ER	17" Box	min	min		mi	n	n	nin	TIER	Stick Lock Out	MI		1	MIN	N	ΛIN		MIN	TIER	Chest Must Touch	<u> </u>	x10		x12		x1	0	Li	x15
F	Drive Through the Box	15kg	20kg		15k	g	20	0kg	F		45	5 #		45#	4	5#		45#	F			x10		x12					x15
M	RDL [load set 2 Deck Clean]	3x10	3x8		2x′	0	3	x8		Back Ext to Glute Ham Raise	3x6-10 mic	d pt pause	3x6-1	0 mid pt pause	2x6-10 m	nid pt pau	se 3x6-1	10 mid pt pause	M	Partner Leg Curl	3	x m6	3	x m	6	2 x ı	m6	3	x m6
PC	"T" RAISE	3x12	3x12	2	2x′		3>	x12	PC	"Y" Raise	3x	12	1 ;	3x12	2	c12		3x12	РСОМ	"A" Raise	- :	3x12		3x12		2x1	12	3	x12
SS																	-												
Notes							CH	HECK T	EAI	M Funtional Movement S	Screen	Corre	ectiv	e Means	Assi	gnme	nts a	nd Blitz F	Prog	ramming									