

SPORT		1 Block Cardinal											
Weekly Rotation		MONDAY T WEDNESDAY U FRIDAY L											
"The only place success comes before work is in the dictionary"													
PRE ACTIVITY PREPARATION		Neck - Traps				Extras							
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Roondogs x 10 Shrugs x 15 Face Pulls x 15 2 Circuits				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
MONDAY		1-Jun-09			8-Jun-09			15-Jun-09			22-Jun-09		
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	CG Deadlift Set Stance - Athletic Position "PUSH"	35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125
		45.5%	x3-5	135	49.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160
		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195
		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	82.0%	5x2	245
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	82.0%	5x2	245
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	85.0%	x2	255
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	88.0%	x2	265
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	94.0%	x2	280
		70.0%	x5	210	76.0%	x4	230	73.0%	x4	220	94.0%	x2	305
TIER 2	Back Squat Strength Speed Complex x 3 Box Jump Work Sets Preparation Sets - as needed	39.7%	x5	200	43.6%	x5	220	41.6%	x5	210	47.5%	x5	235
		48.8%	x3	245	53.6%	x3	270	51.2%	x3	255	58.4%	x3	290
		54.9%	x2	275	60.3%	x2	300	57.6%	x2	290	65.7%	x2	330
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
		61.0%	x6	305	67.0%	x6	335	64.0%	x6	320	73.0%	x6	365
TIER 3	Sumo Supinated Row	61.0%	x10	185	67.0%	x10	200	64.0%	x6	190	73.0%	x8	220
		61.0%	x10	185	67.0%	x10	200	64.0%	x6	190	73.0%	x8	220
SME	Set Stance - Athletic Position Barbell Recovery Position = Below Knee	61.0%	x10	185	67.0%	x10	200	64.0%	x6	190	73.0%	x8	220
		61.0%	x10	185	67.0%	x10	200	64.0%	x6	190	73.0%	x8	220
TIER 4	CG Power Pull - Deck Hybrid = "PUSH" + "JUMP" Load = Hang Clean to Push Press	x5			x5			x5			x5		
		x5			x5			x5			x5		
TIER 5	Lateral Step Up 17" Box Drive Through the Box	3x6			3x6			2x6			3x6		
		min			min			min			min		
PCOM	RDL [load set 2 Deck Clean] "T" RAISE	3x10			3x10			2x10			3x10		
		3x12			3x12			2x12			3x12		

A MASTER GENERIC													
BEAT KENTUCKY													
PRE ACTIVITY PREPARATION		Neck - Traps				Extras							
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15 2 circuits				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
WEDNESDAY		3-Jun-09			10-Jun-09			17-Jun-09			24-Jun-09		
SESSION U		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	G2 Overhead Press w/ Chin Up x 3-5	35.0%	x5	85	38.0%	x5	90	36.5%	x5	90	41.0%	x5	100
		45.5%	x3-5	110	49.4%	x3-5	120	47.5%	x3-5	115	53.3%	x3-5	130
		56.0%	x2-3	135	60.8%	x2-3	145	58.4%	x2-3	140	65.6%	x2-3	155
		63.0%	x1-2	150	68.4%	x1-2	165	65.7%	x1-2	160	73.8%	x1-2	175
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	82.0%	3x4	195
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	82.0%	2x4	195
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	85.0%	x4	205
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	88.0%	x4	210
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	91.0%	x4	220
		70.0%	x6	170	76.0%	x6	180	73.0%	x6	175	94.0%	x4	225
TIER 2	Deck Clean Set Stance - Athletic Position "PUSH" + "JUMP" + "PUNCH" Strength Speed Complex x 3 Vertical Jump Work Sets Preparation Sets - as needed	48.8%	x5	145	53.6%	x5	160	51.2%	x5	155	58.4%	x5	175
		54.9%	x3	165	60.3%	x3	180	57.6%	x3	175	65.7%	x3	195
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
		61.0%	x5	185	67.0%	x5	200	64.0%	x4	190	73.0%	x4	220
TIER 3	Front Squat	55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
		55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
SME	to Parallel Box	55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
		55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
TIER 4	Strength Speed Complex x 3 Hop Jump	55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
		55.0%	x6	210	61.0%	x6	235	58.0%	x6	225	67.0%	x6	260
TIER 5	DB SA Row w/DB Incline Press	x15	row		x15	row		x15	row		x15	row	
		3 sets			3 sets			2 sets			3 sets		
PCOM	DB SA SNATCH Stick Lock Out	3x6ea			3x6ea			2x6ea			3x6ea		
		MIN			MIN			MIN			MIN		
PCOM	Back Ext to Glute Ham Raise "Y" Raise	3x6-10 mid pt pause			3x6-10 mid pt pause			2x6-10 mid pt pause			3x6-10 mid pt pause		
		45#			45#			45#			45#		

STAGE		Developmental - 3											
PROGRAM		Block 1 - Spring II Summer - Cycle 1											
"Hard things are put in our way, not to stop us, but to call out our courage and strength"													
PRE ACTIVITY PREPARATION		Neck - Traps				Extras							
Chops from Lunge Position - Down x 6 ea Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6 Lunge Matrix x 1 circle Step Overs x 20 total Standing Fly x 10		Roondogs x 10 Shrugs x 15 Face Pulls x 15 2 Circuits				DESERT SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT							
FRIDAY		5-Jun-09			12-Jun-09			19-Jun-09			26-Jun-09		
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Front Squat	35.0%	x5	135	38.0%	x5	145	36.5%	x5	140	41.0%	x5	160
		45.5%	x3-5	175	49.4%	x3-5	190	47.5%	x3-5	185	53.3%	x3-5	205
		56.0%	x2-3	215	60.8%	x2-3	235	58.4%	x2-3	225	65.6%	x2-3	255
		63.0%	x1-2	245	68.4%	x1-2	265	65.7%	x1-2	255	73.8%	x1-2	285
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	82.0%	3x4	315
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	82.0%	2x4	315
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	85.0%	x4	325
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	88.0%	x4	340
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	91.0%	x4	350
		70.0%	x6	270	76.0%	x6	295	73.0%	x6	280	94.0%	x4	360
TIER 2	G2 Bench Press Strength Speed Complex x 3 OH Med Ball Throw Work Sets Preparation Sets - as needed	39.7%	x5	160	43.6%	x5	175	41.6%	x5	165	47.5%	x5	190
		48.8%	x3	195	53.6%	x3	215	51.2%	x3	205	58.4%	x3	235
		54.9%	x2	220	60.3%	x2	240	57.6%	x2	230	65.7%	x2	265
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
		61.0%	x6	245	67.0%	x6	270	64.0%	x6	255	73.0%	x6	290
TIER 3	Hang Clean to Push Press	55.0%	x4	150	61.0%	x4	165	58.0%	x4	155	67.0%	x4	180
		55.0%	x4	150	61.0%	x4	165	58.0%	x4	155	67.0%	x4	180
SME	"JUMP" + "PUNCH" + "THROW" "Drop and Go" Load = Clean Grip Power Pull	55.0%	x4	150	61.0%	x4	165	58.0%	x4	155	67.0%	x4	180
		55.0%	x4	150	61.0%	x4	165	58.0%	x4	155	67.0%	x4	180
TIER 4	Lateral Lunge Push Hips Back	3x6			3x6			2x6			3x6		
		min			min			min			min		
TIER 5	Inverted Row Chest Must Touch	x10			x12			x10			x15		
		x10			x12			x10			x15		
PCOM	Partner Leg Curl "A" Raise	3 x m6			3 x m6			2 x m6			3 x m6		
		3x12			3x12			2x12			3x12		

CHECK TEAM Funtional Movement Screen Corrective Means Assignments and Blitz Programming

SPORT		1 Block Cardinal											
Weekly Rotation		MONDAY T WEDNESDAY U FRIDAY L											
"The only place success comes before work is in the dictionary"													
PRE ACTIVITY PREPARATION		Neck - Traps				Extras							
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Roondogs x 10 Shrugs x 15 Face Pulls x 15 2 Circuits				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
MONDAY		6-Jul-09			13-Jul-09			20-Jul-09			27-Jul-09		
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Deck Clean		38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
Set Stance - Athletic Position		49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
"PUSH" + "JUMP" + "PUNCH"		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	5x2	265
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	5x2	265
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	x2	275
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	x2	280
					82.0%	2x2	245	79.0%	x3	235	97.0%	x2	290
		0.0%	8 Sets		0.0%	10 sets					101.0%	x2	305
Back Squat		43.6%	x5	220	47.5%	x5	235	45.5%	x5	230	51.4%	x5	255
		53.6%	x3	270	58.4%	x3	290	56.0%	x3	280	63.2%	x3	315
		60.3%	x2	300	65.7%	x2	330	63.0%	x2	315	71.1%	x2	355
		67.0%	x6	335	73.0%	x6	365	70.0%	x6	350	79.0%	x4	395
		67.0%	x6	335	73.0%	x6	365	70.0%	x6	350	79.0%	x4	395
		67.0%	x6	335	73.0%	x6	365				79.0%	x4	395
		67.0%	x6	335	73.0%	x6	365				79.0%	x4	395
Preparation Sets - as needed		67.0%	x6	335									
Sumo Supinated Row		67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
		67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
Set Stance - Athletic Position		67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
Barbell Recovery Position = Below Knee		67.0%	x10	200	73.0%	x8	220				79.0%	x5	235
Push Press			x5			x5			x5			x5	
			x5			x5			x5			x5	
Load = Deck CG Power Pull			x5			x5			x5			x5	
Lateral Step Up		3x6			3x6			2x6			3x6		
17" Box		min			min			min			min		
Drive Through the Box		15kg			20kg			15kg			20kg		
RDL [load set 2 Deck Clean]		3x10			3x8			2x10			3x8		
"T" RAISE		3x12			3x12			2x12			3x12		

A MASTER GENERIC													
BEAT KENTUCKY													
PRE ACTIVITY PREPARATION		Neck - Traps				Extras							
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15 2 circuits				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
WEDNESDAY		8-Jul-09			15-Jul-09			22-Jul-09			29-Jul-09		
SESSION U		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
G2 Overhead Press		38.0%	x5	90	41.0%	x5	100	39.5%	x5	95	44.0%	x5	105
w/ Chin Up x 3-5		49.4%	x3-5	120	53.3%	x3-5	130	51.4%	x3-5	125	57.2%	x3-5	135
		60.8%	x2-3	145	65.6%	x2-3	155	63.2%	x2-3	150	70.4%	x2-3	170
		68.4%	x1-2	165	73.8%	x1-2	175	71.1%	x1-2	170	78.2%	x1-2	190
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	3x4	210
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	2x4	210
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	x4	220
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	x4	225
					82.0%	x4-10	195				97.0%	x4	235
											101.0%	x4	240
Hang Clean		53.6%	x5	160	58.4%	x5	175	56.0%	x5	170	63.2%	x5	190
Set Stance - Athletic Position		60.3%	x3	180	65.7%	x3	195	63.0%	x3	190	71.1%	x3	215
"PUSH" + "JUMP" + "PUNCH" - "Drop and Go"		67.0%	x5	200	73.0%	x4	220	70.0%	x3	210	79.0%	x2	235
Strength Speed Complex		67.0%	x5	200	73.0%	x4	220	70.0%	x3	210	79.0%	x3	235
x 3 Vertical Jump		67.0%	x5	200	73.0%	x4	220	70.0%	x3	210	79.0%	x3	235
Work Sets		67.0%	x5	200	73.0%	x4	220	70.0%	x3	210	79.0%	x3	235
Preparation Sets - as needed		67.0%	x5	200	73.0%	x4	220	70.0%	x3	210	79.0%	x3	235
Front Squat		61.0%	x6	235	67.0%	x6	260	64.0%	x6	245	73.0%	x6	280
		61.0%	x6	235	67.0%	x6	260	64.0%	x6	245	73.0%	x6	280
to Parallel Box		61.0%	x6	235	67.0%	x6	260	64.0%	x6	245	73.0%	x6	280
Strength Speed Complex		61.0%	x6	235	67.0%	x6	260				73.0%	x6	280
x 3 Hop Jump		61.0%	x6	235	67.0%	x6	260				73.0%	x6	280
DB SA Row w/DB Incline Press		x15	row		x15	row		x15	row		x15	row	
		3 sets			3 sets			2 sets			3 sets		
row - total reps		x8	press		x8	press		x8	press		x8	press	
DB SA SNATCH		3x6ea			3x6ea			2x6ea			3x6ea		
Stick Lock Out		MIN			MIN			MIN			MIN		
		45#			45#			45#			45#		
Back Ext to Glute Ham Raise		3x6-10 mid pt pause			3x6-10 mid pt pause			2x6-10 mid pt pause			3x6-10 mid pt pause		
"Y" Raise		3x12			3x12			2x12			3x12		

STAGE		Developmental - 3											
PROGRAM		Block 1 - Spring II Summer - Cycle 2											
"Hard things are put in our way, not to stop us, but to call out our courage and strength"													
PRE ACTIVITY PREPARATION x2		Neck - Traps				Extras							
Chops from Lunge Position - Down x 6 ea Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6 Lunge Matrix x 1 circle Step Overs x 20 total Standing Fly x 10		Roondogs x 10 Shrugs x 15 Face Pulls x 15 2 Circuits				DESSERT SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT							
FRIDAY		10-Jul-09			17-Jul-09			24-Jul-09			31-Jul-09		
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Front Squat		38.0%	x5	145	41.0%	x5	160	39.5%	x5	150	44.0%	x5	170
		49.4%	x3-5	190	53.3%	x3-5	205	51.4%	x3-5	200	57.2%	x3-5	220
		60.8%	x2-3	235	65.6%	x2-3	255	63.2%	x2-3	245	70.4%	x2-3	270
		68.4%	x1-2	265	73.8%	x1-2	285	71.1%	x1-2	275	78.2%	x1-2	305
		76.0%	x6	295	82.0%	x4	315	79.0%	x4	305	88.0%	3x4	340
		76.0%	x6	295	82.0%	x4	315	79.0%	x4	305	88.0%	2x4	340
		76.0%	x6	295	82.0%	x4	315	79.0%	x4	305	88.0%	x4	350
		76.0%	x6	295	82.0%	x4	315	79.0%	x4	305	88.0%	x4	360
					82.0%	x4-10	315				87.0%	x4	375
											101.0%	x4	390
G2 Bench Press		43.6%	x5	175	47.5%	x5	190	45.5%	x5	180	51.4%	x5	205
		53.6%	x3	215	58.4%	x3	235	56.0%	x3	225	63.2%	x3	255
		60.3%	x2	240	65.7%	x2	265	63.0%	x2	250	71.1%	x2	285
		67.0%	x6	270	73.0%	x6	290	70.0%	x6	280	79.0%	x4	315
		67.0%	x6	270	73.0%	x6	290	70.0%	x6	280	79.0%	x4	315
		67.0%	x6	270	73.0%	x6	290				79.0%	x4	315
		67.0%	x6	270	73.0%	x6	290				79.0%	x4	315
Preparation Sets - as needed		67.0%	x6	270									
Deck CG Power Pull		61.0%	x4	185	67.0%	x4	200	64.0%	x4	190	73.0%	x3	220
		61.0%	x4	185	67.0%	x4	200	64.0%	x4	190	73.0%	x3	220
Hybrid = "PUSH" + "JUMP"		61.0%	x4	185	67.0%	x4	200	64.0%	x4	190	73.0%	x3	220
		61.0%	x4	185	67.0%	x4	200				73.0%	x3	220
Load = Push Press		61.0%	x4	185	67.0%	x4	200				73.0%	x3	220
Lateral Lunge		3x6			3x6			2x6			3x6		
Push Hips Back		min			min			min			min		
		15kg			20kg			15kg			20kg		
Inverted Row		x10			x12			x10			x15		
Chest Must Touch		x10			x12			x10			x15		
		x10			x12			x10			x15		
Partner Leg Curl		3 x m6			3 x m6			2 x m6			3 x m6		
"A" Raise		3x12			3x12			2x12			3x12		

CHECK TEAM Funtional Movement Screen Corrective Means Assignments and Blitz Programming