

SPORT	2 Block Black							
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				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES			
2 Circuits								

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  
EFF  
300

Deck Clean	35.0% x5 105	38.0% x5 115	36.5% x5 110	41.0% x5 125
Set Stance - Athletic Position	45.5% x3-5 135	49.4% x3-5 150	47.5% x3-5 140	53.3% x3-5 160
"PUSH" + "JUMP" + "PUNCH"	56.0% x2-3 170	60.8% x2-3 180	59.4% x2-3 175	65.6% x2-3 195
Strength Speed Complex	63.0% x1-2 190	68.4% x1-2 205	65.7% x1-2 195	73.8% x1-2 220
x 3 Hop	70.0% 2x3 210	76.0% 2x3 230	73.0% x3 220	82.0% 5x2 245
Work Sets	70.0% 2x3 210	76.0% 2x3 230	73.0% x3 220	82.0% 5x2 245
	70.0% 2x3 210	76.0% 2x3 230	73.0% x3 220	85.0% x2 255
	70.0% 2x3 210	76.0% 2x3 230	73.0% x3 220	88.0% x2 265
			73.0% x3 220	91.0% x2 275
			73.0% x3 220	94.0% x2 280
0.0%	8 Sets	0.0%	8 Sets	

Back Squat	49.0% x3 245	52.0% x3 260	46.0% x3 230	55.0% x3 275
to parallel hard box	49.0% x3 245	52.0% x3 260	46.0% x3 230	55.0% x3 275
Double Chain	49.0% x3 245	52.0% x3 260	46.0% x3 230	55.0% x3 275
	49.0% x3 245	52.0% x3 260	46.0% x3 230	55.0% x3 275
	49.0% x3 245	52.0% x3 260		55.0% x3 275
Preparation Sets - as needed	49.0% x3 245	52.0% x3 260		55.0% x3 275

TIER 2  
SPEED  
500

Pronated Row	61.0% x10 160	67.0% x10 175	64.0% x6 165	73.0% x8 190
Set Stance - Athletic Position	61.0% x10 160	67.0% x10 175	64.0% x6 165	73.0% x8 190
Barbell Recovery Position = Below Knee	61.0% x10 160	67.0% x10 175		73.0% x8 190

TIER 3  
VOL  
260

Hex Bar Deadlift	x8	x8	x5	x5
"PUSH"	x8	x8	x5	x5
Load = Back Squat	x8	x8		x5

TIER 4  
VOL  
385

Lateral Step Up	3x6	3x6	2x6	3x6
17" Box	min	min	min	min
Drive Through the Box	15kg	20kg	15kg	20kg

TIER 5  
PCOM  
Notes

RDL [load set 4 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				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES			
2 circuits								

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  
EFF  
400

G2 Bench Press	35.0% x5 140	38.0% x5 150	36.5% x5 145	41.0% x5 165
	45.5% x3-5 180	49.4% x3-5 200	47.5% x3-5 190	53.3% x3-5 215
	56.0% x2-3 225	60.8% x2-3 245	59.4% x2-3 235	65.6% x2-3 260
	63.0% x1-2 250	68.4% x1-2 275	65.7% x1-2 265	73.8% x1-2 295
Strength Speed Complex	70.0% x5 280	76.0% x5 305	73.0% x4 290	82.0% 3x3 330
x3 OH Med Ball Throw	70.0% x5 280	76.0% x5 305	73.0% x4 290	82.0% 3x3 330
Work Sets	70.0% x5 280	76.0% x5 305	73.0% x4 290	85.0% x3 340
	70.0% x5 280	76.0% x5 305	73.0% x4 290	88.0% x3 350
	70.0% x5 280	76.0% x5-10 305		91.0% x3 365
				94.0% x3 375

TIER 2  
SPEED  
300

Hang Clean	64.0% x3 190	67.0% x3 200	61.0% x3 185	70.0% x3 210
Set Stance - Athletic Position	64.0% x3 190	67.0% x3 200	61.0% x3 185	70.0% x3 210
"PUSH" + "JUMP" + "PUNCH"	64.0% x3 190	67.0% x3 200	61.0% x3 185	70.0% x3 210
"Drop and Go"	64.0% x3 190	67.0% x3 200	61.0% x3 185	70.0% x3 210
Strength Speed Complex	64.0% x3 190	67.0% x3 200	61.0% x3 185	70.0% x3 210
x Vertical Jumps	64.0% x3 190	67.0% x3 200		70.0% x3 210
Preparation Sets - as needed	64.0% x3 190	67.0% x3 200		70.0% x3 210

TIER 3  
VOL  
300

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
	55.0% x6 210	61.0% x6 235	58.0% x6 225	67.0% x6 260
	55.0% x6 210	61.0% x6 235		67.0% x6 260

TIER 4  
VOL  
300

DB SA Row w/DB Incline Press	x15 row	x15 row	x15 row	x15 row
Alternate Arm on Press	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
	55#	55#	55#	55#

TIER 5  
PCOM

Glute Ham Raise	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end
"Y" Raise	3x12	3x12	2x12	3x12

STAGE	Developmental - 3															
PROGRAM	Block 2 - 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				DESERT SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT			
2 Circuits								

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  
EFF  
500

Back Squat	35.0% x5 175	38.0% x5 190	36.5% x5 185	41.0% x5 205
	45.5% x3-5 230	49.4% x3-5 245	47.5% x3-5 235	53.3% x3-5 265
	56.0% x2-3 280	60.8% x2-3 305	59.4% x2-3 290	65.6% x2-3 330
	63.0% x1-2 315	68.4% x1-2 340	65.7% x1-2 320	73.8% x1-2 370
Strength Speed Complex	70.0% x5 350	76.0% x5 380	73.0% x4 365	82.0% 3x3 410
x 3 Box Jump	70.0% x5 350	76.0% x5 380	73.0% x4 365	82.0% 3x3 410
Work Sets	70.0% x5 350	76.0% x5 380	73.0% x4 365	85.0% x3 425
	70.0% x5 350	76.0% x5 380	73.0% x4 365	88.0% x3 440
	70.0% x5 350	76.0% x5-10 380		91.0% x3 455
				94.0% x3 470

TIER 2  
SPEED  
400

G4 Bench Press	49.0% x3 195	49.0% x3 195	43.0% x3 170	49.0% x3 195
Double Chain	49.0% x3 195	49.0% x3 195	43.0% x3 170	49.0% x3 195
Tier 2a - G4 BB Extensions 5x6	49.0% x3 195	49.0% x3 195	43.0% x3 170	49.0% x3 195
	49.0% x3 195	49.0% x3 195	43.0% x3 170	49.0% x3 195
	49.0% x3 195	49.0% x3 195		49.0% x3 195
Preparation Sets - as needed	49.0% x3 195	49.0% x3 195		49.0% x3 195

TIER 3  
VOL  
300

Block 7 Clean to Push Press	55.0% x4 165	61.0% x4 185	58.0% x4 175	67.0% x4 200
	55.0% x4 165	61.0% x4 185	58.0% x4 175	67.0% x4 200
Set Stance - Athletic Position	55.0% x4 165	61.0% x4 185	58.0% x4 175	67.0% x4 200
"JUMP" + "PUNCH" + "THROW"	55.0% x4 165	61.0% x4 185		67.0% x4 200

TIER 4  
VOL  
300

Lateral Lunge	3x6	3x6	2x6	3x6
Push Hips Back	min	min	min	min
	15kg	20kg	15kg	20kg
Inverted Row w/ G2 OH Press	3sets	3sets	2sets	3sets
Chest Must Touch on Row	Row: x10	Row: x12	Row: x10	Row: x15
G2 Press = Set 1 Bench Press	Press: x6	Press: x6	Press: x4	Press: x6

TIER 5  
PCOM

SL Back Extension	3x10 ea	3x10 ea	2x10 ea	3x10 ea
"A" Raise	3x12	3x12	2x12	3x12

CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming

<b>SPORT</b>		<b>2 Block Black</b>											
<b>Weekly Rotation</b>		<b>MONDAY T   WEDNESDAY U   FRIDAY L</b>											
<b>"The only place success comes before work is in the dictionary"</b>													
<b>PRE ACTIVITY PREPARATION</b>		<b>Neck - Traps</b>				<b>Extras</b>							
<b>Report to TRAGER</b> 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				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
		2 Circuits											
<b>MONDAY</b>		<b>6-Jul-09</b>		<b>13-Jul-09</b>		<b>20-Jul-09</b>		<b>27-Jul-09</b>					
<b>SESSION T</b>		%	GR	WT	%	GR	WT	%	GR	WT			
<b>Deck Clean</b>		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
Strength Speed Complex		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
x 3 Hop		76.0%	2x3	230	82.0%	5x2	245	79.0%	2x2	235	88.0%	5x2	265
Work Sets		76.0%	2x3	230	82.0%	5x2	245	79.0%	2x2	235	88.0%	5x2	265
		76.0%	2x3	230	85.0%	x2	255	79.0%	2x2	235	91.0%	x2	275
		76.0%	2x3	230	88.0%	x2	265	79.0%	x2	235	94.0%	x2	280
					91.0%	x2	275				97.0%	x2	290
		0.0%	8 Sets		94.0%	x2	280	0.0%	7 sets		101.0%	x2	305
<b>Back Squat</b>		49.0%	x3	245	52.0%	x3	260	46.0%	x3	230	55.0%	x3	275
to parallel hard box		49.0%	x3	245	52.0%	x3	260	46.0%	x3	230	55.0%	x3	275
Double Chain		49.0%	x3	245	52.0%	x3	260	46.0%	x3	230	55.0%	x3	275
Preparation Sets - as needed		49.0%	x3	245	52.0%	x3	260				55.0%	x3	275
		49.0%	x3	245	52.0%	x3	260				55.0%	x3	275
<b>Pronated Row</b>		67.0%	x10	175	73.0%	x8	190	70.0%	x4	180	79.0%	x5	205
Set Stance - Athletic Position		67.0%	x10	175	73.0%	x8	190	70.0%	x4	180	79.0%	x5	205
Barbell Recovery Position = Below Knee		67.0%	x10	175	73.0%	x8	190				79.0%	x5	205
<b>Block 7 Snatch Grip Power Pull</b>			x6			x6			x3			x5	
Hybrid = "PUSH" + "JUMP"			x6			x6			x3			x5	
Load = Block 7 Clean to Push Press			x6			x6			x5				
<b>Lateral Step Up</b>			3x6			3x6			2x6			3x6	
17" Box			min			min			min			min	
Drive Through the Box			15kg			20kg			15kg			20kg	
<b>RDL [load set 4 Deck Clean]</b>			3x10			3x8			2x10			3x8	
<b>"T" RAISE</b>			3x12			3x12			2x12			3x12	

<b>A MASTER GENERIC</b>													
<b>BEAT KENTUCKY</b>													
<b>REPORT TO TRAGER</b>		<b>Neck - Traps</b>				<b>Extras</b>							
<b>Group Run</b> 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				Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES							
		2 circuits											
<b>WEDNESDAY</b>		<b>8-Jul-09</b>		<b>15-Jul-09</b>		<b>22-Jul-09</b>		<b>29-Jul-09</b>					
<b>SESSION U</b>		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>G2 Bench Press</b>		38.0%	x5	150	41.0%	x5	165	39.5%	x5	160	44.0%	x5	175
Set Stance - Athletic Position		49.4%	x3-5	200	53.3%	x3-5	215	51.4%	x3-5	205	57.2%	x3-5	230
"PUSH" + "JUMP" + "PUNCH"		60.8%	x2-3	245	65.6%	x2-3	260	63.2%	x2-3	255	70.4%	x2-3	280
Strength Speed Complex		68.4%	x1-2	275	73.8%	x1-2	295	71.1%	x1-2	285	78.2%	x1-2	315
x 3 OH Med Ball Throw		76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	88.0%	3x3	350
Work Sets		76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	88.0%	3x3	350
		76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	91.0%	x3	365
		76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	94.0%	x3	375
		76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	97.0%	x3	390
					82.0%	x3-10	330				101.0%	x3	405
<b>Hang Clean</b>		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
Set Stance - Athletic Position		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
"PUSH" + "JUMP" + "PUNCH"		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
"Drop and Go"		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
Strength Speed Complex		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
x Vertical Jumps		64.0%	x3	190	67.0%	x3	200				70.0%	x3	210
Preparation Sets - as needed		64.0%	x3	190	67.0%	x3	200				70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200				70.0%	x3	210
<b>Front Squat</b>		61.0%	x6	235	67.0%	x6	260	64.0%	x6	245	73.0%	x6	280
2 ct Pause		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
		61.0%	x6	235	67.0%	x6	260				73.0%	x6	280
<b>DB SA Row w/DB Incline Press</b>			x15	row		x15	row		x15	row		x15	row
Alternate Arm on Press			3 sets			3 sets			2 sets			3 sets	
row - total reps			x8	press		x8	press		x8	press		x8	press
<b>DB SA SNATCH</b>			3x6ea			3x6ea			2x6ea			3x6ea	
Stick Lock Out			MIN			MIN			MIN			MIN	
			55#			55#			55#			55#	
<b>Glute Ham Raise</b>			3x6-10	raise back end		3x6-10	raise back end		2x6-10	raise back end		3x6-10	raise back end
<b>"Y" RAISE</b>			3x12			3x12			2x12			3x12	

<b>STAGE</b>		<b>Developmental - 3</b>															
<b>PROGRAM</b>		<b>Block 2 - Spring II Summer - Cycle 2</b>															
<b>"Hard things are put in our way, not to stop us, but to call out our courage and strength"</b>																	
<b>PRE ACTIVITY PREPARATION</b>		<b>Neck - Traps</b>								<b>Extras</b>							
<b>Chops from Lunge Position - Down x 6 ea</b> <b>Chops from Lunge Position - Up x 6 ea</b> <b>Overhead Squat to Box x 6</b> <b>Lunge Matrix x 1 circle</b> <b>Step Overs x 20 total</b> <b>Standing Fly x 10</b>		Roondogs x 10 Shrugs x 15 Face Pulls x 15								DESSERT SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT							
		2 Circuits															
<b>FRIDAY</b>		<b>10-Jul-09</b>		<b>17-Jul-09</b>		<b>24-Jul-09</b>		<b>31-Jul-09</b>									
<b>SESSION L</b>		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	
<b>Back Squat</b>		38.0%	x5	190	41.0%	x5	205	39.5%	x5	200	44.0%	x5	220				
Set Stance - Athletic Position		49.4%	x3-5	245	53.3%	x3-5	265	51.4%	x3-5	255	57.2%	x3-5	285				
"PUSH" + "JUMP" + "PUNCH"		60.8%	x2-3	305	65.6%	x2-3	330	63.2%	x2-3	315	70.4%	x2-3	350				
Strength Speed Complex		68.4%	x1-2	340	73.8%	x1-2	370	71.1%	x1-2	355	78.2%	x1-2	395				
x 3 Box Jump		76.0%	x5	380	82.0%	x3	410	79.0%	x3	395	88.0%	3x3	440				
Work Sets		76.0%	x5	380	82.0%	x3	410	79.0%	x3	395	88.0%	3x3	440				
		76.0%	x5	380	82.0%	x3	410	79.0%	x3	395	91.0%	x3	455				
		76.0%	x5	380	82.0%	x3	410	79.0%	x3	395	94.0%	x3	470				
		76.0%	x5	380	82.0%	x3	410	79.0%	x3	395	97.0%	x3	485				
					82.0%	x3-10	410				101.0%	x3	505				
<b>G4 Bench Press</b>		49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195				
Double Chain		49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195				
Tier 2a - G4 BB Extensions 5x6		49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195				
Preparation Sets - as needed		49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195				
		49.0%	x3	195	49.0%	x3	195				49.0%	x3	195				
		49.0%	x3	195	49.0%	x3	195				49.0%	x3	195				
<b>Block 7 Clean to Push Press</b>		61.0%	x4	185	67.0%	x4	200	64.0%	x4	190	73.0%	x3	220				
Set Stance - Athletic Position		61.0%	x4	185	67.0%	x4	200	64.0%	x4	190	73.0%	x3	220				
"JUMP" + "PUNCH" + "THROW"		61.0%	x4	185	67.0%	x4	200				73.0%	x3	220				
Load = Block 7 Clean to Push Press			x4			x4			x3								
<b>Lateral Lunge</b>			3x6			3x6			2x6			3x6					
Push Hips Back			min			min			min			min					
			15kg			20kg			15kg			20kg					
<b>Inverted Row w/ G2 OH Press</b>			3sets			3sets			2sets			3sets					
Chest Must Touch on Row			Row: x10			Row: x12			Row: x10			Row: x15					
G2 Press = Set 1 Bench Press			Press: x6			Press: x6			Press: x4			Press: x6					
<b>SL Back Extension</b>			3x10 ea			3x10 ea			2x10 ea			3x10 ea					
<b>"A" RAISE</b>			3x12			3x12			2x12			3x12					

CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming