

SPORT	3 F7 Block Red			
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	Deck Clean	35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125
		45.5%	x3-5	135	48.4%	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%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	4x2	245
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	4x2	245
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	85.0%	x2	255
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	88.0%	x2	265
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	91.0%	x2	275
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	94.0%	x2	280

EFF	300
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TIER 2	Back Squat
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TIER 2	to parallel hard box Purple Band	34.0%	x2	170	37.0%	x2	185	37.0%	x2	185	40.0%	x2	200
		37.0%	x2	185	40.0%	x2	200	37.0%	x2	185	43.0%	x2	215
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230

SPEED	500
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TIER 3	Upper Body Medley
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VOL	Inverted Row/ DB SA Row/ DB SA Bench Press	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR
		0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	3sets		0.0%	3sets		0.0%	2sets		0.0%	3sets	

TIER 4	Jump Medley
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TIER 4	3 Sets of Work	BJ	x3	%	BJ	x3	%	BJ	x3	%	BJ	x3	%
		LJ	x1	Max	LJ	x1	Max	LJ	x1	Max	LJ	x1	Max
		3H	x1	Max	3H	x1	Max	3H	x1	Max	3H	x1	Max

TIER 5	Versa Slide Lateral Lunge
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PCOM	Chain Load	x6ea	x6ea	x6ea	x6ea
		x6ea	x6ea	x6ea	x6ea

Notes	RDL [load set 4 Deck Clean]	3x10	3x8	2x10	3x8
	Prone "T" "Y" "A"	1 x 12 each	1 x 12 each	Y only 2x12	1 x 12 each

A MASTER GENERIC

BEAT KENTUCKY

Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Neck - Traps Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15 2 circuits	Extras Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES
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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 Incline Press	50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5		
		65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5		
		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5		
		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5		
		100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5		
		Week 1 - Double Chain												
		Week 2 - Single Chain												
		Week 3 - Triple Chain												
		Week 4 - Straight												

EFF	308
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TIER 2	Hang Clean
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TIER 2	Set Stance - Athletic Position "PUSH" + "JUMP" + "PUNCH" "Drop and Go" Strength Speed Complex x Vertical Jumps	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220

SPEED	300
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TIER 3	SL Squat Progression
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VOL	Week 1 - Split Squat Week 2&3 - Pistols to Box Week 4 - Counterbalance	0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	
		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	
		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	
		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	

TIER 4	Dead Stop Rows
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TIER 4	Reset Each Reps Ascending Sets	x8	x8	x8	x8
		x8	x8	x8	x8
		x8	x8	x8	x8

TIER 5	Landmine KB Medley
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PCOM	Squat to Rotate double arm	RT	x6	3	RT	x6	3	RT	x6	3	RT	x6	3
		LT	x6	sets	LT	x6	sets	LT	x6	sets	LT	x6	sets

Notes	KB Swings	KB	60 sec	KB	60 sec	KB	60 sec	KB	60 sec
	Glute Ham Raise	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end	3x12	3x12	2x12	3x12

Developmental - 3

Block 3 - Spring II Summer - Cycle 1

Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Neck - Traps Roondogs x 10 Shrugs x 15 Face Pulls x 15 2 Circuits	Extras DESERT SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT
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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	50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5		
		65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5		
		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5		
		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5		
		100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5		
		Week 1 - Double Chain												
		Week 2 - Single Chain												
		Week 3 - Triple Chain												
		Week 4 - Straight												

EFF	385
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TIER 2	G4 Bench Press
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TIER 2	Mini Band Tier 2a - DB Extensions 5x8	31.0%	x2	125	31.0%	x2	125	34.0%	x2	135	31.0%	x2	125
		34.0%	x2	135	34.0%	x2	135	34.0%	x2	135	34.0%	x2	135
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
		40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160

SPEED	400
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TIER 3	Hex Bar Deadlift
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VOL	Set Stance - Athletic Position "PUSH" ASCENDING SETS min= 315#	0.0%	x8		0.0%	x8		0.0%	x5		0.0%	x8	
		0.0%	x8		0.0%	x8		0.0%	x5		0.0%	x8	
		0.0%	x8		0.0%	x8		0.0%	x5		0.0%	x8	
		0.0%	x8		0.0%	x8		0.0%	x5		0.0%	x8	

TIER 4	Versa Slide Combo Lunge
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TIER 4	Chain Load	x6ea	x6ea	x6ea	x6ea
		x6ea	x6ea	x6ea	x6ea
		x6ea	x6ea	x6ea	x6ea

TIER 5	Upper Body Medley
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PCOM	Chain Ups w/Supine Pulldowns	Chins	xm6	3	Chins	xm6	3	Chins	xm6	2	Chins	xm6	3
		Row	x10	sets	Row	x10	sets	Row	x10	sets	Row	x10	sets

Notes	w/DB Press	Press	x6	Press	x6	Press	x4	Press	x6
	Single Leg Hip Lift - floor	3x10 ea	3x10 ea	2x10 ea	3x10 ea				
	Blast Strap "W" "T" "Row"	1 x 12 each	1 x 12 each	T only 2x12	1 x 12 each				

CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming

SPORT	3 F7 Block Red			
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

TIER 1	Deck Clean	38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
		49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
	Set Stance - Athletic Position	68.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
	"PUSH" + "JUMP" + "PUNCH"	68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	91.0%	x2	275
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	94.0%	x2	280
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	97.0%	x2	290
		76.0%	x3	230						101.0%	x2	305	

TIER 2	300	400
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Back Squat	34.0%	x2	170	37.0%	x2	185	37.0%	x2	185	40.0%	x2	200
to parallel hard box	37.0%	x2	185	40.0%	x2	200	37.0%	x2	185	43.0%	x2	215
Purple Band	40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
	40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
	40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
	40.0%	x2	200	43.0%	x2	215				46.0%	x2	230
Preparation Sets - as needed	40.0%	x2	200	43.0%	x2	215				46.0%	x2	230

TIER 3	500	300
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Upper Body Medley	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR
	0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR
Inverted Row/ DB SA Row/	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
DB SA Incline Press												
	0.0%	3sets		0.0%	3sets		0.0%	2 sets		0.0%	3sets	

TIER 4	40	40
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3 Hop Progression				
Versa Slide Lateral Lunge	x6ea		x6ea	x6ea
Chain Load	x6ea		x6ea	x6ea
	x6ea		x6ea	x6ea

RDL [load set 4 Deck Clean]	3x10	3x8	2x10	3x8
Prone "T" "Y" "A"	1 x 12 each	1 x 12 each	Y only 2x12	1 x 12 each

PCOM				
Notes				

A MASTER GENERIC

BEAT KENTUCKY

Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Neck - Traps		Extras	
	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

TIER 1	G2 Bench Press	50.0%	x5	50.0%	x5	50.0%	x5	50.0%	x5
		65.0%	x5	65.0%	x5	65.0%	x5	65.0%	x5
	Week 1 - Double Chain	80.0%	x5	80.0%	x5	80.0%	x5	80.0%	x5
	Week 2 - Single Chain	90.0%	x5	90.0%	x5	90.0%	x5	90.0%	x5
	Week 3 - Triple Chain	100.0%	x5	100.0%	x5	100.0%	x5	100.0%	x5
	Week 4 - Straight								

TIER 2	300	400
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Hang Clean	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
Set Stance - Athletic Position	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
"PUSH" + "JUMP" + "PUNCH"	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
"Drop and Go"	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
Strength Speed Complex	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
Sets 1-3-5 x3 Repetive Vertamax Jumps	67.0%	x2	200	70.0%	x2	210				73.0%	x2	220
Sets 2-4-6 x1 Max Vert	67.0%	x2	200	70.0%	x2	210				73.0%	x2	220

TIER 3	500	400
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SL Squat Progression	0.0%	x6ea	0.0%	x6ea	0.0%	x6ea	0.0%	x6ea
	0.0%	x6ea	0.0%	x6ea	0.0%	x6ea	0.0%	x6ea
Week 1 - Split Squat	0.0%	x6ea	0.0%	x6ea			0.0%	x6ea
Week 2&3 - Pistols to Box								
Week 4 - Counterbalance								

TIER 4	40	40
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Dead Stop Rows	x6		x5		x5		x5	
Reset Each Reps	x6		x5		x5		x3	
Ascending Sets	x6		x5				x1	
Landmine KB Medley	RT x6	3	RT x6	3	RT x6	3	RT x6	3
Squat to Rotate double arm	LT x6	sets	LT x6	sets	LT x6	sets	LT x6	sets
KB Swings	KB	60 sec	KB	60 sec	KB	60 sec	KB	60 sec

Glute Ham Raise	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end
Vertical Horizontal Goal Post Pull Apart	3x12	3x12	2x12	3x12

PCOM				
Notes				

Developmental - 3

Block 3 - Spring II Summer - Cycle 2

Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Neck - Traps		Extras	
	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

TIER 1	Back Squat	38.0%	x5	190	41.0%	x5	205	39.5%	x5	200	44.0%	x5	220
		49.4%	x3-5	245	53.3%	x3-5	265	51.4%	x3-5	255	57.2%	x3-5	285
	Metabolic Training = 35 second	68.8%	x2-3	305	65.6%	x2-3	330	63.2%	x2-3	315	70.4%	x2-3	350
	Hurdle Shuffles = Pre Sets	68.4%	x1-2	340	73.8%	x1-2	370	71.1%	x1-2	355	78.2%	x1-2	395
		76.0%	x24	380	82.0%	x20	410	79.0%	x10	395	88.0%	15-20	440

TIER 2	500	400
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G4 Bench Press	31.0%	x2	125	31.0%	x2	125	34.0%	x2	135	31.0%	x2	125
	34.0%	x2	135	34.0%	x2	135	34.0%	x2	135	34.0%	x2	135
Mini Band	40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
Tier 2a - DB Incline Extensions 5x8	40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
	40.0%	x2	160	40.0%	x2	160	34.0%	x2	135	40.0%	x2	160
	40.0%	x2	160	40.0%	x2	160				40.0%	x2	160
Preparation Sets - as needed	40.0%	x2	160	40.0%	x2	160				40.0%	x2	160

TIER 3	500	400
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Box Jump	79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	91.0%	x1	36.4
	79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	94.0%	x1	37.6
Week 1&2 - Std Jump	79.0%	x5	31.6	85.0%	x3	34				97.0%	x1	38.8
Week 3&4 - Jump	79.0%	x5	31.6	85.0%	x3	34				101.0%	x1	40.4
										103.0%	x1	41.2

TIER 4	40	40
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Versa Slide Combo Lunge	x6ea		x6ea		x6ea		x6ea					
Chain Load	x6ea		x6ea		x6ea		x6ea					
	x6ea		x6ea		x6ea		x6ea					
Upper Body Medley	Chins	xm6	3	Chins	xm6	3	Chins	xm6	2	Chins	xm6	3
Chin Ups w/Supine Pulldowns	Row	x10	sets	Row	x10	sets	Row	x10	sets	Row	x10	sets
w/DB Press	Press	x6		Press	x6		Press	x4		Press	x6	

Single Leg Hip Lift - floor	3x10 ea	3x10 ea	2x10 ea	3x10 ea
Blast Strap "W" "T" "Row"	1 x 12 each	1 x 12 each	T only 2x12	1 x 12 each

PCOM				
Notes				

CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming