	SPORT	3 F7 Blo	ock Red		OTEE						STAGE			D)ev	elo	pn	nei	ntal	- 3	ľ
	Weekly Rotation	MONDAY T WEDNE	ESDAY U FRIDAY L		JIER	GEI			,		PROGRAM	BI	oc	k 3	- Sp	orin	g II	Su	nme	er - C	ycle 1
	"The only place suc	cess comes before worl	k is in the dictionary"	BE/	ΑΤ ΚΕ	INTU(CKY				"Hard things are put in ou	r way	, not	to sto	pus,b	ut to c	all out	our co	urage a	and stren	gth"
	PRE ACTIVITY PREPARATION	Neck - Traps	Extras		Neck -	Traps		Extra			PRE ACTIVITY PREPARATION			Neck	- Tra	os			E	xtras	
- 1	Report to TRAGER	Roondogs x 10	Post Tue-Thur Team Run	Report to TRAGER	Iso Bridge x ma			Thur	Team Run		Chops from Lunge Position - Down x 6 ea			ogs x	10					ESER'	
- 1	Group Run Linear - Lateral Speed	Shrugs x 15 Face Pulls x 15	POWER CORE	Group Run Linear - Lateral Speed	Stg Lateral Iso B Bent Over Shi	-	POWER CORE	AEASUDE	F9		Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6			x 15 Ills x	15				PATROL BODY GE	- GUN SHO	w
	Blocks 0-1-2 - Dermody - Feit		PILATES	Blocks 0-1-2 - Dermody - Feit	Bent Over Shi	ugs x 15	PILATES	LAGONE	25		Lunge Matrix x 1 circle	rac	eru	1115 A	15			OFFER			ł
	Blocks 3 - 4 Kenn and Verdon			Blocks 3 - 4 Kenn and Verdon							Step Overs x 20 total										ł
		2 Circuits			2 cir						Standing Fly x 10			-	ircuits						
	MONDAY		15-Jun-09 22-Jun-09	WEDNESDAY		10-Jun-09					FRIDAY										Jun-09
	SESSION T	% GR WT % GR WT		SESSION U		% GR WT					SESSION L	-			-		WT		GR W		GR WT
	Deck Clean	35.0% x5 105 38.0% x5 115	36.5% x5 110 41.0% x5 125	G2 Incline Press	^{50.0%} x5	^{50.0%} x5	^{50.0%} x5		^{0.0%} x5		Front Squat	50.0%	~~		50.0%	~~		50.0%		50.0%	x5
		45.5% x3-5 135 49.4% x3-5 150	47.5% x3-5 140 53.3% x3-5 160		^{65.0%} x5	^{65.0%} x5	65.0% x5	65.	^{5.0%} x5			65.0%	x5	5	65.0%	x5		65.0%	x5	65.0%	x5
-	Set Stance - Athletic Position	56.0% x2-3 170 60.8% x2-3 180	58.4% x2-3 175 65.6% x2-3 195 🖵	Week 1 - Double Chain	^{80.0%} x5	^{80.0%} x5	^{80.0%} x5	80.	^{0.0%} x5	1	Week 1 - Double Chain	80.0%	x5	5	80.0%	x5		80.0%	x5	80.0%	x5
IER	"PUSH" + "JUMP" + "PUNCH"	63.0% x1-2 190 68.4% x1-2 205	65.7% x1-2 195 73.8% x1-2 220	Week 2 - Single Chain	^{90.0%} x5	^{90.0%} x5	^{90.0%} x5	90.	^{0.0%} x5	ER	Week 2 - Single Chain	90.0%	+		90.0%	x5		90.0%	x5	90.0%	x5
¦≓			73.0% x3 220 82.0% 4x2 245	Week 3 - Triple Chain	100.0% x5	100.0% x5	100.0% x5		0.0% x5	TIE	Week 3 - Triple Chain	100.0%	÷		100.0%			100.0%		100.0%	
					NUM AJ	······ AJ	XJ	100	~~″ XJ		·	100.0%	- XJ	, 	130.0%	λĴ		.00.0 %	XJ	100.0%	AJ
			73.0% x3 220 82.0% 4x2 245	Week 4 - Straight							Week 4 - Straight		Ļ								ا ا
		70.0% x3 210 76.0% x3 230	73.0% x3 220 85.0% x2 255								Parallel to Hard Box		<u> </u>								
EFF		70.0% x3 210 76.0% x3 230	73.0% x3 220 88.0% x2 265 EFF							EFF			1								
0		70.0% x3 210 76.0% x3 230	91.0% x2 275 ∞							5			T					1	T		
300		70.0% x3 210 76.0% x3 230	91.0% x2 275 ∞ 94.0% x2 280 ↔							385			†	-				†			
	Back Squat		37.0% x2 185 40.0% x2 200	Hang Clean	67.0% x2 200	^{70.0%} x2 210	64.0% 22	100 73	20% v2 220		G4 Bench Press	31.0%	~2) 12	5 31 0%	v2	125	34.0%	v2 1	35 31.0%	x2 125
	Dack Squal	37.0% x2 185 40.0% x2 200	l	nang Olean		70.0% x2 210	L			•	64 Delicii Fress	34.0%		- <u>-</u>							
2 2						L	L	.					- 								x2 135
ER	to parallel hard box	40.0% x2 200 43.0% x2 215		Set Stance - Athletic Position		^{70.0%} x2 210				ER	Mini Band	40.0%	· · · · · · · ·			L		L		35 40.0%	· · · · · · · · · · · · · · · · · · ·
\vdash	Purple Band	40.0% x2 200 43.0% x2 215	L	"PUSH" + "JUMP" + "PUNCH"		^{70.0%} x2 210				F	Tier 2a - DB Extensions 5x8	40.0%	x2	2 16	0 40.0%	L			x2 1	35 40.0%	x2 160
		40.0% x2 200 43.0% x2 215	37.0% x2 185 46.0% x2 230	"Drop and Go"	67.0% x2 200	70.0% x2 210	64.0% x2 1	190 73.	^{3.0%} x2 220			40.0%	x2	2 16	0 40.0%	x2	160	34.0%	x2 1	35 40.0%	x2 160
SPEED		40.0% x2 200 43.0% x2 215	37.0% x2 185 46.0% x2 230 SPEEL	Strength Speed Complex	67.0% x2 200	70.0% x2 210	64.0% x2 1	190 73.	3.0% x2 220	SPEED		40.0%	x2	2 16	0 40.0%	x2	160	34.0%	x2 1	35 40.0%	x2 160
0		40.0% x2 200 43.0% x2 215	46.0% x2 230 O	x Vertical Jumps	67.0% x2 200	70.0% x2 210		73.	3.0% x2 220	0		40.0%	x2) 16	0 40.0%	x2	160			40.0%	x2 160
500	Preparation Sets - as needed	40.0% X2 200 43.0% X2 215	46.0% x2 230 00 46.0% x2 230 00 00 00 00 00 00 00 00 00 00 00 00 0	Preparation Sets - as needed		70.0% x2 210			3.0% x2 220	400	Preparation Sets - as needed	40.0%	• • • • • • • •			x2				40.0%	
ŝ	•		0.0% x10 IR 0.0% x10 IR 🙄		0.0% x6ea	0.0% x6ea	0.0% x6ea		.0% x6ea	ŝ	•	0.0%	-	-	_	x8	_	0.0%	~5	_	
Ë	Upper Body Medley			SL Squat Progression			<u>-</u>			ER	Hex Bar Deadlift	 	· • • • • • • • • • • • • • • • • • • •							0.0%	+
Ē			0.0% x15 DBR 0.0% x15 DBR 붙		0.0% x6ea	0.0% x6ea	0.0% x6ea		.0% x6ea	Ē		0.0%	~~~		0.0%	~~		0.0%	x5	0.0%	~~
VOL	Inverted Row/ DB SA Row/	0.0% x5ea PR 0.0% x5ea PR	0.0% x5ea PR 0.0% x5ea PR VOL	Week 1 - Split Squat	0.0% x6ea	0.0% x6ea		0.0	.0% x6ea	VOL	Set Stance - Athletic Position	0.0%	x8	}	0.0%	x8			L	0.0%	x8
, 1	DB SA Bench Press			Week 2&3 - Pistols to Box						300	"PUSH"	L	1								
		0.0% 3sets 0.0% 3sets	0.0% 2 sets 0.0% 3sets	Week 4 - Counterbalance						30	ASCENDING SETS min= 315#		l		Γ						
4	Jump Medley	BJ X3 % BJ X3 %	BJ X3 % BJ X3 % ▼	Dead Stop Rows	x8	x8	x8		x8	4	Versa Slide Combo Lunge		x6e	a		x6ea			x6ea		x6ea
ER	3 Sets of Work		LJ X1 Max LJ X1 Max	Reset Each Reps	x8	x8	x8		x8	R	Chain Load		x6e	a		x6ea		+	x6ea		x6ea
픧	o deta di work		3H X1 Max 3H X1 Max H	Ascending Sets	x8	x8	~~		x8	TIER	onum Loud		x6e			x6ea			x6ea		x6ea
	Versa Slide Lateral Lunge			-		RT x6 3	DT vC			•	Linnen Dedu Medieu	Ohling	xm	_	Ohine	xm6	_		xm6	0 Ohima	xm6 3
۲5		x6ea x6ea	x6ea x6ea vo				÷						.j								
IER	Chain Load	x6ea x6ea	x6ea x6ea HE	Squat to Rotate double arm		LT x6 sets	÷		T x6 sets	TIER	Chin Ups w/Supine Pulldowns					ļ	sets				x10 sets
F		x6ea x6ea		KB Swings	KB 60 sec	KB 60 sec	KB 60 sec		(B 60 sec	Η	w/DB Press	Press			Press	~~		Press			x6
Ň	RDL [load set 4 Deck Clean]	3x10 3x8	2x10 3x8 ₹	Glute Ham Raise	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back		x6-10 raise back end	WO	Single Leg Hip Lift - floor	-		ea	-	(10)			10 ea		(10 ea
2	Prone "T" "Y" "A"	1 x 12 each 1 x 12 each	Y only 2x12 1 x 12 each 요	Vertical Horizontal Goal Post Pull Aparts	3x12	3x12	2x12		3x12	РС	Blast Strap "W" "T" "Row"	1 x	12	eacl	1 1 x	12 e	ach	T on	ly 2x'	12 1 x	12 each
Notes			CHECK TEA	M Funtional Movement S	Screen Corre	ctive Means	Assignm	ents	and Blitz P	roa	ramming										ł
ž										- 1											ł

	SPORT		3	F7	Blo	ock	Re	d		٦		A	отг		~			ור	~		Γ	STAGE			De	eve	lopi	ne	nta	I - 3	
	Weekly Rotation	MOND	AY T	WE	DN	ESDA	YU	FRI	DAY	L		A MA		=R	G		NE					PROGRAM	Ble	ock							ycle 2
	"The only place suc	cess col	nes b	efore	worl	k is in	the d	lictior	nary"			BEAT KENTUCKY									"Hard things are put in our way, not to stop us, but to call out our courage and stre								ngth"		
	PRE ACTIVITY PREPARATION	N	eck - T	raps		· · · ·	Ex	tras	-					leck - T	Fraps			Ext	ras		E	PRE ACTIVITY PREPARATION		N	eck - '	Traps		1		Extras	
	Report to TRAGER	Roondog	s x 10			Post	Tue-Tl	hur Tea	am Ru	<u>n</u>	Re	port to TRAGER	Iso Bridge	e x max	(60 Sec	conds	Post Tue	ə-Thu	ur Team F	<u>Run</u>	c	Chops from Lunge Position - Down x 6 ea	Roo	ndog	s x 10)		Î		ESSEF	
	Group Run	Shrugs x				POWER C					Group		Stg Latera				POWER COR				c	Chops from Lunge Position - Up x 6 ea	Shru							L - GUN SH	ow
	Linear - Lateral Speed	Face Pull	s x 15			CORRECT PILATES	IVE MEA	SURES				- Lateral Speed	Bent Ove	er Shru	igs x 1	5	CORRECTIVE	MEAS	URES		C	Overhead Squat to Box x 6	Face	Pul	s x 15	5		UPPER	BODY G	ET RIGHT	
	Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon					PILATES						s 0-1-2 - Dermody - Feit s 3 - 4 Kenn and Verdon					PILATES				L	unge Matrix x 1 circle Step Overs x 20 total									
	blocks 5 - 4 Kenn and Verdon		2 Circu	lits							DIOCKS	5 5 - 4 Kenn and Verdon		2 circi	uits						s	Standing Fly x 10			2 Circ	uits					
	MONDAY	6-Jul-	09 1	3-Ju	I-09	20-J	ul-09	27-	Jul-0	9	v	VEDNESDAY	8-Jul-	-09	15-Ju	ıl-09	22-Jul	-09	29-Jul	-09		FRIDAY	10-	Jul	-09	17-J	ul-09	24-	Jul-	09 31	-Jul-09
	SESSION T	% GR	WT	% GR	WT	% G	RWT	%	GR W	/T		SESSION U	% GR	WT	% GF	RWT	% GR	WT	% GR	WT	Ľ	SESSION L									GR WT
	Deck Clean			.0% x5		39.5% X		-	x5 13	_		Bench Press	^{50.0%} x5		i0.0% X		^{50.0%} x5		^{50.0%} x5			Back Squat	-		_		5 205	-	x5		x5 220
	Deck Clean	~~					···				02	Delicii Fiess	~~								ŀ	Dack Squal						·			
		49.4% x3-5	150 53	1.3% x3-5	160	51.4% x3	8-5 155	57.2%	x3-5 17	70			^{65.0%} x5		^{5.0%} X		65.0% x5		65.0% x5				49.4%	x3-5	245	53.3% X	3-5 265	51.4%	x3-5	255 57.2%	x3-5 285
-	Set Stance - Athletic Position	60.8% x2-3	180 65	i.6% x2-3	195	63.2% x2	2-3 190	70.4%	x2-3 21	10 🖵	Week 1	- Double Chain	^{80.0%} x5	8	^{0.0%} X	5	^{80.0%} x5		^{80.0%} x5	-		Metabolic Training = 35 second	60.8%	x2-3	305	65.6% X	2-3 330	63.2%	x2-3	315 70.4%	x2-3 350
ER	"PUSH" + "JUMP" + "PUNCH"	68.4% x1-2	205 73	.8% x1-2	220	71.1% x1	-2 215	79.2%	x1-2 24	10 H	Week 2	- Single Chain	90.0% x5	9	0.0% X	5	90.0% x5		^{90.0%} x5		-	Hurdle Shuffles = Pre Sets	68.4%	x1-2	340	73.8% X	1-2 370	71.1%	x1-2	355 79.2%	x1-2 395
Ħ		^{76.0%} x3		<u>i</u>	_ <u>i</u>	79.0% X		. .	4x2 2			- Triple Chain	100.0% x5	·	00.0% X		100.0% x5		100.0% x5	Ë			76.0%	v2/							6 15-20 440
													100.0% XJ		00.0% X	5	100.0% XJ		100.0% XJ				70.0 %	XZ4	300	52.0 % X	20 410	13.0 %	XIU .	595 00.0 /	° 13-20 44 0
		^{76.0%} X3		i	_i		İ		4x2 20	65	Week 4	- Straight		<u> </u>											L			<u> </u>]	l		
		^{76.0%} x3	230 82	.º% x3	245	^{79.0%} X	2 235	5 91.0%	x2 2	75																					
EFF		76.0% x3	230 82	.0% x 3	245	79.0% X	2 235	94.0%	x2 2	RO EF	F			·						EF	F							11	†-		1
																					_							·			+
300				X3	245	^{79.0%} X	Z 230		x2 2	0	3			ļļ						200	3							ļļ			
S		^{76.0%} x3	230					101.0%	x2 3	<mark>)5</mark> 7	t i)										
	Back Squat	^{34.0%} x2	[%] x2 170 37.0% x2	.º% x2	185	37.0% X	(2 18	5 40.0%	x2 2	200	Hang Clean	67.0% x2 20	200 7	^{70.0%} x2 210		64.0% x2	190	73.0% x2	x2 220		G4 Bench Press	31.0%	x2	125	31.0%	2 125	34.0%	x2	135 31.0%	6 x2 125	
2		37.0% v2	185 40	.0% v 2	200	37.0% X	2 185	43.0%	x2 2	15									73.0% x2		, -		34.0%	v2	135	34.0%	2 135	34.0%	v2 ·	135 34.0%	x2 135
																															-iiiiii
ER	to parallel hard box					^{37.0%} X			x2 23			nce - Athletic Position							^{73.0%} x2			Mini Band								135 40.0%	
F	Purple Band	^{40.0%} x2	200 43	.º% x2	215	^{37.0%} X	2 185	5 46.0%	x2 2	30 F	"PUSH	H" + "JUMP" + "PUNCH"	67.0% x2	200 7	^{0.0%} X	2 210	64.0% x2	190	^{73.0%} x2	220 F	-	Tier 2a - DB Incline Extensions 5x8	40.0%	x2	160	40.0%	2 160	34.0%	x2	135 40.0%	6 x2 160
		40.0% x2	200 43	.0% x2	215	37.0% X	2 185	46.0%	x2 2	30		"Drop and Go"	67.0% x2	200 7	'0.0% X	2 210	64.0% x2	190	73.0% x2	220			40.0%	x2	160	40.0%	2 160	34.0%	x2	135 40.0%	x2 160
SPEED		40.0% x2	200 43	w v2	215	37.0% X	2 185	46.0%	x2 2	30 SPEE	Stro	ngth Speed Complex	67.0% x2	200 7	0 0% v	2 210	64.0% 22	100	73.0% x2	220 SPE	ED		40.0%	v2	160	10.0%	2 160	34.0%	v2 -	135 40.0%	x2 160
01 220						JI.070 A	2 100					• • •					04.070 AZ	130					i			·		· • i	~~		
500		40.0% x2			-•			46.0%	x2 2	O	Sets 1-3	3-5 x3 Repeitive Vertamax Jumps	67.0% x2	÷					73.0% x2	······ C	3					40.0%)	2 160	ļ		40.0%	AL
ũ	Preparation Sets - as needed	40.0% x2	200 43	.0% x2	215			46.0%	x2 2	30 00	Set	ts 2-4-6 x1 Max Vert	67.0% x2	200 7	'0.0% X	2 210			73.0% x2	220 7	F F	Preparation Sets - as needed	40.0%	x2	160	40.0%	2 160			40.0%	6 x2 160
3	Upper Body Medley	0.0% x10	IR 0.	0% x10) IR	0.0% x1	10 IR	0.0%	x10 I	R 🎇	SLS	Squat Progression	0.0% x6ea	0).0% x6e	a	0.0% x6ea		0.0% x6ea	~	2	Box Jump	79.0%	x5	31.6	85.0%	3 34	82.0%	x3 3	32.8 91.0%	x1 36.4
Ш	oppor Doug moulog	0.0% x15				ii				115			0.0% x6ea	÷).0% x6e		0.0% x6ea		0.0% x6ea	TIFR 3	í		79.0%		31.6		· · · · · · · · · · · · · · · · · · ·	· • • • • • • • • •	·····		-+
-																	0.0% X00a										3 34	02.0%	x3 3		XI 07.0
VOL	Inverted Row/ DB SA Row/	0.0% x5ea	PR 0.	0% x5ea	PR	0.0% x5	iea PR	0.0%	x5ea P	R vo	L Week 1	- Split Squat	0.0% x6ea	0).0% x6e	ea	ļļ		0.0% x6ea	vo	DL V	Week 1&2 - Std Jump	79.0%				3 34	ļļ		97.0%	6 x1 38.8
_	DB SA Incline Press										Week 2	&3 - Pistols to Box		i							s Iv	Veek 3&4 - Jump	79.0%	x5	31.6	85.0%	3 34			101.0%	× x1 40.4
		0.0% 3sets	0.	0% 3sets	, 	0.0% 2s	ets	0.0%	3sets		Week 4	- Counterbalance		†		-				40	ŕ							11		103.09	× x1 41.2
	2 Han Decamoration	0.070			-	0.070		0.070		4	De	ad Stan Davia	x6		x	-	x5			4		Versa Slide Combo Lunge	_	•			_				x6ea
~	3 Hop Progression				_							ad Stop Rows	L		÷				x5					x6ea			bea		x6ea		-+
Ш										TIER	i I	Reset Each Reps	x6		X		x5		x3		i la	Chain Load		x6ea		x	6ea		x6ea		x6ea
F			T	1					T	F		Ascending Sets	x6	I T	X	5			x1	F	-			x6ea	l T	x	6ea		x6ea		x6ea
S	Versa Slide Lateral Lunge	x6ea		x6ea		x6	iea		x6ea	2	Land	dmine KB Medley	RT x6	3	RT X		RT x6	3	RT x6	3 🖛	2	Upper Body Medley	Chins	xm6	3	Chins x	m6 3	Chins	xm6	2 Chins	sxm6_3
Ľ								·														Chin Ups w/Supine Pulldowns									
Ξ.	Chain Load	x6ea		x6ea	1		iea		x6ea	TIER	Squat to	o Rotate double arm						sets	lt x6	sets H		• •									v x10 sets
-		x6ea		x6ea			iea		x6ea	F	KB Swi	ngs	KB 60 sec		KB 60 s	ec	KB 60 sec		KB 60 sec	F	- v	v/DB Press	Press	x6			6	Press			s x6
MO	RDL [load set 4 Deck Clean]	3x10)	3x8	8	2x	10		3x8	bcom	Glu	ute Ham Raise	3x6-10 raise b	ack end 3	3x6-10 raise	back end	2x6-10 raise ba	ack end	3x6-10 raise ba	ck end WOO	ιT	Single Leg Hip Lift - floor	<u>3</u> x	10	ea	3x1	0 ea	2x	:10 e	a 3	x10 ea
õ	Prone "T" "Y" "A"	1 x 12 e	ach 1	x 12 (each	Y only	/ 2x12	2 1 x ′	12 eac	:h ŭ	Vertical	l Horizontal Goal Post Pull Aparts	3x1	2	3x′	12	2x1	2	3x12	2 2	2	Blast Strap "W" "T" "Row"	1 x	12 e	ach	1 x 1	2 each	То	ıly 2x	12 1 x	12 each
es																						· · · · • · ·						-	-		
Notes								C	HEC	(IE/	AM Fur	ntional Movement S	screen C	orrec	tive N	leans	Assignr	nent	s and Bl	itz Pro	gra	amming									