	SPORT	3	ОТ	ВВ	loc	k Re	ed		ſ	A R/A	CT		-	~ E) I	$\overline{}$		ſ	STAGE			Dev	elc	pm	nen	tal	- 3	
	Weekly Rotation	MONDAY	′ T V	VEDN	ESD	AY U	FRIDA	ΥL		A MAS) i		7 (JE	N CL	XI	C		Ī	PROGRAM	Blo	ck 3	3 - S	prin	g II s	Sum	mer	- Cy	cle 1
	"The only place suc	cess comes	befo	re wor	k is iı	n the di	ctionar	у"		BE	ΑТ	K	ΞN.	TU	CKY				Ī	"Hard things are put in ou	way, r	ot to st	op us,	but to c	all out o	our cou	rage an	d streng	th"
	PRE ACTIVITY PREPARATION		- Traps	3		Ext	ras						- Trap			Ext	ras		ľ	PRE ACTIVITY PREPARATION			k - Tra	aps			Ex	tras	
	Report to TRAGER	Roondogs x	10				ur Team	Run		Report to TRAGER				Seconds			ur Tear	n Run		Chops from Lunge Position - Down x 6 ea		dogs						SERT	
	Group Run Linear - Lateral Speed	Shrugs x 15 Face Pulls x	15		POWER	CORE CTIVE MEAS	IIDES			Group Run Linear - Lateral Speed		teral Iso Over SI		x 30 secs	POWER COR		IIDES			Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6		js x 15 Pulls 2			S		ATROL - (DDY GET	SUN SHOV	'
	Blocks 0-1-2 - Dermody - Feit	i ace i ulis x	13		PILATE		0.1.20			Blocks 0-1-2 - Dermody - Feit	Dent .	0 461 01	ii uga /	. 13	PILATES	- III EAO	ONLO			Lunge Matrix x 1 circle	i ace	i uno i	. 15		ľ				
	Blocks 3 - 4 Kenn and Verdon									Blocks 3 - 4 Kenn and Verdon										Step Overs x 20 total									
	MONDAY		rcuits	00	45		00.1		ŀ	WEDNEODAY	•		ircuits	1	47	- 00	04.1	- 00	ı	Standing Fly x 10			Circui		- 00	40.1	00	100	- 00
	MONDAY	1-Jun-09							ŀ	WEDNESDAY					17-Jun				ŀ	FRIDAY									un-09
	SESSION T	% GR WT		GR WT	_	GR WT				SESSION U					% GR					SESSION L	_		_		WT			-	GR WT
	Block 12 Clean	35.0% x 5 105			- -	-	^{41.0%} x5	- -		G2 Incline Press	Li				^{36.5%} x5		L			Front Squat					145				x5 160
		45.5% x3-5 135	49.4%	x3-5 150	47.5%	x3-5 140	53.3% x3-5	160			45.5%	3-5 140	9.4%	x3-5 150	47.5% x3-5	145	53.3% x 3	-5 165			45.5%	x3-5 1 7	75 49.49	% x3-5	190	17.5% x3	185	53.3%	x3-5 205
_	Set Stance - Athletic Position	56.0% x2-3 170	60.8%	x2-3 180	58.4%	x2-3 175	65.6% x2-3	195	_		56.0%	(2-3 170	0 60.8%	x2-3 185	58.4% x2-3	180	65.6% x 2	-3 200	_		56.0%	x2-3 21	15 60.8	% x2-3	235	58.4% X2	2-3 225	65.6%	x2-3 255
댎	"PUSH" + "JUMP" + "PUNCH"	63.0% x1-2 190	68.4%	x1-2 205	65.7%	x1-2 195	73.8% x1-2	220	ER		63.0%	(1-2 19	5 68.4%	x1-2 210	65.7% x1-2	200	73.8% x 1	-2 225	2		63.0%	x1-2 24	15 68.4	% x1-2	265	55.7% x1	-2 255	73.8%	x1-2 285
I ⊨		70.0% x3 210	. .		.Jj.		L		≝∣		L				73.0% x3		L		Ë		∔-				ļļ.			. 	3x2 315
				·-·•							L				73.0% X3										i			.L	
		70.0% x3 210	.L		. Li.		L	-iI			Li		li			.i		(2 255											315 3x2
		70.0% x3 210	.L				L	-i			L		L		^{73.0%} x3			2 260							295 7				(2 325
EF		70.0% x3 210	76.0%	x3 230	73.0%	x3 220	88.0% x2	265	EFF		70.0%	x3 21	76.0%	x3 235	^{73.0%} x3	225	88.0% X	2 270	EFF		70.0%	x3 27	70 76.0	% x3	295	′3.0% X	3 280	88.0%	x2 340
		70.0% x3 210	76.0%	x3 230			91.0% x2	275	8		70.0%	x3 21	76.0%	x3 235		ļ	91.0% X	2 280	5		70.0%	x3 27	70 76.0	% x3	295			91.0%	x2 350
300		70.0% x3 210	76.0%	x3 230	1		91.0% x2 94.0% x2	280	30		70.0%	x3 21	76.0%	x3-10 23		ļ	94.0% Y	2 290	385		70.0%	x3 27	70 76.0	% x3-10	295			94.0%	x2 360
	Front Squat	34.0% x2 130	+			v2 1/10		-		Hang Clean	_		_		64.0% x2	100	73.0% V			DB Bench Press			_	_		73.0% V	5 115	82.0%	c5-8 130
	Front Squat	37.0% x2 140			. I i .			.i	<u>.</u> .	riang Olean	L		L		64.0% X2	<u> </u>	L			DD Delicii F1ess					ļļ.		<u> </u>	. 	
2																						-			ļļ.	3.0% X	3 113	+ -	c5-8 130
TIFR	to parallel hard box	^{40.0%} x2 155								Set Stance - Athletic Position	L		L - -		64.0% x2	<u> </u>				w/ Inverted Row x10 [1st]	70.0%	c6-8 1 1	76.0	% x6-8	120			82.0%	c5-8 130
F	Purple Band	^{40.0%} x2 155	43.0%	x2 165	37.0%	x2 140	^{46.0%} x2	175	F	"PUSH" + "JUMP" + "PUNCH"	67.0%	x2 200	70.0%	x2 210	64.0% x2	190	73.0% X	2 220	F		70.0%	k6-8 11	76.0	% x6-8	120		İ	82.0%	c5-8 130
		40.0% x2 155	43.0%	x2 165	37.0%	x2 140	46.0% x2	175		"Drop and Go"	67.0%	x2 200	70.0%	x2 210	64.0% x2	190	73.0% X	2 220					- F	T					
SPE	D	40.0% x2 155	43.0%	x2 165	37.0%	x2 140	46.0% x2	175	SPEED	Strength Speed Complex	67.0%	x2 200	70.0%	x2 210	64.0% x2	190	73.0% X	2 220 8	SPEED		t			†				1	
_	-	40.0% x2 155	-+				46.0% x2	-+	_	x Vertical Jumps			-	x2 210		ļ			0		<u> </u> -				ļ <u> </u> -			+ †	
385					-} - -		ļ ļ	- 	\circ				+			<u> </u>			9		<u> </u> -							╂┈╬	
	i	40.0% x2 155			₩		46.0% x2		_	Preparation Sets - as needed				x2 210		1		2 220				<u></u>	4	┿.	-	_	<u>.</u>	H	
TIER 3	Upper Body Medley	0.0% x6 IR					0.0% x6	_i	R 3	Reverse Lunge to Step Up					52.0% x6ea					Box Jump	79.0%	x5 31	.6 85.0	% x3	34 8	32.0% X	3 32.	91.0%	x1 36.4
Ë		0.0% x10 DBF	0.0%	k10 DBF	0.0%	x10 DBR	0.0% x10) DBR	Ħ		49.0%	6ea 11(55.0%	x6ea 125	52.0% x6ea	115	61.0% x6	ea 135	Ħ		79.0%	x5 31	.6 85.0	% x3	34	32.0% X	3 32.	94.0%	x1 37.6
VO	Chin Ups WTD/ Seated Row	0.0% x10 PR	0.0%	(10 PR	0.0%	x10 PR	0.0% x10	PR '	/OL	Block 17"	49.0%	6ea 11(55.0%	x6ea 125			61.0% x6	ea 135 \	VOL	Week 1 - Seated	79.0%	x5 31	.6 85.0	% x3	34			97.0%	x1 38.8
	WTD Push Up		1		1	<u> </u>			2		<u>-</u>		1	<u> </u>		<u> </u>				Week 2 - Kneeling	79.0%	x5 31	.6 85.0	% x3	34			101.0%	x1 40.4
		0.0% 3sets	0.0% 3	Bsets	0.0%	2 sets	0.0% 3sets	 	22	Encouraged to Press Load Up	 †		┪		 	 			40	Week 3&4 - Jump	<u> </u>	-		1.0				· - -	x1 41.2
Н	Lateral lumpa	Bench 3 10			-	!		+ +		Upper Body Medley	D. II	C 2	D. II	C 2	Dull seC		Dull se	C 2		· · · · · · · · · · · · · · · · · · ·			+				 -	+++	
2		 	+ <u>+</u> -	3 15	 	3 10	 													Single Leg Progression	 -	3 sets		3 sets	 -	2 8	 	- 	sets
TIFR		sets sec	s s	sets secs	1	sets secs	sets	secs	ER	Pull Ups w/ Supine Pulldown	Sup	(10 set			Sup x10	sets	Sup x'	10 sets	ш	Hip Flexion x 15 seconds mini band		k6ea		x6ea	<u> </u>	xθ	iea	ļļ:	(беа
F									F	w/ DB Press	Press			х6	Press x6		Press X		F								-		
IC.		SB 1:00 3	SB 1	1:00 3	SB	1:00 3	SB 1:00	3	2	Long Jump Progression	SL	x3 stic	k SL	x3 stic	SL x3	stick	SL x	3 stick	2	Axle Curl/BB Ext	Curl	x8 3	3 Cu	rl x8	3 (Curl 🗶	8 3	Curl	x8 3
2	Chain Load	Lung x6ea sets	Lung	c6ea sets	Lung	x6ea sets	Lung x6ea	sets	띪	3 sets each	Res	x3 stic	k Res	x3 stic	Res x3	stick	Res x	3 stick	낊		<u> </u>	se	ts	1	sets		set	3	sets
TIFR		 	† †		1†		 	† <u> </u>	≓l						Free x3						Ext 2	x12	Ex	t x12	 	Ext x	12	Ext :	(12
	SL DB RDL	3x10	3	3x8	2	x10	3x8	3	Σ	Glute Ham Raise		ise back en		raise back en	2x6-10 raise ba	•	3x6-10 rais	_	_	Single Leg Hip Lift - Stab Ball		10 ea		x10			0 ea		0 ea
PCOM	Prone "T" "Y" "A"							_	PCO!	Vertical Horizontal Goal Post Pull Aparts		x12	_	3x12	2x1		3x		o.	Blast Strap "W" "T" "Row"	_	2 eac	_					-	2 each
		. A 12 Cuoi		_ 5401		., _^.2				·			_							•	. ^ !	_ 540		0				1 . ^ !	_ 54511
Notes							CHE	CK T	EAN	// Funtional Movement S	Scree	n Corr	ective	Means	Assign	ment	s and	Blitz Pr	ogr	amming									

SPORT 3 OTB Block Red											1	A MASTED CENERIC											STAGE	Developmental - 3										٦
	Weekly Rotation MONDAY T WEDNESDAY U FRIDAY L											A MASTER GENERIC										PROGRAM	Block 3 - Spring II Summer - Cycle									/cle	2	
	"The only place success comes before work is in the dictionary" PRE ACTIVITY PREPARATION Neck - Traps Extras											BEAT KENTUCKY									"Hard things are put in ou	way,	not t	stop	us, bu	to cal	out ou	our courage and strength"						
	PRE ACTIVITY PREPARATION				raps			E	xtras]					raps			Extr				PRE ACTIVITY PREPARATION			eck -	_	s			Ext	ras		
	Report to TRAGER		ndogs						hur T	eam Run		Report to TRAGER		-		60 Seco		Post Tue		r Tear	n Run		Chops from Lunge Position - Down x 6 ea			js x 1	0			_	DESS		<u>T</u>	
	Group Run Linear - Lateral Speed		igs x 1 Pulls					CORE	ASIIDES			Group Run Linear - Lateral Speed	_			dge x 30 qs x 15	secs	POWER CORE CORRECTIVE		DES				Shru		: 15 Is x 1	5				ROL - GU Y GET RI		v	
	Blocks 0-1-2 - Dermody - Feit	l ace	ruiis	X 13			PILATE		AGGINEG			Blocks 0-1-2 - Dermody - Feit	Bent	Ovei	Jiliu	ys x 13		PILATES	MLAGOI	\LU			Lunge Matrix x 1 circle	race	Fui	15 A I	,		0	LIK BOD	, or in	0111		
	Blocks 3 - 4 Kenn and Verdon											Blocks 3 - 4 Kenn and Verdon											Step Overs x 20 total											
	II AND AN			Circu									_		circu								Standing Fly x 10			2 Circ					1			
	MONDAY			_						'-Jul-09		WEDNESDAY						22-Jul					FRIDAY						_		I-09	31-		_
	SESSION T	%			_	R WT	_	GR W	_	GR WT		SESSION U						% GR					SESSION L			_				6 GR		%	GR V	_
	Block 12 Clean	38.0%	x 5 1	115 41.	0% X	5 125	39.5%	x5 12	44.0%	x5 130		G2 Bench Press	L					^{39.5%} x5					Front Squat	38.0%	х5	145	41.0%	x 5 1	60 39.5	% x5	150	44.0%	x5 1	70
		49.4%	x3-5 1	150 53.	3% x3	-5 160	51.4%	x3-5 15	5 57.2%	x3-5 170			49.4%	x3-5 2	200 5	3.3% x3-5	215	51.4% x3-5	205 5	7.2% x	3-5 230			49.4%	x3-5	190	53.3%	x3-5	05 51.4	% x3-5	200	57.2%	x3-5 2	20
	Set Stance - Athletic Position	60.8%	x2-3 1	180 65.	6% x2	-3 195	63.2%	x2-3 10	70.4%	x2-3 210								63.2% x2-3						60.8%	x2-3	235	65.6%	x2-3	55 63.	% x2-3	245	70.4%	x2-3 2	70
_	"PUSH" + "JUMP" + "PUNCH"	68.4%	ļ <u>.</u>		-	-2 220	<u>i</u>	x1-2 21			۔ ا							71.1% x1-2				ER 1				Ļ	<u>-</u>	x1-2		% x1-2		79.2%	x1-2 3	
IER										x1-2 240			L									핃			<u> </u>	ļ	 -				. 	ļ		
										4x2 265			L					79.0% x2						l <u></u>		<u>:</u>		-	L		305			
		76.0%	x3 2	230 82.	0% X	3 245	79.0%	x2 23	88.0%	4x2 265			76.0%	x3 3	805	^{2.0%} x2	330	^{79.0%} x2	315	8.0% 2	x2 350			76.0%	х3	295	82.0%	x2 3	15 79.	∞ x2	305	88.0%	2x2 3	40
		76.0%	x3 2	230 82.	0% X	3 245	79.0%	x2 23	91.0%	x2 275			76.0%	x3 3	305 8	2.0% x2	330	^{79.0%} x2	315	1.0% y	2 365			76.0%	x 3	295	82.0%	x2 3	15 79.	∞ x2	305	91.0%	x2 3	50
EFF		L	L					x2 23		x2 280	EFF							79.0% x2		M 0% W	2 275	EFF				<u> </u>				^{3%} x2		94.0%	x2 3	60
-		L	L							+	_		L					L		A						L								
300		l			0% X	3 245	79.0%	x2 23	97.0%	x2 290	400		76.0%	X3 3	305	2.0% x2-10	330	^{79.0%} x2	315	97.0% X	2 390	385		76.0%	х3	295	82.0%	x2-10	15 79.	^{0%} x2	305	97.0%	x2 3	75
3		76.0%	x3 2	230		į		į	101.0%	4 x2 305	4					į			1	^{01.0%} X	2 405	3						į		į	į	101.0%	x2 3	90
	Front Squat	34.0%	x2 1	130 37.	0% X	2 140	37.0%	x2 14	40.0%	x2 155		Hang Clean	67.0%	x2 2	200 7	^{0.0%} x2	210	64.0% x2	190 7	73.0% X	2 220		DB Bench Press	76.0%	x6-8	120	82.0%	x5-8 1	30 79.	^{0%} x3	125	88.0%	x5-8 1	40
7		4					. L i			x2 165	_							64.0% x2				7		76.0%	x6-8	120	82.0%	x5-8 1	30 79.	% x 3	125	88.0%	x5-8 1	40
	to parallel hard box									x2 175		Set Stance - Athletic Position						64.0% x2					w/ Inverted Row x10 [1st]					x5-8 1		+^•			x5-8 1	
TIER																						Щ	w/ inverted Row x to [15t]								ļ ļ	!		
-	Purple Band	40.0%	<u> </u>							x2 175		"PUSH" + "JUMP" + "PUNCH						^{64.0%} x2				_		76.0%	x6-8	120	82.0%	x5-8 1	30		<u> </u>	88.0%	x5-8 1	40
		40.0%	x2 1	155 43.	0% X	2 165	37.0%	x2 14	46.0%	x2 175		"Drop and Go"	67.0%	x2 2	200 7	0.0% x2	210	64.0% x2	190 7	73.0% X	2 220						į					İ		
SPEED		40.0%	x2 1	155 43.	0% X	2 165	37.0%	x2 14	46.0%	x2 175	SPEED	Strength Speed Complex	67.0%	x2 2	200 7	0.0% x2	210	64.0% x2	190 7	73.0% X	2 220	SPEED					[
10		40.0%			+	2 165	- }			-44		Sets 1-3-5 x3 Repeitive Vertamax Jumps	67.0%	v2 2	200 7	0.0% x2	210		7	73.0% ¥	2 220	0				!	†			-†	††	†		
38	December Oats as as and	ļ				2 165			40.00	x2 175 x2 175	١ĕ	0-4- 0.4.0-4.11	÷	x2 2		0.0% x2		 			2 220	9				 					╬┈┼			
.,	Preparation Sets - as needed							_					4 - 8		_													_	\perp	+_	1			_
33	Upper Body Medley	0.0%	Хb	IR 0.0)% X	6 IR	0.0%	X6 IF	₹ 0.0%	x6 IR	22	Reverse Lunge to Step Up					ļ	58.0% x6ea				٦.	Box Jump			L					32.8			
Ħ		0.0%	x10 D)BR 0.0)% x'	10 DBR	0.0%	x10 DE	3R 0.0%	x10 DBF	ž Ħ		55.0%	x6ea 1	125 6	1.0% x6ea	135	58.0% x6ea	130 6	67.0% x 6	ea 150	Ħ		79.0%	х5	31.6	85.0%	х3	82.	^{0%} x3	32.8	94.0%	x1 3	7.6
VOL	Chin Ups WTD/ Seated Row	0.0%	x10 I	PR 0.0)% x'	10 PR	0.0%	x10 P	R 0.0%	x10 PR	VOL	Block 17"	55.0%	x6ea 1	125 6	1.0% x6ea	135		6	67.0% x 6	iea 150	VOL	Week 1 - Seated	79.0%	х5	31.6	85.0%	х3	34	Ī		97.0%	x1 3	8.8
	WTD Push Up	l	<u> </u>				1			1 - 1	2	1	 						·				Week 2 - Kneeling	i		i	i.	x3			† †		x1 4	
		0.0%	2aata)% 3s	ata .	0.0%	2 4 -	0.00/	3sets	22	Encouraged to Press Load Up	} †					 				40	Week 3&4 - Jump		۸٥			^_			╫┈╫			
Н				_	-	-i				1 1		,	l i		_	-			_	_							i	<u>i</u> -	_	<u> </u>	1	103.0%	x1 4	1.2
4	Lateral Jumps	Bench	3	10 Ber	nch .	3 15	Bench	3 1	0 Bench	3 20		Upper Body Medley	+÷		+-			Pull x6		-		4	Single Leg Progression		3x6ea	ļļ		3x6ea	_	2x6e	1		3x6ea	[
ER			sets s	ecs	se	ts secs	3	sets se	cs	sets secs	TIER	Pull Ups w/ Supine Pulldowr	Sup	x10 s	ets S	Sup x10	sets	Sup x10	sets	Sup x	10 sets	ER	Hip Flexion x 15 seconds mini band				ı						İ	J
Ē		[<u> </u>	1	i	T	<u> </u>		T	F	w/ DB Press	Press	х6	Р	ress x6		Press x6	P	ress X	6	F						<u> </u>			1			
2	Slide Board-Versa Slide Lunge	SR	1:00	3 5	B 1·	00 3	SR	1:00 3	SR	1:00 3	2	3 Hop Progression			+	1				- 1	1	5	Axle Curl/BB Ext	Curl	٧X	3	Curl	yβ	3 Cı	ıri v2	3	Curl	x 8	3
	Chain Load	ļ	} }				·			- ļ		- 1.5p i rogi ession	╂┈┼					 					TAIG OUI I/DD LAL	Ju.1	ΛU	ļ	Ju. 1				- 	Juil	.	
IER	Criain L080	Lung	xbea S	ets Lu	ng x6	ea sets	Lung	xbea Se	is Lung	x6ea sets	TIER	1	ļļ				ļ	 			 	TIER				sets			ets		sets			ets
\vdash					<u> </u>						L											_			x12		Ext			ct x12		Ext		
PCOM	SL DB RDL		3x10			K 8		2x10		3x8	ΜO	Glute Ham Raise	3x6-10 i	aise back	end 3	x6-10 raise b	ck end	2x6-10 raise ba	ck end 3	3x6-10 rais	se back end	MO	Single Leg Hip Lift - Stab Ball	3x	10	ea	3x	10 e	a 2	2x10	ea	3x	10 ea	a_
Š	Prone "T" "Y" "A"	1 x	12 ea	ch 1	x 12	each	Y or	ıly 2x1	2 1 x	12 each	PC	Vertical Horizontal Goal Post Pull Aparts	3	x12	I	3x1	2	2x12	2	3x	:12	PC	Blast Strap "W" "T" "Row"	1 x	12 e	ach	1 x 1	2 ea	ch T	only	2x12	1 x '	2 eac	сh
tes										CHECK	TE^	M Funtional Mayomant	Soro	n Co	rrcc	tive M.	arc	Assian-	nonto	and	Dlit- D	rom	rammina											\Box
Notes										CHECK	ıEA	M Funtional Movement	ocree	11 CO	rec	uve Me	ans	Assigni	nents	and	DIITZ P	rog	ranning											
_																																		_