

SPORT	3 OTB 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	Block 12 Clean	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	59.4%	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				91.0%	x2	275
		70.0%	x3	210	76.0%	x3	230				94.0%	x2	280

FRONT SQUAT	34.0%	x2	130	37.0%	x2	140	40.0%	x2	150
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TIER 2	to parallel hard box Purple Band	37.0%	x2	140	40.0%	x2	155	37.0%	x2	140	43.0%	x2	165
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175

UPPER BODY MEDLEY	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR
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TIER 3	Chin Ups WTD/ Seated Row WTD Push Up	0.0%	x10	DBR	0.0%	x10	DBR	0.0%	x10	DBR	0.0%	x10	DBR
		0.0%	x10	PR	0.0%	x10	PR	0.0%	x10	PR	0.0%	x10	PR
		0.0%	3sets	0.0%	3sets	0.0%	2sets	0.0%	3sets				
		0.0%	3sets	0.0%	3sets	0.0%	2sets	0.0%	3sets				

LATERAL JUMPS	Bench 3 10	Bench 3 15	Bench 3 10	Bench 3 20
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SLIDE BOARD-VERSA SLIDE LUNGE	SB 1:00 3	SB 1:00 3	SB 1:00 3	SB 1:00 3
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SL DB RDL	3x10	3x8	2x10	3x8
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PRONE "T" "Y" "A"	1 x 12 each	1 x 12 each	Y only 2x12	1 x 12 each
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GLUTE HAM RAISE	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end
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VERTICAL HORIZONTAL GOAL POST PULL APARTS	3x12	3x12	2x12	3x12
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SINGLE LEG HIP LIFT - STAB BALL	3x10 ea	3x10 ea	2x10 ea	3x10 ea
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BLAST STRAP "W" "T" "ROW"	1 x 12 each	1 x 12 each	T only 2x12	1 x 12 each
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Notes				
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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 Incline Press	35.0%	x5	110	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125
		45.5%	x3-5	140	49.4%	x3-5	150	47.5%	x3-5	145	53.3%	x3-5	165
		56.0%	x2-3	170	60.8%	x2-3	185	58.4%	x2-3	180	65.6%	x2-3	200
		63.0%	x1-2	195	68.4%	x1-2	210	65.7%	x1-2	200	73.8%	x1-2	225
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	85.0%	x2	260
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	88.0%	x2	270
		70.0%	x3	215	76.0%	x3	235				91.0%	x2	280
		70.0%	x3	215	76.0%	x3-10	235				94.0%	x2	290

HANG CLEAN	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220
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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

REVERSE LUNGE TO STEP UP	49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135
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TIER 3	Block 17"	49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135
		49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135
		49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135
		49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135

UPPER BODY MEDLEY	Pull x6 3	Pull x6 3	Pull x6 2	Pull x6 3
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PULL UPS w/ SUPINE PULLDOWN w/ DB PRESS	Sup x10 sets	Sup x10 sets	Sup x10 sets	Sup x10 sets
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LONG JUMP PROGRESSION	SL x3 stick	SL x3 stick	SL x3 stick	SL x3 stick
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GLUTE HAM RAISE	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end
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SINGLE LEG HIP LIFT - STAB BALL	3x10 ea	3x10 ea	2x10 ea	3x10 ea
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BLAST STRAP "W" "T" "ROW"	1 x 12 each	1 x 12 each	T only 2x12	1 x 12 each
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Developmental - 3

Block 3 - Spring II Summer - Cycle 1

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%	x3	270	76.0%	x3	295	73.0%	x3	280	82.0%	3x2	315
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	82.0%	3x2	315
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	85.0%	x2	325
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	88.0%	x2	340
		70.0%	x3	270	76.0%	x3	295				91.0%	x2	350
		70.0%	x3	270	76.0%	x3-10	295				94.0%	x2	360

DB BENCH PRESS	70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	82.0%	x5-8	130
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TIER 2	w/ Inverted Row x10 [1st]	70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	82.0%	x5-8	130
		70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	82.0%	x5-8	130
		70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	82.0%	x5-8	130
		70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	82.0%	x5-8	130

BOX JUMP	79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	91.0%	x1	36.4
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TIER 3	Week 1 - Seated Week 2 - Kneeling Week 3&4 - Jump	79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	94.0%	x1	37.6
		79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	97.0%	x1	38.8
		79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	101.0%	x1	40.4
		79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	103.0%	x1	41.2

SINGLE LEG PROGRESSION	3 sets	3 sets	2 sets	3 sets
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AXLE CURL/BB EXT	Curl x8 3	Curl x8 3	Curl x8 3	Curl x8 3
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SINGLE LEG HIP LIFT - STAB BALL	3x10 ea	3x10 ea	2x10 ea	3x10 ea
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BLAST STRAP "W" "T" "ROW"	1 x 12 each	1 x 12 each	T only 2x12	1 x 12 each
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Notes				
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CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming

SPORT	3 OTB 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	Block 12 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
		68.8%	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%	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	88.0%	x2	275
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	x2	280
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	x2	290
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	x2	305

TIER 2	Front Squat	34.0%	x2	130	37.0%	x2	140	37.0%	x2	140	40.0%	x2	155
		37.0%	x2	140	40.0%	x2	155	37.0%	x2	140	43.0%	x2	165
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175

TIER 3	Upper Body Medley	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR
		0.0%	x10	DBR	0.0%	x10	DBR	0.0%	x10	DBR	0.0%	x10	DBR
		0.0%	x10	PR	0.0%	x10	PR	0.0%	x10	PR	0.0%	x10	PR
		0.0%	3sets	0.0%	3sets	0.0%	2sets	0.0%	3sets				

TIER 4	Lateral Jumps	Bench	3	10	Bench	3	15	Bench	3	10	Bench	3	20
		sets	secs	sets	secs	sets	secs	sets	secs				

TIER 5	Slide Board-Versa Slide Lunge	SB	1:00	3	SB	1:00	3	SB	1:00	3	SB	1:00	3
		Lung	x6ea	sets	Lung	x6ea	sets	Lung	x6ea	sets	Lung	x6ea	sets

PCOM	SL DB RDL	3x10	3x8	2x10	3x8
		Prone "T" "Y" "A"	1 x 12 each	1 x 12 each	Y only 2x12

Notes

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

TIER 1	G2 Bench Press	38.0%	x5	150	41.0%	x5	165	39.5%	x5	160	44.0%	x5	175
		49.4%	x3-5	200	53.3%	x3-5	215	51.4%	x3-5	205	57.2%	x3-5	230
		68.8%	x2-3	245	65.6%	x2-3	260	63.2%	x2-3	255	70.4%	x2-3	280
		68.4%	x1-2	275	73.8%	x1-2	295	71.1%	x1-2	285	78.2%	x1-2	315
		76.0%	x3	305	82.0%	x2	330	79.0%	x2	315	88.0%	3x2	350
		76.0%	x3	305	82.0%	x2	330	79.0%	x2	315	88.0%	2x2	350
		76.0%	x3	305	82.0%	x2	330	79.0%	x2	315	88.0%	x2	365
		76.0%	x3	305	82.0%	x2	330	79.0%	x2	315	88.0%	x2	375
		76.0%	x3	305	82.0%	x2	330	79.0%	x2	315	88.0%	x2	390
		76.0%	x3	305	82.0%	x2-10	330	79.0%	x2	315	88.0%	x2	405

TIER 2	Hang Clean	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

TIER 3	Reverse Lunge to Step Up	55.0%	x6ea	125	61.0%	x6ea	135	58.0%	x6ea	130	67.0%	x6ea	150
		55.0%	x6ea	125	61.0%	x6ea	135	58.0%	x6ea	130	67.0%	x6ea	150
		55.0%	x6ea	125	61.0%	x6ea	135	58.0%	x6ea	130	67.0%	x6ea	150
		55.0%	x6ea	125	61.0%	x6ea	135	58.0%	x6ea	130	67.0%	x6ea	150

TIER 4	Upper Body Medley	Pull	x6	3	Pull	x6	3	Pull	x6	2	Pull	x6	3
		sets	sets	sets	sets	sets	sets	sets	sets				

TIER 5	3 Hop Progression	Sup	x10	sets	Sup	x10	sets	Sup	x10	sets	Sup	x10	sets
		Press	x6	sets	Press	x6	sets	Press	x6	sets	Press	x6	sets

PCOM	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

Notes

Developmental - 3

Block 3 - Spring II Summer - Cycle 2

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						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	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
		68.8%	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%	x3	295	82.0%	x2	315	79.0%	x2	305	88.0%	3x2	340
		76.0%	x3	295	82.0%	x2	315	79.0%	x2	305	88.0%	2x2	340
		76.0%	x3	295	82.0%	x2	315	79.0%	x2	305	88.0%	x2	350
		76.0%	x3	295	82.0%	x2	315	79.0%	x2	305	88.0%	x2	360
		76.0%	x3	295	82.0%	x2	315	79.0%	x2	305	88.0%	x2	375
		76.0%	x3	295	82.0%	x2-10	315	79.0%	x2	305	88.0%	x2	390

TIER 2	DB Bench Press	76.0%	x6-8	120	82.0%	x5-8	130	79.0%	x3	125	88.0%	x5-8	140
		76.0%	x6-8	120	82.0%	x5-8	130	79.0%	x3	125	88.0%	x5-8	140
		76.0%	x6-8	120	82.0%	x5-8	130	79.0%	x3	125	88.0%	x5-8	140
		76.0%	x6-8	120	82.0%	x5-8	130	79.0%	x3	125	88.0%	x5-8	140

TIER 3	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
		79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	97.0%	x1	38.8
		79.0%	x5	31.6	85.0%	x3	34	82.0%	x3	32.8	101.0%	x1	40.4

TIER 4	Single Leg Progression	3x6ea	3x6ea	2x6ea	3x6ea
		Hip Flexion x 15 seconds mini band			

TIER 5	Axle Curl/BB Ext	Curl	x8	3	Curl	x8	3	Curl	x8	3	Curl	x8	3
		sets	sets	sets	sets	sets	sets	sets	sets				

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

Notes

CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming