	SPORT	4 F7 Block	k Elite Red		A N/A 0			<u> </u>	CEI	\IE	- D	16	•	1	STAGE		D	eve	elop	me	nta	l - :	3	$\neg$
	Weekly Rotation	MONDAY T   WEDNI	A MASTER GENERIC											PROGRAM	ВІ	ock 4	ring	ummer - Cycle						
	"The only place suc	cess comes before wor		BEAT KENTUCKY										"Hard things are put in ou	r way, not to stop us, but to call out					our courage and strength"				
	PRE ACTIVITY PREPARATION	Neck - Traps	Extras				Neck ·	- Trap	os			Extra	as		PRE ACTIVITY PREPARATION		Neck	- Trap	os			Extra	s	
	Report to TRAGER	Roondogs x 10	Post Tue-Thur Team Run		Report to TRAGER		•		Seconds			Thur	Team Run		Chops from Lunge Position - Down x 6 ea		ndogs x	10				ESE		
	Group Run	Shrugs x 15	POWER CORE		Group Run				x 30 secs	-	CORE				Chops from Lunge Position - Up x 6 ea		ugs x 15				E PATRO			
	Linear - Lateral Speed	Face Pulls x 15	CORRECTIVE MEASURES			Bent	Over Sh	rugs	x 15		CTIVE M	EASUR	ES		Overhead Squat to Box x 6	Fac	e Pulls x	15		UPPE	R BODY G	ET RIGHT	ſ	
	Blocks 0-1-2 - Dermody - Feit		PILATES		Blocks 0-1-2 - Dermody - Feit					PILATE	S				Lunge Matrix x 1 circle Step Overs x 20 total									
	Blocks 3 - 4 Kenn and Verdon	2 Circuits			Blocks 3 - 4 Kenn and Verdon		2 cir	cuits							Step Overs x 20 total Standing Fly x 10		2.0	ircuits						
	MONDAY		15-Jun-09 22-Jun-09		WEDNESDAY	2_ I				17-	lun-(	no I s	24-Jun-09		FRIDAY	5.	Jun-09			10	lun	00  2	6. lu	2.00
	SESSION 1T		% GR WT % GR WT										% GR WT				GR W							
					SESSION U			-	_	-		-+			SESSION 2T									
	Hang Clean	35.0% x5 105 36.5% x5 110	32.0% <b>x5</b> 95 38.0% <b>x5</b> 115		<b>G2 Incline Press</b>			50.0%	х5	L	х5	50	<sup>0.0%</sup> x5		Block 10 Clean	35.0%	<b>x5</b> 105	38.0%	X5 11	5 36.5%	x5 1	/ <b>10</b> 41.0	¹% x5	125
		45.5% x3-5 135 47.5% x3-5 140	41.6% x3-5 125 49.4% x3-5 150			65.0%	x5	65.0%	x5	65.0%	x5	65	5.0% x5			45.5%	x3-5 135	49.4%	x3-5 15	0 47.5%	x3-5	140 53.1	3% <b>x3</b> -	5 160
	Set Stance - Athletic Position	56.0% v2 2 470 58.4% v2 2 475	51.2% x2-3 155 60.8% x2-3 180		Week 1 - Double Chain	80.0%			х5	80.0%			<sup>0.0%</sup> x5		Week 1 - Block 10	56.0%	x2-3 170	0 60 99/	v2 2 40	0 50 40/	v2 2 /	175 65	6% v2	2 405
~		}		•				J	L					~			Ļ		<u> </u>		ļ		<u>-</u>	<u> </u>
E	"PUSH" + "JUMP" + "PUNCH"	<u> </u>		ER	Week 2 - Single Chain	90.0%	x5	90.0%	x5	90.0%	х5	90	<sup>0.0%</sup> x5	띪	Week 2 - Block 7	L	x1-2 190				<u>ii.</u>			
=	Strength Speed Complex	70.0% x3 210 73.0% x3 220	64.0% x3 190 76.0% x3 230	F	Week 3 - Triple Chain	100.0%	x5	100.0%	x5	100.0%	x5	10	<sup>0.0%</sup> x5	F	Week 3 - Block 12	70.0%	x3 210	76.0%	x3 23	0 73.0%	x3 2	220 82.0	0% 3x;	2 245
	x Vertical Jumps		64.0% x3 190 76.0% x3 230		Week 4 - Straight				7.0		200				Week 4 - Block 10		x3 210		<u> </u>		<u> </u>			
	x vertical Julips	L	liiiiii		week 4 - Straight			ļ	ļ	<b></b>	<del>-</del>				Week 4 - Block To				LL					
		Liii	64.0% <b>x3</b> 190 76.0% <b>x3</b> 230						<u> </u>							70.0%	<b>x3</b> 210	76.0%	<b>x3</b> 23	73.0%	x3 2	220 85.0	<sup>™</sup> x2	255
SPEED		70.0% x3 210 73.0% x3 220	64.0% x3 190 76.0% x3 230	EFF										EFF		70.0%	x3 210	76.0%	x3 23	73.0%	x3 2	220 88.	0% x2	265
			64.0% x3 190 76.0% x3 230					li	<b></b>					<b>—</b>	1		x3 210				<del>                                     </del>		0% <b>x2</b>	275
300								ļį	ļ	<b></b> -	<del> </del>			18		L	L	Li	AJ 23	<u></u>	<del> </del>			
3	Preparation Sets - as needed		64.0% <b>x3</b> 190 76.0% <b>x3</b> 230	3	Preparation Sets - as needed		į							3	Preparation Sets - as needed		<b>x3</b> 210	0			!!	94.0	.0% x2	280
	Safety Bar Squat	31.0% x2 130 31.0% x2 130	31.0% <b>x2</b> 130 31.0% <b>x2</b> 130				i								Front Squat	50.0%	x5	50.0%	x5	50.0%	x5	50.6	º% x5	,
~			34.0% <b>x2</b> 140 34.0% <b>x2</b> 140	~		†		li	├ <del> </del>	<del>-</del>				12	110111004	<b></b>	x5	65.0%	х5	65.0%	x5	65	0% x5	:
2						∔		ļļ	<del> </del>	<b></b> -∔						ļ	ļ		ļ		. <del> </del>			<u>i</u>
ER	to parallel hard box		37.0% <b>x2</b> 155 37.0% <b>x2</b> 155			<u> j</u>	<u> </u>	<u> </u> j	<u>                                      </u>	<u> </u>	<u>i.</u>		<u>ii</u>	ER	Week 1 - Double Chain	80.0%	х5	80.0%	х5	80.0%	x5	80.0	∞ x5	<u> </u>
=	Green Band	40.0% <b>x2</b> 165 40.0% <b>x2</b> 165	40.0% <b>x2</b> 165 40.0% <b>x2</b> 165	F						l	ı			F	Week 2 - Single Chain	90.0%	x5	90.0%	x5	90.0%	x5	90.0	0% x5	,
	Speed-Strength-Speed Complex	43.0% <b>x2</b> 180 43.0% <b>x2</b> 180	43.0% <b>x2</b> 180 43.0% <b>x2</b> 180			İ	<del> </del>	li		<u>†</u>	<u>†</u>				Week 3 - Triple Chain	100.0%	х5	100.0%	х5	100.0%	x5	100	.0% x5	,
SPEED		L	46.0% x2 190 46.0% x2 190	VOI		<del> </del>		li	<u> </u>	<u> </u>	<del> </del>			EEE	Week 4 - Straight	ļ					╁ <del>╌</del> ╁		+===	†
-						∔		} <del> </del>	<del> </del>	<b></b> -‡				+	-	ļ	<del> </del>				<del>  </del> -			
418	Box Jumps	l	49.0% <b>x2</b> 205 49.0% <b>x2</b> 205			<b>_</b>		ļi	<u> </u>	ļ <u>i</u>				35	Parallel to Hard Box	ļ	<u> </u>				<u>  </u>			
4	Auto Regulate Tendo .7	52.0% <b>x2</b> 215 52.0% <b>x2</b> 215	52.0% <b>x2</b> 215 52.0% <b>x2</b> 215				į							88	Preparation Sets - as needed									
33	<b>G2 Floor Press</b>	40.0% <b>x2</b> 140 40.0% <b>x2</b> 140	40.0% x2 140 40.0% x2 140	3		40.0%	x3	40.0%	х3	40.0%	х3	40	0.0% <b>x</b> 3	3	Upper Body Medley	0.0%	х5	0.0%	х5	0.0%	x5	0.0	0% x5	П
TIER 3		45.0% <b>x2</b> 160 45.0% <b>x2</b> 160		F		45.0%		ļ	x3	45.0%	^-			TER	Para 23ay mealoy	<b></b>	}		x5		x5		% x5	
_		}					<del> </del>	ļ	<b>∤</b>	<del>-</del>			5.0% <b>x3</b>	_	ļ	ļ	х5				. <del> </del>			j
SPEED	AXLE BAR - Double Chain	50.0% 4x2 175 50.0% 4x2 175	50.0% 4x2 175 50.0% 4x2 175 V	VOL		50.0%	4x3	50.0%	4x3	50.0%	4x3	50	0.0% 4x3	VOL	Chin Ups	0.0%	x5ea	0.0%	x5ea	0.0%	x5ea	0.0	0% x5ea	1
7	Speed Strength Complex					]									Dead Stop Rows					1	[			
352	OH Med Ball Throw 25#					1		1	r t	†	t-			1	SA Bench Press	0.0%	4sets	0.0%	4sets	0.0%	2sets	0.0	)% 4sets	s
		5x8 5x8	3x8 5x8	4			<u> </u>	H		H	-	-	+ +	-			<del>                                     </del>	+	-	+	<del>! !</del>	+		+
4 4	DB Incline Ext	JX6 JX8				ļ‡		ļļ	<del> </del>	<b>├</b> ∔	<u> </u>			4	SL Squat Progression	<b> </b>	x6ea		x6ea		x6ea		x6ea	<del> </del>
TIER	15 count intervals			TIER		L		L	<u> </u>	Li		I		띪	Week 1 - Split Squat	L	x6ea	L	x6ea	_L	x6ea		x6ea	1
F				F								T	T	F	WK 2&3 - Pistols to Box WK 4 - CB	[	x6ea		x6ea				x6ea	a
2				5			-			H	-	$\dashv$	+ +	2		t	<del>                                     </del>			+	† †	一	+	$\vdash$
		<b>      </b>				<b></b> ‡		<b>}</b>	<del>  </del> -	<b>├</b> -∔						<b></b>	<del>  </del>		<b>  </b>		<del> </del>  -			<del> </del>
TIER		<u>                                     </u>		TIER				<u>                                     </u>	<u> </u>	<u> </u>	<u>l</u> _			TIER		<u> </u>	<u> </u>	<u> </u>			<u> </u>			<u> </u>
F				F		l	į							F										
Σ	RDL [load set 4 Block Clean]	3x10 3x8	2x10 3x8	Σ	Glute Ham Raise	3x6-10 i	aise back end	3x6-10	raise back end	2x6-10 i	raise back	end 3	x6-10 raise back end	×	Single Leg Hip Lift - floor	3)	(10 ea	3x	(10 ea	2)	x10 e	a :	3x10	ea
S	Prone "T" "Y" "A"	1 x 12 each 1 x 12 each	Y only 2x12 1 x 12 each	PC	Vertical Horizontal Goal Post Pull Aparts	3	x12	.3	3x12	2	x12		3x12		Blast Strap "W" "T" "Row"		12 each	_						
Š					·															<u> </u>			_	$\overline{}$
Notes			CHECK T	EAI	M Funtional Movement S	cree	n Corre	ective	e Means	Assi	ignme	ents	and Blitz	Prog	ramming									

	SPORT	4 F	7 Blo	ck E	Elite (	Red			A N/A	C.	TE	:D	_			DI	$\overline{}$		1	STAGE			De	eve	lol	om	ent	al -	3	
	Weekly Rotation   MONDAY T   WEDNESDAY U   FRIDAY T   "The only place success comes before work is in the dictionary"							A MASTER GENERIC										PROGRAM Block 4 - Sprii					ring	ng II Summer - Cycle 2						
	"The only place suc	cess comes	before w	ork is	in the d	ictionar	у"		BE	A	TK	(E	NT	U(	CKY					"Hard things are put in o	r way,	not to	stop	us, bul	to cal	l out ou	r cours	ige and	strengt	h"
	PRE ACTIVITY PREPARATION		Traps		Ex	tras						ck - T				Ex	tras			PRE ACTIVITY PREPARATION			eck -		s			Ext	ras	
	Report to TRAGER	Roondogs x 1	0		ost Tue-Tl	nur Team	Run		Report to TRAGER					conds			ur Te	eam Run		Chops from Lunge Position - Down x 6 ea			js x 1	0				DESS		
	Group Run Linear - Lateral Speed	Shrugs x 15 Face Pulls x 1	_		VER CORE	CLIDEC			Group Run Linear - Lateral Speed		₋ateral t Ovei			80 secs	POWER CO		LIDEO			Chops from Lunge Position - Up x 6 ea  Overhead Squat to Box x 6	Shru		15 ls x 1	_				ROL - GU Y GET RI		
	Blocks 0-1-2 - Dermody - Feit	race rulis x i	J		TES	JUNES			Blocks 0-1-2 - Dermody - Feit	Bell	l Ove	Jiliu	ys x	13	PILATES	VE IIIEAC	JONES			Lunge Matrix x 1 circle	i ace	Fui	13 A I	3			LIK BOL	/I OLI KI	0111	
	Blocks 3 - 4 Kenn and Verdon								Blocks 3 - 4 Kenn and Verdon											Step Overs x 20 total										
		2 Circ										2 circu								Standing Fly x 10			2 Cir							
	MONDAY	6-Jul-09							WEDNESDAY									-Jul-09		FRIDAY										ul-09
	SESSION 1T	% GR WT							SESSION U		GR						1	GR WT		SESSION 2T										R WT
	Hang Clean	<sup>35.0%</sup> <b>x5</b> 105	L			. 4	.i		<b>G2 Bench Press</b>	50.0%	х5	5	0.0% X		50.0% X		50.0%	х5		Block 10 Clean	4									5 130
		<sup>45.5%</sup> x3-5 135	49.4% x3-5 1	150 47.59	% x3-5 140	53.3% x3-5	160			65.0%	х5	6	5.0% X	5	65.0% X	5	65.0%	x5			49.4%	x3-5	150	53.3%	x3-5 1	160 51.	4% x3-	5 155	57.2% <b>x</b>	3-5 170
_	Set Stance - Athletic Position	56.0% x2-3 170	60.8% x2-3 1	80 58.49	% x2-3 175	65.6% x2-3	195		Week 1 - Double Chain	80.0%	х5	8	0.0% X	5	80.0% X	5	80.0%	х5	l_	Week 1 - Block 10	60.8%	x2-3	180	65.6%	x2-3 1	195 63.	2% x2-	3 190	70.4% X	2-3 210
è	"PUSH" + "JUMP" + "PUNCH"	63.0% x1-2 190	<u>-</u>		ļ	. <b></b>	1	ER (	Week 2 - Single Chain		х5		0.0% X		90.0% X	k		x5	à	Week 2 - Block 7	ļ			<u>.</u>						1-2 240
TER		L	LL		<u>ii.</u>	<u>.Li</u>	. i	믣	-		<b></b>			+	<b></b>		.}	<del></del>	TER		1		<u> </u>	L.					<u>i</u>	
	Strength Speed Complex	70.0% <b>x2</b> 210	L						Week 3 - Triple Chain	100.0%	х5	10	00.0% X	ว	100.0% X	כ	100.0%	х5		Week 3 - Block 12	1									x2 265
	Sets 1-3-5 x3 Repeitive Vertamax Jumps	<sup>70.0%</sup> <b>x2</b> 210							Week 4 - Straight				<u>İ</u>		<u> </u>					Week 4 - Block 10	Li	L	L	L.	L_		i		88.0% 2	x2 265
	Sets 2-4-6 x1 Max Vert	70.0% <b>x2</b> 210	76.0% <b>x2</b> 2	73.0	% x2 220	82.0% <b>x2</b>	245														76.0%	х3	230	82.0%	x2 2	<b>245</b> 79.	0% X2	235	91.0%	2 275
SPEE		<sup>70.0%</sup> <b>x2</b> 210	76.0% <b>x2</b> 2	73.0	% <b>x2</b> 220	82.0% <b>x2</b>	245	EFF			11		<del> </del>		† <u>†</u>	<del> </del>	<b>†</b>	l	EFF		76.0%	<b>x</b> 3	230	82.0%	x2 2	745 79.	0% <b>y</b> 2	235	94.0%	2 280
											<del>  </del>				<del> </del>			<del> </del>			L							235	··	2 290
300		70.0% <b>x2</b> 210 70.0% <b>x2</b> 210	70.0% XZ Z	230 73.0	" XZ 220	) 02.0% XZ	243	00			<b>  </b>				<b>├</b>		<b>.</b>	<del> </del>	300		70.076	χŞ	230	02.076	XZ /	243 75.	°″ X2	. 200	31.076	2 290
3	Preparation Sets - as needed							4	Preparation Sets - as needed			_				<u> </u>			3										101.0%	2 305
	Safety Bar Squat		<sup>31.0%</sup> x2 1										<u>i</u> _	<u>_</u>	L <u>i</u>	<u> </u>		<u> </u>		Back Squat	38.0%	х5	190	41.0%	x5 2	205 39.	5% x5	200	44.0%	5 220
7		<sup>34.0%</sup> <b>x2</b> 140																	7		49.4%	x3-5	245	53.3%	x3-5	265 51.	4% x3-5	255	57.2% x	3-5 285
쏦	to parallel hard box	<sup>37.0%</sup> <b>x2</b> 155	37.0% <b>x2</b> 1	1 <b>55</b> 37.0°	% x2 155	37.0% <b>x2</b>	155	ä						1		1	1		꼺	Metabolic Training = 35 second	60.8%	x2-3	305	65.6%	x2-3	330 63.	2% x2-3	315	70.4% x	2-3 350
TIER	Green Band	<sup>40.0%</sup> <b>x2</b> 165									† †				<b>†</b> †	-†	<b>†</b>	††	TIER	Hurdle Shuffles = Pre Sets	68.4%	y1-2	340	73.8%	x1-2 1	370 71.	1% x1-2	355	79.2% y	1-2 395
•		43.0% <b>x2</b> 180						•			┼─┼				<del> </del>		<del> </del>	<del>  </del>	•	Training officers	ļ}			<del> </del> -				<b>;</b>		-20 440
	Strength-Speed Complex - 6 sets										<del>  </del>				<del> </del>	- <del> </del>	<b>.</b>	<del>  </del> -			76.0%	X24	300	82.0%	XZU 4	¥10 /9.	0% X I I	บ่างลอ	88.0% 1	-20 440
SPEE	Box Jumps	46.0% <b>x2</b> 190				- 4 4		VOL			<b>  </b>				ļ	_	ļ	ļ	EFF											
418	match set	49.0% <b>x2</b> 205	49.0% <b>x2</b> 2	205 49.09	% <b>x2</b> 205	49.0% <b>x2</b>	205								L				200											
4	Auto Regulate Tendo .7	52.0% <b>x2</b> 215	52.0% <b>x2</b> 2	215 52.09	% <b>x2</b> 215	52.0% <b>x2</b>	215						ı	İ					2					l						
3	<b>G2 Floor Press</b>	40.0% <b>x3</b> 140	40.0% <b>x3</b> 1	40.09	% x3 140	40.0% <b>x</b> 3	140	3					T			1	1		3	Upper Body Medley	0.0%	х5		0.0%	х5	0.0	% x5	;	0.0%	5
TIER 3		40.0% <b>x3</b> 140 45.0% <b>x3</b> 160	45.0% 🕶 1	160 45.09	% <b>v</b> 3 160	45.0% 🕶	160	Ä		t	††			+	t	-†	†	† <del>-</del>	TER		0.0%			0.0%	i		)% x5		0.0%	
SPEE	AXLE BAR - Double Chain									<b> </b>	╁╌╌┼				<del> </del>		<b></b>	<b>├</b> ├	VOL	Chin Una	0.0%			0.0%			)% x5e	j	0.0% x	þ
	AALE BAK - DOUDIE Chain	JV.076 4X3 1/5	JU.U% 4X3 1	1/3 50.0	™ 4x3 1/5	J 30.0% 4X3	1/3	₹UL		ļ	<del>  </del>				<del>  </del>		<b>.</b>	<del>  </del>	VOL		0.0%	raeg		v.u %	AJEZ	0.0	, ∕₀ xɔe	a	υ.υ 76 · X	JEB .
352			<b>  -</b>		<u> </u>	<b> </b>	<u> </u>			ļ	<b>ļ</b> ļ				<b> </b>	<b>.</b>	<b></b>	ļļ		Dead Stop Rows	ļļ		ļļ					<u>.</u>		
3							i							l		į				SA Incline Press	0.0%	4sets		0.0%	4sets	0.0	)% 2set	s	0.0% 4	ets
4	<b>DB Incline Ext</b>	5x8	5x8		3x8	5x8		4			ΙŢ	T	T				1		4					T	T				T	
2	15 count intervals				T T	<b>T</b>	TI	꼾		T	T		<u>†</u>	<u> </u>	<b> </b>		Ť	T	2		<b>1</b> i						7	T1		
TIER	ELBOWS OUT	<b> </b>	<del> </del>   <del> </del>  -		<del>  </del>	<b>†</b> †	†	TIER		<b> </b>	†==†		<del>†</del>	+	t <del> </del>		†	† <del> </del>	TIER		i						-†	- <del>  </del>		
				-	++-		•	2			+	+	-	+		+-		<del>                                     </del>	2		H			+		-	+	+		
TIER 5	3 Hop Progression	<del>   </del>	<del>   -</del>		<del></del>	<b>∤</b> ∔				<b> </b>	<del> </del>				<del> </del>		<b></b>	<del>  </del> -			<b></b>									
回			<b>  </b>  -		<del>  </del>	<b>  </b>	ļl	TIER		ļ	ļļ		‡		<b> </b>		<b>↓</b>	<del>  </del> -	TIER		ļļ	ļ 	ļļ							
													-			<u> </u>			T											
PCOM	RDL [load set 4 Block Clean]	01110	3x8		2x10	3x8	3	РСОМ											МО	Single Leg Hip Lift - floor		10			10 e	_	2x10			0 ea
	Prone "T" "Y" "A"	1 x 12 each	1 x 12 ea	ch Y	only 2x12	1 x 12 c	each	PC		L									S	Blast Strap "W" "T" "Row	1 x	12 e	ach	1 x 1	2 ea	ch T	only	2x12	1 x 1	2 each
Notes						CHE	CK T	FΛ	M Funtional Movement	Sere	en C	orrec	tive !	Means	Assian	mer	te an	nd Blitz E	Proc	ramming										
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