

<b>SPORT</b>	<b>4 F7 Block Elite Red</b>			
<b>Weekly Rotation</b>	MONDAY T   WEDNESDAY U   FRIDAY T			
<b>"The only place success comes before work is in the dictionary"</b>				
<b>PRE ACTIVITY PREPARATION</b>	Neck - Traps		Extras	
<b>Report to TRAGER</b> 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  <b>2 Circuits</b>		<b>Post Tue-Thur Team Run</b> POWER CORE CORRECTIVE MEASURES PILATES	

<b>MONDAY</b>	1-Jun-09	8-Jun-09	15-Jun-09	22-Jun-09
---------------	----------	----------	-----------	-----------

<b>SESSION 1T</b>	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>Hang Clean</b>	35.0%	x5	105	36.5%	x5	110	32.0%	x5	95	38.0%	x5	115
	45.5%	x3-5	135	47.5%	x3-5	140	41.6%	x3-5	125	49.4%	x3-5	150
	56.0%	x2-3	170	58.4%	x2-3	175	51.2%	x2-3	155	60.8%	x2-3	180
<b>"PUSH" + "JUMP" + "PUNCH"</b>	63.0%	x1-2	190	65.7%	x1-2	195	57.6%	x1-2	175	68.4%	x1-2	205
<b>Strength Speed Complex</b>	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230
<b>x Vertical Jumps</b>	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230
	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230
	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230
Preparation Sets - as needed	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230

<b>TIER 2</b>	<b>Safety Bar Squat</b>	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130
	to parallel hard box	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140
	Green Band	37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	37.0%	x2	155
	<b>Speed-Strength-Speed Complex</b>	40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	40.0%	x2	165
	<b>Long Jump Progression</b>	43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	43.0%	x2	180
	<b>Box Jumps</b>	46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	46.0%	x2	190
	<b>Auto Regulate Tendo .7</b>	49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	49.0%	x2	205
		52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	52.0%	x2	215

<b>TIER 3</b>	<b>G2 Floor Press</b>	40.0%	x2	140	40.0%	x2	140	40.0%	x2	140	40.0%	x2	140
	AXLE BAR - Double Chain	45.0%	x2	160	45.0%	x2	160	45.0%	x2	160	45.0%	x2	160
	<b>Speed Strength Complex</b>	50.0%	4x2	175	50.0%	4x2	175	50.0%	4x2	175	50.0%	4x2	175
	<b>OH Med Ball Throw 25#</b>												

<b>TIER 4</b>	<b>DB Incline Ext</b>	5x8	5x8	3x8	5x8
	15 count intervals				

<b>TIER 5</b>					
---------------	--	--	--	--	--

<b>PCOM</b>	<b>RDL [load set 4 Block Clean]</b>	3x10	3x8	2x10	3x8
	<b>Prone "T" "Y" "A"</b>	1 x 12 each	1 x 12 each	Y only 2x12	1 x 12 each

<b>Notes</b>	CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming				
--------------	--	--	--	--	--

# A MASTER GENERIC

## BEAT KENTUCKY

<b>Report to TRAGER</b> Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	<b>Neck - Traps</b> Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15  <b>2 circuits</b>	<b>Extras</b> <b>Post Tue-Thur Team Run</b> POWER CORE CORRECTIVE MEASURES PILATES
---	--	--

<b>WEDNESDAY</b>	3-Jun-09	10-Jun-09	17-Jun-09	24-Jun-09
------------------	----------	-----------	-----------	-----------

<b>SESSION U</b>	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>G2 Incline Press</b>	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												
Preparation Sets - as needed												

<b>TIER 2</b>					
---------------	--	--	--	--	--

<b>TIER 3</b>					
---------------	--	--	--	--	--

<b>TIER 4</b>					
---------------	--	--	--	--	--

<b>TIER 5</b>					
---------------	--	--	--	--	--

<b>PCOM</b>	<b>Glute Ham Raise</b>	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

<b>Notes</b>	CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming				
--------------	--	--	--	--	--

<b>STAGE</b>	<b>Developmental - 3</b>			
<b>PROGRAM</b>	<b>Block 4 - Spring II Summer - Cycle 1</b>			

**"Hard things are put in our way, not to stop us, but to call out our courage and strength"**

<b>PRE ACTIVITY PREPARATION</b>	<b>Neck - Traps</b>	<b>Extras</b>
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  <b>2 Circuits</b>	<b>DESERT</b> SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT

<b>FRIDAY</b>	5-Jun-09	12-Jun-09	19-Jun-09	26-Jun-09
---------------	----------	-----------	-----------	-----------

<b>SESSION 2T</b>	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>Block 10 Clean</b>	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	58.4%	x2-3	175	65.6%	x2-3	195
Week 1 - Block 10	63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220
Week 2 - Block 7	70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245
Week 3 - Block 12	70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245
Week 4 - Block 10	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	81.0%	x2	275
Preparation Sets - as needed	70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	84.0%	x2	280

<b>TIER 2</b>	<b>Front Squat</b>	50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5
	Week 1 - Double Chain	65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5
	Week 2 - Single Chain	80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5
	Week 3 - Triple Chain	90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5
	Week 4 - Straight	100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5
	<b>Parallel to Hard Box</b>											
	Preparation Sets - as needed											

<b>TIER 3</b>	<b>Upper Body Medley</b>	0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5
	Chin Ups	0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5
	Dead Stop Rows	0.0%	x5ea		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea
	SA Bench Press	0.0%	4sets		0.0%	4sets		0.0%	2sets		0.0%	4sets

<b>TIER 4</b>	<b>SL Squat Progression</b>	x6ea	x6ea	x6ea	x6ea
	Week 1 - Split Squat	x6ea	x6ea	x6ea	x6ea
	WK 2&3 - Pistols to Box WK 4 - CB	x6ea	x6ea		x6ea

<b>TIER 5</b>					
---------------	--	--	--	--	--

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

<b>Notes</b>	CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming				
--------------	--	--	--	--	--

SPORT		4 F7 Block Elite Red											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY T											
"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 1T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>Hang Clean</b>		35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125
Set Stance - Athletic Position		45.5%	x3-5	135	49.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160
<b>"PUSH" + "JUMP" + "PUNCH"</b>		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195
<b>Strength Speed Complex</b>		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220
Sets 1-3-5 x3 Repetitive Vertamax Jumps		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
Sets 2-4-6 x1 Max Vert		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
Preparation Sets - as needed		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
<b>Safety Bar Squat</b>		31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130
to parallel hard box		34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140
Green Band		37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	37.0%	x2	155
<b>Strength-Speed Complex - 6 sets</b>		40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	40.0%	x2	165
Box Jumps		43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	43.0%	x2	180
match set		46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	46.0%	x2	190
Auto Regulate Tendo .7		49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	49.0%	x2	205
52.0%		x2	215	52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	
<b>G2 Floor Press</b>		40.0%	x3	140	40.0%	x3	140	40.0%	x3	140	40.0%	x3	140
AXLE BAR - Double Chain		45.0%	x3	160	45.0%	x3	160	45.0%	x3	160	45.0%	x3	160
50.0%		4x3	175	50.0%	4x3	175	50.0%	4x3	175	50.0%	4x3	175	
<b>DB Incline Ext</b>		5x8		5x8		3x8		5x8					
15 count intervals													
<b>ELBOWS OUT</b>													
<b>3 Hop Progression</b>													
RDL [load set 4 Block 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													
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
<b>G2 Bench Press</b>		50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5	
Week 1 - Double Chain		65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5	
Week 2 - Single Chain		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5	
Week 3 - Triple Chain		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5	
Week 4 - Straight		100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5	
Preparation Sets - as needed													

STAGE		Developmental - 3											
PROGRAM		Block 4 - Spring II Summer - Cycle 2											
"Hard things are put in our way, not to stop us, but to call out our courage and strength"													
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 2T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>Block 10 Clean</b>		38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
Week 1 - Block 10		49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
Week 2 - Block 7		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
Week 3 - Block 12		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	79.2%	x1-2	240
Week 4 - Block 10		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	88.0%	3x2	265
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	88.0%	2x2	265
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	84.0%	x2	275
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	84.0%	x2	280
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	87.0%	x2	290
Preparation Sets - as needed											101.0%	x2	305
<b>Back Squat</b>		38.0%	x5	190	41.0%	x5	205	39.5%	x5	200	44.0%	x5	220
Metabolic Training = 35 second		49.4%	x3-5	245	53.3%	x3-5	265	51.4%	x3-5	255	57.2%	x3-5	285
Hurdle Shuffles = Pre Sets		60.8%	x2-3	305	65.6%	x2-3	330	63.2%	x2-3	315	70.4%	x2-3	350
		68.4%	x1-2	340	73.8%	x1-2	370	71.1%	x1-2	355	79.2%	x1-2	395
		76.0%	x24	380	82.0%	x20	410	79.0%	x10	395	88.0%	15-20	440
<b>Upper Body Medley</b>		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
Chin Ups		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
Dead Stop Rows		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea	
SA Incline Press		0.0%	4sets		0.0%	4sets		0.0%	2sets		0.0%	4sets	
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 Funtional Movement Screen Corrective Means Assignments and Blitz Programming