

SPORT	4 OTB 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	1-Jun-09	8-Jun-09	15-Jun-09	22-Jun-09								
SESSION 1T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Hang Clean	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	
63.0%	x1-2	190	65.7%	x1-2	195	57.6%	x1-2	175	68.4%	x1-2	205	
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	
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

TIER 2	300	385										
Front Squat	40.0%	x3	155	43.0%	x3	165	40.0%	x3	155	49.0%	x3	190
46.0%	x3	175	49.0%	x3	190	43.0%	x3	165	55.0%	x3	210	
49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235	
49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235	
49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	76.0%	x1	295	
49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	85.0%	x1	325	
49.0%	x3	190	55.0%	x3	210				94.0%	x1	360	
49.0%	x3	190	55.0%	x3	210				101.0%	x1	390	

TIER 3	300	385						
Upper Body Medley	0.0%	PULL	0.0%	PULL	0.0%	PULL	0.0%	PULL
0.0%	x21	0.0%	x24	0.0%	x15	0.0%	x30	
0.0%	PUSH	0.0%	PUSH	0.0%	PUSH	0.0%	PUSH	
0.0%	x21	0.0%	x24	0.0%	x15	0.0%	x30	
ALTERNATE - catch and release - to press								

TIER 4	TIER 5								
Box Jump Progression	79.0%	5x5	85.0%	5x3	82.0%	3x3	M	A	X
Long Jump Progression	SL	x3	stick	SL	x3	stick	SL	x3	stick
3 sets	Res	x3	stick	Res	x3	stick	Res	x3	stick
	Free	x3	max	3Hop	x3	max	Free	x3	max
							3Hop	x3	max

PCOM	300	385		
SL DB RDL	3x10	3x8	2x10	3x8
Prone "T" "Y" "A"	1 x 12 each	1 x 12 each	Y only 2x12	1 x 12 each

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	3-Jun-09	10-Jun-09	17-Jun-09	24-Jun-09								
SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
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	
Preparation Sets - as needed	70.0%	x3	215	76.0%	x3-10	235				94.0%	x2	290

TIER 2	300	385						
Power Curl	0.0%	x5	0.0%	x5	0.0%	x5	0.0%	x5
0.0%	x5	0.0%	x5	0.0%	x5	0.0%	x5	
0.0%	x5	0.0%	x5	0.0%	x5	0.0%	x5	
Week 1 - 10 KG								
Week 2 - 15 KG								
Week 3 - 10 KG								
Week 4 - 20 KG								

TIER 3	300	385						
	40.0%	x3	40.0%	x3	40.0%	x3	40.0%	x3
	45.0%	x3	45.0%	x3	45.0%	x3	45.0%	x3
	50.0%	4x3	50.0%	4x3	50.0%	4x3	50.0%	4x3

TIER 4	TIER 5			
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

PCOM	300	385		
Single Leg Hip Lift - Stab Ball	3 sets	3 sets	2 sets	3 sets
Blast Strap "W" "T" "Row"	x6ea	x6ea	x6ea	x6ea

Notes

Developmental - 3

Block 4 - 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 2T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
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	58.4%	x2-3	175	65.6%	x2-3	195	
63.0%	x1-2	190	65.7%	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%	3x2	245	
70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	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	
Preparation Sets - as needed	70.0%	x3	210	76.0%	x3	230				94.0%	x2	280

TIER 2	300	385										
Reverse Lunge to Step Up	49.0%	x5ea	110	55.0%	x5ea	125	52.0%	x6ea	115	61.0%	x5ea	135
49.0%	x5ea	110	55.0%	x5ea	125	52.0%	x6ea	115	61.0%	x5ea	135	
49.0%	x5ea	110	55.0%	x5ea	125				61.0%	x5ea	135	
52.0%	x5ea	115	58.0%	x5ea	130				64.0%	x5ea	145	
52.0%	x5ea	115	58.0%	x5ea	130				64.0%	x5ea	145	
Encouraged to Press Load Up												

TIER 3	300	385						
Upper Body Medley	0.0%	x6	0.0%	x6	0.0%	x6	0.0%	x6
0.0%	is-Dyn	0.0%	SME	0.0%	Dyn	0.0%	WTD	
0.0%	x6ea	0.0%	x6ea	0.0%	x6ea	0.0%	x6ea	
0.0%	3sets	0.0%	3sets	0.0%	3sets	0.0%	3sets	

TIER 4	TIER 5			
Single Leg Progression	3 sets	3 sets	2 sets	3 sets
Hip Flexion x 15 seconds mini band	x6ea	x6ea	x6ea	x6ea

PCOM	300	385		
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	Y only 2x12	1 x 12 each

Notes

CHECK TEAM Funtional Movement Screen Corrective Means Assignments and Blitz Programming

SPORT		4 OTB 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
TIER 1	Hang 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	58.4%	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%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245
SPD	300	Preparation Sets - as needed											
TIER 2	Front Squat	40.0%	x3	155	43.0%	x3	165	40.0%	x3	155	49.0%	x3	190
		46.0%	x3	175	49.0%	x3	190	43.0%	x3	165	55.0%	x3	210
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	76.0%	x1	295
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	85.0%	x1	325
		49.0%	x3	190	55.0%	x3	210				94.0%	x1	360
		49.0%	x3	190	55.0%	x3	210				101.0%	x1	390
SPD	385	to parallel aerex pad Purple Band [+] 1 Chain											
TIER 3	Upper Body Medley	0.0%	PULL		0.0%	PULL		0.0%	PULL		0.0%	PULL	
		0.0%	24		0.0%	x30		0.0%	x15		0.0%	x36	
		0.0%	PUSH		0.0%	PUSH		0.0%	PUSH		0.0%	PUSH	
SPD		Plyo Push Up Pull Up ALTERNATE - catch and release - to press											
TIER 4	Box Jump Progression	79.0%	5x5		85.0%	5x3		82.0%	3x3		M	A	X
TIER 5	3 Hop Progression												
PCOM	SL DB RDL	3x10			3x8			2x10			3x8		
		1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each		
Notes		CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming											

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 Incline Press	38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	135
		49.4%	x3-5	150	53.3%	x3-5	165	51.4%	x3-5	160	57.2%	x3-5	175
		60.8%	x2-3	185	65.6%	x2-3	200	63.2%	x2-3	195	70.4%	x2-3	215
		68.4%	x1-2	210	73.8%	x1-2	225	71.1%	x1-2	220	79.2%	x1-2	245
		76.0%	x3	235	82.0%	x2	255	79.0%	x2	245	88.0%	3x2	270
		76.0%	x3	235	82.0%	x2	255	79.0%	x2	245	88.0%	2x2	270
		76.0%	x3	235	82.0%	x2	255	79.0%	x2	245	91.0%	x2	280
		76.0%	x3	235	82.0%	x2	255	79.0%	x2	245	94.0%	x2	290
		76.0%	x3	235	82.0%	x2-10	255	79.0%	x2	245	97.0%	x2	300
		76.0%	x3	235	82.0%	x2-10	255	79.0%	x2	245	101.0%	x2	310
SPD	308	Preparation Sets - as needed											
TIER 2													
SPD	225												
TIER 3													
SPD													
TIER 4													
TIER 5													
PCOM													

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
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
		60.8%	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	79.2%	x1-2	240
		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	91.0%	x2	275
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	94.0%	x2	280
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	97.0%	x2	290
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	101.0%	x2	305
SPD	300	Preparation Sets - as needed											
TIER 2	Reverse Lunge to Step Up	55.0%	x5ea	125	61.0%	x5ea	135	58.0%	x6ea	130	67.0%	x5ea	150
		55.0%	x5ea	125	61.0%	x5ea	135	58.0%	x6ea	130	67.0%	x5ea	150
		55.0%	x5ea	125	61.0%	x5ea	135				67.0%	x5ea	150
		58.0%	x5ea	130	64.0%	x5ea	145				70.0%	x3ea	160
		58.0%	x5ea	130	64.0%	x5ea	145				70.0%	x3ea	160
SPD	225	Encouraged to Press Load Up											
TIER 3	Upper Body Medley	0.0%	x6		0.0%	x6		0.0%	x6		0.0%	x6	
		0.0%	SME		0.0%	SME		0.0%	Dyn		0.0%	WTD	
		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	
TIER 4	Chin Ups Regime	0.0%	x6ea		0.0%	x6ea		0.0%	x6ea		0.0%	x6ea	
TIER 5	SA Bench Press	0.0%	3sets		0.0%	3sets		0.0%	3sets		0.0%	3sets	
PCOM	Single Leg Hip Lift - Stab Ball	3x10 ea			3x10 ea			2x10 ea			3x10 ea		
		1 x 12 each			1 x 12 each			T only 2x12			1 x 12 each		
PCOM	Blast Strap "W" "T" "Row"	1 x 12 each			1 x 12 each			T only 2x12			1 x 12 each		

