

ATHLETE A - PROGRESS - SPIISUM

BLOCK II Black		Cycle 1 Week 1				Cycle 1 Week 2				Cycle 1 Week 3				Cycle 1 Week 4				Cycle 2 Week 1				Cycle 2 Week 2				Cycle 2 Week 3				Cycle 2 Week 4					
Tier	MOVEMENT	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	MOVEMENT	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	
TIER 1	Total Body	Deck Clean	70	8	3	HI	76	8	3	HI	73	6	3	OPT	82	10	2	HI	Deck Clean	76	8	3	HI	82	10	2	HI	79	7	2	OPT	88	10	2	HI
		Athlete resets each rep - Catch 1 AP Catch 2 Front Squat foot position Catch 3 Full Squat Catch													After the completion of set 5 - athlete has the choice to move off the script and increase load for prescribed % & reps	Athlete resets each rep - Catch 1 AP Catch 2 Front Squat foot position Catch 3 Full Squat Catch													After the completion of set 5 - athlete has the choice to move off the script and increase load for prescribed % & reps						
	Total Body	Deck Clean	70	8	3	HI	76	8	3	HI	73	6	3	OPT	82	10	2	HI	Deck Clean	76	8	3	HI	82	10	2	HI	79	7	2	OPT	88	10	2	HI
	Winter 1 RM	End of Cycle 2 Results 07-09 1RM*=342# *adjusted training max	205 - 8x3	220 - 8x3	210 - 6x3	240 - 5x2 245 - 1x2 255 - 1x2 264 - 1x2 274 - 1x2 289 - 1x2	End of Cycle 1 06-09 1RM*=306# *adjusted training max	235 - 8x3	250 - 8x3	240 - 7x2	270 - 5x2 280 - 1x2 291 - 1x2 296 - 1x2 308 - 1x2 323 - 1x2																								
	Lower Body	Back Squat	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Back Squat	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI
		top of thigh parallel or deeper	*repetition exception	Set 5 is an off the script repetition set. Athlete is to perform a min of 5 reps and a max of 10 *repetition exception	Set 5 is an off the script repetition set. Athlete is to perform a min of 5 reps and a max of 10 *repetition exception	After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps	top of thigh parallel or deeper	*repetition exception	Set 5 is an off the script repetition set. Athlete is to perform a minimum of 3 reps and a maximum of 10	After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps																									
	Lower Body	Back Squat	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Back Squat	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI
	Winter 1RM	End of Cycle 2 Results 07-09 1RM*=577# *adjusted training max	370 - 5x5	405 - 4x5 405 - 1x15	385 - 4x4	435 - 3x3 450 - 1x3 465 - 1x3 480 - 1x3 500 - 1x3 515 - 1x3	End of Cycle 1 06-09 1RM*=561# *adjusted training max	425 - 5x5	460 - 4x5 460 - 1x10	445 - 5x3	495 - 3x3 510 - 1x3 530 - 1x3																								
	Upper Body	Bench Press	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Bench Press	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI
			*repetition exception	*repetition exception		After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps		*repetition exception	Set 5 is an off the script repetition set. Athlete is to perform a minimum of 3 reps and a maximum of 10	After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps																									
Upper Body	Bench Press	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Bench Press	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI	
Winter 1RM	End of Cycle 2 Results 07-09 1RM*=441# *adjusted training max	280 - 5x5	305 - 4x5 305 - 1x12	290 - 4x4	330 - 3x3 340 - 1x3 350 - 1x3 365 - 1x3 375 - 1x3 385 - 1x3 395 - 1x3 405 - 1x2	End of Cycle 1 06-09 1RM*=429# *adjusted training max	325 - 5x5	350 - 4x5 350 - 1x10	340 - 5x3	380 - 3x3 390 - 1x3 405 - 1x3																									

ATHLETES - PROGRESS - SPII (2)

BLOCK III Front 7		Cycle 1 Week 1				Cycle 1 Week 2				Cycle 1 Week 3				Cycle 1 Week 4				Cycle 2 Week 1				Cycle 2 Week 2				Cycle 2 Week 3				Cycle 2 Week 4							
Tier	MOVEMENT	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	MOVEMENT	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume			
Total Body	Deck Clean	70	6	3	OPT	76	6	3	OPT	73	4	3	LOW	82	8	2	OPT	Deck Clean	76	6	3	OPT	82	5	3	OPT	79	5	2	OPT	88	8	2	HI			
Athlete resets each rep - Catch 1 AP Catch 2 Front Squat foot position Catch 3 Full Squat Catch										After the completion of set 4 - athlete has the choice to move off the script and increase load for prescribed % & reps				Athlete resets each rep - Catch 1 AP Catch 2 Front Squat foot position Catch 3 Full Squat Catch								After the completion of set 4 - athlete has the choice to move off the script and increase load for prescribed % & reps															
Total Body	Deck Clean	70	6	3	OPT	76	6	3	OPT	73	4	3	LOW	82	8	2	OPT	Deck Clean	76	6	3	OPT	82	5	3	OPT	79	5	2	OPT	88	8	2	HI			
Winter 1 RM ATHLETE B YR - RJR POS - Off Guard 03-09 1RM=291#	End of Cycle 2 Results 07-09 1RM*=319# *adjusted training max	205 - 6x3				220 - 6x3				210 - 4x3				240 - 4x2 245 - 1x2 255 - 1x2 264 - 1x2 274 - 1x2				End of Cycle 1 06-09 1RM=291# *no adjustment				220 - 6x3				240 - 5x3				230 - 5x2				255 - 4x2 264 - 1x2 274 - 1x2 286 - 1x2 301 - 1x2			
BLOCK II Black		Cycle 1 Week 1				Cycle 1 Week 2				Cycle 1 Week 3				Cycle 1 Week 4				Cycle 2 Week 1				Cycle 2 Week 2				Cycle 2 Week 3				Cycle 2 Week 4							
Lower Body	Back Squat	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Back Squat	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI			
top of thigh parallel or deeper		*repetition exception				Set 5 is an off the script repetition set. Athlete is to perform a min of 5 reps and a max of 10 *repetition exception				After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps				top of thigh parallel or deeper				*repetition exception				Set 5 is an off the script repetition set. Athlete is to perform a minimum of 3 reps and a maximum of 10				After the completion of set 3 - athlete has the choice to move off the script and increase load for prescribed % & reps											
Lower Body	Back Squat	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Back Squat	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI			
InSeason 1RM ATHLETE B YR - RSO POS - CENTER 11-08 1RM=500#	End of Cycle 2 Results 07-09 1RM*=545# *adjusted training max	350 - 5x5				380 - 4x5 380 - 1x13				345 - 4x4				410 - 3x3 425 - 1x3 440 - 1x3 455 - 1x3 470 - 1x3				End of Cycle 1 06-09 1RM*=512# *adjusted training max				390 - 4x5 405 - 1x5				420 - 4x5 420 - 1x13				405 - 5x3				450 - 3x3 465 - 1x3 480 - 1x3 500 - 1x3			
Lower Body	Back Squat	70	5	5	HI	76	5	5	HI	73	4	4	OPT	82	6	3	HI	Back Squat	76	5	5	HI	82	6	3	HI	79	5	3	OPT	88	6	3	HI			
InSeason 1RM ATHLETE C YR - RSO POS - Off Guard 11-08 1RM=610#	End of Cycle 2 Results 07-09 1RM*=632# *adjusted training max	430 - 5x5				465 - 4x5 465 - 1x17				350 - 4x4				505 - 3x3 525 - 1x3 540 - 1x3 560 - 1x3				End of Cycle 1 06-09 1RM=610# *no adjustment				465 - 5x5				505 - 4x5 505 - 1x10				485 - 5x3				540 - 3x3 560 - 1x3 580 - 1x3			

TIER 1

Athlete Progress B4F7

BLOCK IV Front 7		Cycle 1 Week 1				Cycle 1 Week 2				Cycle 1 Week 3				Cycle 1 Week 4				Cycle 2 Week 1				Cycle 2 Week 2				Cycle 2 Week 3				Cycle 2 Week 4									
Tier	MOVEMENT	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume	%	Sets	Reps	Volume						
TIER 2	Lower Body	Front Squat	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	Back Squat	76	clust	24	HI	82	clust	20	HI	79	clust	10	LOW	88	clust	20	HI				
		to BOX top of thigh parallel or deeper	2 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				1 Chain Additional Bonus Sets of 5rm if applicable SET 5RM				3 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				FREE SQUAT [-] BOX/CHAINS SET 5RM SET 3RM SET TM1RM				top of thigh parallel or deeper				Cluster Series 35 second interval				Cluster Series 35 second interval				Cluster Series 35 second interval				during cluster athlete may be taken up in loads on coach's discretion				
	Lower Body	Front Squat	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	Back Squat	76	clust	24	HI	82	clust	20	HI	79	clust	10	LOW	88	clust	20	HI				
	Spring 1 RM ATHLETE D YR - RSR POS - Fullback 04-09 1RM=475#	End of Cycle 1 Results 07-09 1RM=505# *week 1 Cycle 2	170 - 1x5 215 - 1x5 270 - 1x5 300 - 1x5 335 - 1x5				180 - 1x5 235 - 1x5 290 - 1x5 325 - 1x5 365 - 1x5				160 - 1x5 210 - 1x5 255 - 1x5 290 - 1x5 320 - 1x5				195 - 1x5 250 - 1x5 310 - 1x5 345 - 1x5 385 - 1x5 415 - 1x5 450 - 1x3 480 - xMiss				Winter 1 RM ATHLETE D YR - RSR POS - Fullback 03-09 1RM=580#				Athlete 1RM Front Squat 215 - 1x5 285 - 1x3 350 - 1x2 385 - 1x1 435 - 1x1 480 - 1x1 505 - 1x1				475 cluster 20				460 cluster 10				cluster 20 breakdown 510 - x 7c 530 - x 4c 550 - x 4c 570 - x 3c 585 - x 1c 600 - x miss				
TIER 1	Upper Body	G2 Incline Press	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	G2 Bench Press	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC
			2 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				1 Chain Additional Bonus Sets of 5rm if applicable SET 5RM				3 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				0 Chains SET 5RM SET 3RM SET TM1RM				2 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				1 Chain Additional Bonus Sets of 5rm if applicable SET 5RM				3 Chains Additional Bonus Sets of 5rm if applicable SET 5RM				0 Chains SET 5RM SET 3RM SET TM1RM								
	Upper Body	G2 Incline Press	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	G2 Bench Press	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC	100	5	5	ASC
	Spring 1 RM ATHLETE D YR - RSR POS - Fullback 04-09 1RM=355#	End of Cycle 1 Results 07-09 1RM=360#	165 - 1x5 185 - 1x5 205 - 1x5 230 - 1x5 255 - 1x5				135 - 1x5 175 - 1x5 215 - 1x5 245 - 1x5 270 - 1x5 300 - 1x5 315 - 1x3				125 - 1x5 160 - 1x5 195 - 1x5 220 - 1x5 245 - 1x5				160 - 1x5 205 - 1x5 250 - 1x5 285 - 1x5 315 - 1x5 340 - 1x4 360 - 1x1				Winter 1 RM ATHLETE D YR - RSR POS - Fullback 03-09 1RM=380# PR=405#				120 - 1x5 155 - 1x5 190 - 1x5 215 - 1x5 245 - 1x5 265 - 1x5 280 - 1x5				150 - 1x5 200 - 1x5 245 - 1x5 275 - 1x5 305 - 1x5 320 - 1x5				115 - 1x5 150 - 1x5 180 - 1x5 205 - 1x5 230 - 1x5 255 - 1x5 280 - 1x5				170 - 1x5 220 - 1x5 275 - 1x5 310 - 1x5 340 - 1x5 365 - 1x3 385 - 1x1 410 - 1x1 420 - 1x1				