SPRINTS/HURDLES- DEVELOPMENTAL

SPORT Weekly Rotation		AY T WEDN	ESDAY T F	}	Daily Section Potation MS DP DCOM D7.51 EV								STAGE PROGRAM	DEVELOPMENTAL FALL STAGE I '07 MS. DD. DCOM. DZ. EL EV												
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A - Basic Movement Prep POST PRACTICE LIFT NO BASIC MOVEMENT PREP			C - Prehab/Rehab 4 WAY ANKLE x 10 TKE'S x 15			A - Basic Movement Prep POST PRACTICE LIFT NO BASIC MOVEMENT PREP	TEAM POWER ZONE				C - Prehab/Rehab 4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15 YDS					A - Basic Movement Prep POST PRACTICE LIFT NO BASIC MOVEMENT PREP	B - Power Zone TEAM POWER ZONE				:	C - Prehab/Rehab 4 WAY ANKLE x 10 TKE'S x 15				
MONDAY	10-Aug-07	17-Aug-07	24-Aug-0	7 31-Aug-07	 	WEDNESDAY	12-Aug-07		19-Aug-07		26-Aug-07		2-Sep-07			FRIDAY	14-Aug-07 21-Aug-07				j-07	28-Aug-07		4-S	4-Sep-07	
SESSION T	% GR WT	% GR WT	% GR W	/T % GR WT	TM	SESSION T	% GR	WT	%	GR WT	% GR	WT	% G	R WT	TM	SESSION L	%	GR 1	WT '	% GR	WT	%	GR WT	%	GR WT	
CG SHRUG PULL	50.0% x 5	55.0% X5	50.0% X5	50.0% X5	T1	POWER CLEAN	50.0% x5	5	55.0%	κ 5	50.0% X5	51	50.0% X5		T1	BACK SQUAT	52.5%	х5	50.	.0% x5	,	55.0%	5	50.0%	х5	
								6				6					1		57						x3-5	
OTAL BODY ASSISTANCE.					┰	EROM DECK		†									 				ļ				x1-3	
1	67.5% IX 1-3	72.5% X 1-3		67.5% AT-3	-	FROM DECK	67.5% AT-3	†	72.5% J	VI-3			57.5% A I	-3	ł						 			67.5%	X1-3	
TAGE II					_	-		1	-									. 	+	+-	₩	\dashv	_	+		
			4		-			8						ļ										- -		
	75.0% X3	80.0% X2	85.0% X2	75.0% X4			75.0% X3	8	80.0%	K2	85.0% X2	7:	r5.0% X4	<u> </u>		_	65.0%	х4	70.	o% x3	7	/5.0%)	(2	75.0%	х4	
ULL EXTENSION - RELEASE AT TOP	75.0% x3	80.0% X2	85.0% x2	75.0% X4	1[a]]	75.0% x3	8	80.0%	κ2	85.0% X2	75	5.0% X4	l l	1[a]		70.0%	х4	75.	.0% x3	٤	30.0%	2	75.0%	х4	
	75.0% x3	80.0% x2	85.0% x2	75.0% x4			75.0% x3	8	80.0%	κ2	85.0% X2	75	5.0% X4				75.0%	х7	80.	0% x6	8	85.0%	4	75.0%	х4	
	75.0% X3	80.0% X2	85.0% X2		7		75.0% x3	8	30.0%	κ2	85.0% X2		<u>-</u>	·			75.0%	х7	80.	.0% x6		85.0% 7	:4	1		
		80.0% x2			-		75.0% x 3	8					·	····	1						İ			1	<u> </u>	
EDONT SOLIAT				v0	та	DEVERSE LUNCE TO STER UR					_		v1	2	та	CHINTID			_		H				xm1C	
FRONT SQUAT						REVERSE LONGE TO STEP OF		 						}		CHINOF							<u>}</u>		xm1C	
						-		 						}	\vdash					<u> </u>	4			<u>-</u> -	·	
SCENDING SETS								ļ								MEN: CHAIN RESISTANCE								··	xm1C	
	x8	x8	x8	x8		TOTAL REPETITIONS	x12	<u> </u>)	k12	x12		x1	2		SET(CHAINS): 1(2) / 2(1) / 3(0) / 4(0)		xm1C		xm1	ļ	y	m10)	xm1C	
					2[a]]	L	<u>. </u>	L		<u> </u>		L		2[a]	WOMEN: BODYWEIGHT	J	<u>I</u>			JL			l		
																NO BAND ASSISTANCE UNLESS				ı		l				
					"				T			·····I-	T			YOU CANNOT COMPLETE AT								<u> </u>		
			l		-1										1	LEAST 1 REP EACH SET								1		
INVEDTED DOW	vm10	vm10	vm10	vm1f	тэ	G2 BENCH BRESS	v1			, 2	v2			+	тэ			v.E	1	v5	${}^{\dag}$	一	·E	+ 1	x5	
INVERTED NOW						GZ BENGITI KEGO										TOSTITICOS					ļ			,, 	x5	
			{ -		╁	1		 	+			6:								 	 				·	
l l	xm10	xm10	xm10	xm1t	-			8			-	7:		}	ł	DUMBELLS- DRIVE THROUGH HEELS					}		}		x 5	
F MOTION			 			SET- 85%		8			<u></u> ,,	7						х5		x 5	ļ	y	:5		x 5	
							75.0% X 7	8	80.0%	к6	85.0% X4	75	5.0% X4							Щ.	╧	_				
ERTICAL JUMP PROGRESSION		<u> </u>	<u> </u>		T4	HORIZONTAL JUMP PROGRESSION	L	<u>[</u>			<u> </u>		. <u> </u>		T4	WT. ELEVATED SL HIP RAISE	<u>.</u>	<u> </u>			<u> </u>	<u> </u>		1	<u> </u>	
TAGE I: BOX JUMP	x5	x5	x5	x5		STAGE 1: STANDING LONG JUMP	x 5	<u>i </u>)	κ 5	x5		х5			MEN: YELLOW / BLUE	<u> j</u>	х6		х6	<u> </u>	1	6)	х6	
	x5	x 5	x5	x5		[RESET AFTER EACH JUMP]	х5)	k 5	х5		х5			WOMEN: 10LB. / GREEN		х6		х6	[T	1	6)	х6	
TSS YIELDING GHR					T5	SL POWER RUNNER		\Box				T	T	-	T5	SHOULDER COMPLEX			T	T	\Box	T	T			
	x6	x6	x6	x6			x6	† †	†	к6	x6		у6	-				x6		х6	! †		:6	ļ	х6	
		}	4	· 				††	+		 										! -			- -	х6	
WT BACK EXTENSION					Pan	-		0				\dashv			Dear				-		┰				x 10	
	3 7 10	3 X 10	3 7 10	3 × 10		, NDL	3 4 1	_	3	A 10	3 7 10	\dashv	J A		-	SECTE HAM KAISE	-	X 10	-	9 % 1	-		A 10	+ 3	, A 10	
	ATIVE MOD	LITY CIDO	LUT ODTIC	DNI .		D ALTERY	ATD/E	1OD"	LITY	CIDA	LUIT ODT	01			_	D ALTERN	A TIV	E 844	OPII	ITV	SIDO	UIT.	OUTIO	N		
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					М3										М3											
- FLEXIBILITY	GROUND BASED PROGRAM					st E - FLEXIBILITY FOAM ROLLER SERIES / STATIC STRETCH							Post	E - FLEXIBILITY	TY BAND STRETCH SERIES											
	Weekly Rotation Daily Session Rotation A - Basic Movement Prep POST PRACTICE LIFT NO BASIC MOVEMENT PREP MONDAY SESSION T CG SHRUG PULL OTAL BODY ASSISTANCE: TAGE II ULL EXTENSION - RELEASE AT TOP FRONT SQUAT SCENDING SETS INVERTED ROW ULL CHEST TO BAR - FULL RANGE IF MOTION VERTICAL JUMP PROGRESSION TAGE I: BOX JUMP TSS YIELDING GHR CT. ECCENTRIC WT. BACK EXTENSION IEN: YELLOW / WOMEN: GREEN D - ALTERN/	Weekly Rotation	Weekly Rotation	Weekly Rotation	MONDAY WEDNESDAY FRIDAY	Month Mont	Weekly Rotation	MONDAY	MONDAY	MONDAY	MONDAY	MONDAY 1 MON	MONDAY	Monthard Monthard	Monthage Monthage	MONDAY MS-PR-COMP-Z-FLEX	Weekly Residon MORDAY T WEDNESDAY T FRIDAY L Daily Session Rosation MS-PR-PCOM-PZ-FLEX The property of the prope	Week Pacific or Montan Montan Telephone Montan Montan Telephone Montan Mo	Windows Monday Tyrough September Team Power Zone C Probabilishing Team Power Zone Team Power Zon	Wideling Month M	MONDAY WEDNESDAY FRIDAY	MONDAY MONDAY WEDNESDAY FRIDAY	WORDAY WORDAY WEDNESDAY FRIDAY	WORDAY THEORYESTAT FREAT TOTAL PROPERTY TOTAL POWER ZONE C. PhiladePlank A. Basis Reviewed Page S. Power Zone C. PhiladePlank A. Basis Reviewed Page T. Face Power Zone C. PhiladePlank T. Face Power Zone T. Face Power Zone T. Face Power Zone C. PhiladePlank T. Face Power Zone T. Face Powe	WORDAY TOPORESON TREAS TOPORESON TREAS TOPORESON TREAS TOPORESON TOPORES	