

SPRINTS/HURDLES- DEVELOPMENTAL

| SPORT | | SPRINTS/HURDLES- DEVELOPMENTAL | | | | | | | | | | | | STAGE | | DEVELOPMENTAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|-----------------------------------|--------|----|-----------|--------|----|--------------------------------|--------|----|-----------|--------|----|--|--|-------------------------------------|--------|-------|-----------|--------|-------|---|--------|----|----------|---|---|--------|--|---------------------|--------|-------|-----------|--------|-------|-----------|--------|-------|----------|------|--|-------|------|--|-------|----|--|-------|----|--|
| Weekly Rotation | | MONDAY T WEDNESDAY T FRIDAY L | | | | | | | | | | | | PROGRAM | | FALL STAGE 1'07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Daily Session Rotation | | MS-PR-PCOM-PZ-FLEX | | | | | | | | | | | | Daily Session Rotation | | MS-PR-PCOM-PZ-FLEX | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A - Basic Movement Prep | | B - Power Zone | | | | | | C - Prehab/Rehab | | | | | | A - Basic Movement Prep | | B - Power Zone | | | | | | C - Prehab/Rehab | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| POST PRACTICE LIFT NO BASIC MOVEMENT PREP | | TEAM POWER ZONE | | | | | | 4 WAY ANKLE x 10 TKE'S x 15 | | | | | | POST PRACTICE LIFT NO BASIC MOVEMENT PREP | | TEAM POWER ZONE | | | | | | 4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15 YDS | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MONDAY | | 10-Aug-07 | | | 17-Aug-07 | | | 24-Aug-07 | | | 31-Aug-07 | | | WEDNESDAY | | 12-Aug-07 | | | 19-Aug-07 | | | 26-Aug-07 | | | 2-Sep-07 | | | FRIDAY | | 14-Aug-07 | | | 21-Aug-07 | | | 28-Aug-07 | | | 4-Sep-07 | | | | | | | | | | | |
| TM | SESSION T | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | % | GR | WT | | | | | | | | | | |
| T1 | CG SHRUG PULL | 80.0% | x5 | | 85.0% | x5 | | 80.0% | x5 | | 80.0% | x5 | | T1 | POWER CLEAN | 50.0% | x5 | | 55.0% | x5 | | 50.0% | x5 | | 50.0% | x5 | | T1 | BACK SQUAT | 82.5% | x5 | | 80.0% | x5 | | 85.0% | x5 | | 80.0% | x5 | | 80.0% | x5 | | 80.0% | x5 | | 80.0% | x5 | |
| E | | 80.0% | x3-5 | | 85.0% | x3-5 | | 80.0% | x3-5 | | 80.0% | x3-5 | | E | | 80.0% | x3-5 | | 85.0% | x3-5 | | 80.0% | x3-5 | | 80.0% | x3-5 | | E | | 87.5% | x3-5 | | 82.5% | x3-5 | | 80.0% | x3-5 | | 80.0% | x3-5 | | 87.5% | x3-5 | | | | | | | |
| | TOTAL BODY ASSISTANCE: STAGE II | 87.5% | x1-3 | | 72.5% | x1-3 | | 70.0% | x1-3 | | 87.5% | x1-3 | | | FROM DECK | 87.5% | x1-3 | | 72.5% | x1-3 | | 70.0% | x1-3 | | 87.5% | x1-3 | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | | | | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | | | | | | 80.0% | x4 | | 85.0% | x3 | | 70.0% | x2 | | | | | | | | | | | | | | |
| | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | 80.0% | x4 | | 70.0% | x3 | | 75.0% | x2 | | 75.0% | x4 | | | | | | | | | | | |
| 1[a] | FULL EXTENSION - RELEASE AT TOP | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | 1[a] | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | 1[a] | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | | | | | | | | |
| | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | 75.0% | x4 | | 80.0% | x6 | | 85.0% | x4 | | 85.0% | x4 | | | | | | | | | | | |
| | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | 75.0% | x7 | | 80.0% | x6 | | 85.0% | x4 | | 85.0% | x4 | | | | | | | | | | | |
| | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x2 | | 75.0% | x4 | | | 75.0% | x7 | | 80.0% | x6 | | 85.0% | x4 | | 85.0% | x4 | | | | | | | | | | | |
| T2 | FRONT SQUAT | | x8 | | | x8 | | | x8 | | | x8 | | T2 | REVERSE LUNGE TO STEP UP | | x12 | | | x12 | | | x12 | | | x12 | | T2 | CHIN UP | | xm1c | | | xm1c | | | xm1c | | | xm1c | | | | | | | | | | |
| E | | | x8 | | | x8 | | | x8 | | | x8 | | E | | | x12 | | | x12 | | | x12 | | | x12 | | E | | | xm1c | | | xm1c | | | xm1c | | | | | | | | | | | | | |
| | ASCENDING SETS | | x8 | | | x8 | | | x8 | | | x8 | | | 15' BOX | | x12 | | | x12 | | | x12 | | | x12 | | | MEN: CHAIN RESISTANCE | | xm1c | | | xm1c | | | xm1c | | | | | | | | | | | | | |
| | | | x8 | | | x8 | | | x8 | | | x8 | | | TOTAL REPETITIONS | | x12 | | | x12 | | | x12 | | | x12 | | | SET(CHAINS): 1(2) / 2(1) / 3(0) / 4(0) | | xm1c | | | xm1c | | | xm1c | | | | | | | | | | | | | |
| 2[a] | | | | | | | | | | | | | | 2[a] | | | | | | | | | | | 2[a] | | WOMEN: BODYWEIGHT | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | NO BAND ASSISTANCE UNLESS YOU CANNOT COMPLETE AT LEAST 1 REP EACH SET | | | | | | | | | | | | | | | | | | | | | | | | |
| T3 | INVERTED ROW | | xm1c | | | xm1c | | | xm1c | | | xm1c | | T3 | G2 BENCH PRESS | 80.0% | x4 | | 85.0% | x3 | | 70.0% | x2 | | 85.0% | x4 | | T3 | PUSH PRESS | | x5 | | | x5 | | | x5 | | | x5 | | | | | | | | | | |
| V | | | xm1c | | | xm1c | | | xm1c | | | xm1c | | V | | 70.0% | x4 | | 75.0% | x3 | | 80.0% | x2 | | 85.0% | x4 | | V | | | x5 | | | x5 | | | x5 | | | x5 | | | | | | | | | | |
| | PULL CHEST TO BAR - FULL RANGE OF MOTION | | xm1c | | | xm1c | | | xm1c | | | xm1c | | | MODIFIED PROGRESSIVE STABLE | 75.0% | x7 | | 80.0% | x6 | | 85.0% | x4 | | 75.0% | x4 | | | DUMBBELLS- DRIVE THROUGH HEELS | | x5 | | | x5 | | | x5 | | | x5 | | | | | | | | | | |
| | | | xm1c | | | xm1c | | | xm1c | | | xm1c | | | SET- 85% | 75.0% | x7 | | 80.0% | x6 | | 85.0% | x4 | | 75.0% | x4 | | | | | x5 | | | x5 | | | x5 | | | | | | | | | | | | | |
| | | | xm1c | | | xm1c | | | xm1c | | | xm1c | | | | 75.0% | x7 | | 80.0% | x6 | | 85.0% | x4 | | 75.0% | x4 | | | | | x5 | | | x5 | | | x5 | | | | | | | | | | | | | |
| T4 | VERTICAL JUMP PROGRESSION | | | | | | | | | | | | | T4 | HORIZONTAL JUMP PROGRESSION | | | | | | | | | | | | | T4 | WT. ELEVATED SL HIP RAISE | | | | | | | | | | | | | | | | | | | | | |
| | STAGE I: BOX JUMP | | x5 | | | x5 | | | x5 | | | x5 | | | STAGE 1: STANDING LONG JUMP [RESET AFTER EACH JUMP] | | x5 | | | x5 | | | x5 | | | x5 | | | MEN: YELLOW / BLUE | | x6 | | | x6 | | | x6 | | | | | | | | | | | | | |
| | | | x5 | | | x5 | | | x5 | | | x5 | | | | | x5 | | | x5 | | | x5 | | | x5 | | | WOMEN: 10LB. / GREEN | | x6 | | | x6 | | | x6 | | | | | | | | | | | | | |
| T5 | TSS YIELDING GHR | | | | | | | | | | | | | T5 | SL POWER RUNNER | | | | | | | | | | | | | T5 | SHOULDER COMPLEX | | | | | | | | | | | | | | | | | | | | | |
| | 6 CT. ECCENTRIC | | x6 | | | x6 | | | x6 | | | x6 | | | HEAVY- SLOW LOWER | | x6 | | | x6 | | | x6 | | | x6 | | | BENTOVER / LATERAL / FRONT | | x6 | | | x6 | | | x6 | | | | | | | | | | | | | |
| | | | x6 | | | x6 | | | x6 | | | x6 | | | MAX CONCENTRIC ACCELERATION | | x6 | | | x6 | | | x6 | | | x6 | | | 2x6 EACH WAY | | x6 | | | x6 | | | x6 | | | | | | | | | | | | | |
| Pcom | WT. BACK EXTENSION | | 3 x 10 | | | 3 x 10 | | | 3 x 10 | | | 3 x 10 | | Pcom | RDL | | 3 x 10 | | | 3 x 10 | | | 3 x 10 | | | 3 x 10 | | Pcom | GLUTE HAM RAISE | | 3 x 10 | | | 3 x 10 | | | 3 x 10 | | | | | | | | | | | | | |
| Pcom | MEN: YELLOW / WOMEN: GREEN | | | | | | | | | | | | | Pcom | | | | | | | | | | | | | | Pcom | | | | | | | | | | | | | | | | | | | | | | |
| M | D - ALTERNATIVE MOBILITY - CIRCUIT OPTION | | | | | | | | | | | | M | D - ALTERNATIVE MOBILITY - CIRCUIT OPTION | | | | | | | | | | | | M | D - ALTERNATIVE MOBILITY - CIRCUIT OPTION | | | | | | | | | | | | | | | | | | | | | | | |
| M1 | | | | | | | | | | | | | M1 | | | | | | | | | | | | | M1 | | | | | | | | | | | | | | | | | | | | | | | | |
| M2 | | | | | | | | | | | | | M2 | | | | | | | | | | | | | M2 | | | | | | | | | | | | | | | | | | | | | | | | |
| M3 | | | | | | | | | | | | | M3 | | | | | | | | | | | | | M3 | | | | | | | | | | | | | | | | | | | | | | | | |
| Post | E - FLEXIBILITY | GROUND BASED PROGRAM | | | | | | | | | | | | Post | E - FLEXIBILITY | FOAM ROLLER SERIES / STATIC STRETCH | | | | | | | | | | | | Post | E - FLEXIBILITY | BAND STRETCH SERIES | | | | | | | | | | | | | | | | | | | | |
| Notes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |