SPRINTS/HURDLES

												-	SP	RIN [.]	TS/	/HI	URI	DL	.ES														
SPORT Weekly Rotation		SPRINTS/HURDLES- ELITE MONDAY T WEDNESDAY T FRIDAY L																		STAGE PROGRAM													
Daily Session Rota			MONDAY I WEDNESDAY I FRIDAY L MS-PR-PCOM-PZ-FLEX							-	Daily Session Rotation	MS-PR-PCOM-PZ-FLEX							٦	Daily Session Rotation		FALL STAGE II '07 MS-PR-PCOM-PZ-FLEX											
A - Basic Movement I			B - P(-		C - Prehab/Rehab						A - Basic Movement Prep				-	C - Prehab/Rehab					A - Basic Movement Prep		B - Power Zone					C - Prehab/Rehab			
POST PRACTICE LI NO BASIC MOVEMENT	FT					E		4 WAY ANKL TKE'S x			(LE x 10		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				s	POST PRACTICE LIFT NO BASIC MOVEMENT PREP		TEAM POWER ZONE					4 WAY ANKLE x 10 TKE'S x 15			
MONDAY		8-0	Oct-07	1	5-Oc	t-07	22-0	Oct-07	7 29)-Oc	t-07		WEDNESDAY	10-00	ct-07	17	7-Oct-	07	24-Oct	-07	31-0	Oct-07		FRIDAY	12-	Oct-	07	19-0	Oct-07	7 2	6-Oct-	07 2	2-Nov-07
M SESSION T		%	GR W	T 9	6 GR	WT	%	GR W	т %	GR	WT	тм	SESSION T	% GI	R WT	%	GR	WT	% GR	WT	%	GR WT	т тм	SESSION L	%	GR	WT	%	GR W	/T %	GR	WT %	GR WT
T1 CG POWER PU	JLL	57.5%	x5	50.0	∞ x5	1	52.5% X	(5	57.59	x5	1	T1	POWER CLEAN	57.5% x5		50.0%	∝ x5		52.5% x5		57.5% X	(5	T1	BACK SQUAT	57.5%	x5		50.0% X	:5	52.5	% x5	57.5	» x5
E		67.5%		62.	5% x3-5	;	67.5% X	3-5	67.59	x3-!	;	Е		67.5% x3-	5	62.5%	∝ x3-5		67.5% x3-5		67.5% X	3-5	Е		67.5%	x3-5		62.5% X	3-5	67.5	% x3-5	67.5	% x3-5
TOTAL BODY ASSISTANCE:		75.0%	x1-3	72 :	5% x1-3	1	77.5% X	1-3	75.09	x1-3	1		FROM DECK	75.0% x1-	3	72.5%	∝ x1-3		77.5% x1-3		75.0% X	(1-3			75.0%	x1-3		72.5% X	1-3	77.5	% x1-3		% x1-3
STAGE III		1	t		o% x1	1	85.0%	(1		1	1	1				80.0%	« x1		85.0% X1		i							80.0% X		85.0	···†··;··†·		<u> </u>
		82.5%	v2	_	5% x2	1	92.5%	-	00.50	x4	t			82.5% x2	-	87.5%			92.5% X1		82.5% 🗙	4			00.5%	x3		87.5% X		92.5	- + - +	00.5	» x4
		82.5% 82.5%			5% X2		92.5% A			x4				82.5% X2 82.5% X2		87.5%			92.5% X1 92.5% X1		82.5% ×					x3		87.5% X		92.5			% x4
												-				07.5%	···•\$·······ē				·····.		-										
[a] FULL EXTENSION - RELEASE	AT TOP		x2	87.	5% X2	- 	92.5% 🗙		82.59	x4		1[a]		82.5% X2		87.5%	κ x2		92.5% X1		82.5% 🗙	(4	1[a]			x3		87.5% X		92.5		82.5	% x4
			x2	87.	5% x2		92.5% 🗙			. -		-		82.5% x2		87.5%	κ x2		92.5% X1							x3		87.5% X		92.5	% x1		
			x2	87.			92.5% 🗙			. -				82.5% X2		87.5%			92.5% X1							x3		87.5% X		92.5			
		82.5%		87.	5% x2		92.5% 🗙				<u> </u>			82.5% X2		87.5%	κ x2		92.5% X1						82.5%	x3		87.5% X	2	92.5	% x1		
T2 BOX SQUAT		50.0%	x5	50.	»% x5	.l	50.0% X			x5		T2	STEP-UP VARIATION	x1			x12		x12		X	(12	T2	PULL UP	.	xm10		×	m10		xm10		xm10
S		50.0%	x5	50.	o% x5		50.0% X	ເ5	50.09	x5	<u> </u>	Е		x1	2		x12		x12		X	(12	Е			xm10		×	m10		xm10		xm10
INTRODUCTION TO DYNAMIC		50.0%	x5	50.	∞ x5		50.0% X	(5	50.09	x5			15" BOX	x1	2		x12		x12		x	(12		MEN: CHAIN RESISTANCE		xm10		x	m10		xm10		xm10
EFFORT		50.0%	x5	50.	∞ x5	1	50.0% X	(5	50.09	x5	T		TOTAL REPETITIONS	x1	2		x12		x12		X	(12		SET(CHAINS): 1(2) / 2(1) / 3(0) / 4(0)		xm10		x	m10		xm10		xm10
[a]				Т		Ī				T		2[a]	1				T				Ī		2[a]	WOMEN: BODYWEIGHT	[Ī		T		
MINIMUM LOAD- COACH MAY						1				1					1						Ī			NO BAND ASSISTANCE UNLESS					1				
ADJUST WEIGHT BASED ON						1				1		•					† T				Ť			YOU CANNOT COMPLETE AT							- † "		
BAR SPEED						1				1	1	1					1							LEAST 1 REP EACH SET					·		-11		
INVERTED RO	w		xm10		xm10	,		m10		xm1		Т3	G2 BENCH PRESS	77.5% x2		80.08/	₀ x2		82.5% X1		82.5%	ر ۸	тз	DB SPLIT JERK		x6		r	6		x6		x6
v			xm10		xm10			m10		xm1	-9.000	E	OF BENGINT NEOD	87.5% X2			« x2		92.5% X1		82.5%		v	DD OF EIT CERT	 	x6			6		x6		x6
PULL CHEST TO BAR - FULL R			xm10		xm10	·	÷-	m10		xm1		-	TAKE ADDITIONAL WARM-UP	87.5% X2			« x2		92.5% X1		82.5%			ALTERNATE LEAD LEG		x6			6		x6		x6
	KANGE		xm10		xmit	·	×	miu		xmi	·	-		87.5% X2		90.0%	δ <u>x2</u> δ x2		92.5% X1		82.5%	(4	•••			x6			6		x6		x6
OF MOTION						·				+		·	SETS AS NEEDED			90.0%	∝ x∠ ∝ x2		92.5% X1 92.5% X1					TOTAL REPETITIONS		XO		×	0		X0		XO
						+		_	-	+	-			87.5% x2	-	90.0%	% XZ		92.5% X1			_	_						+	_	+	-	++-
T4 VERTICAL JUMP PROGRI	ESSION					·+	┢╍╍┿╸		+	+	·+	T4					+						T4										
STAGE II:			x3	-+	x3	·+		3	+	x3		-	STAGE II: REPETITIVE LONG JUMP	x3			x3		x3			(3	-	20 YARDS		x20			20		x20		x6
LONG JUMP TO BOX JUMP			x3	_	x3		X	(3	_	х3	<u> </u>		MINIMAL GROUND CONTACT TIME	х3	4-	4	x3		х3		X	(3			<u> </u>	x20		×	20	_	x20		x6
TSS YIELDING C	σΗR					. -	┝──┼			÷	. .	T5	SL SQUAT				- 						Т5	DB SHOULDER PRESS	 	+							
ISO-DYNAMIC			x6 x6		x6 x6			(6 (6		x6 x6		-	BODYWEIGHT	x6			x6 x6		x6 x6			(6 (6				x10 x10			(10 (10		x10 x10		x6 x6
com WT. BACK EXTEN	ISION	_	x 6-8		3 x 6			x 6-8			BW)	-	BOX HEIGHT PROGRESSION	x6 3 x		-	3 x 10		3 x 1			x 10		GLUTE HAM RAISE	_	x 6-8			x 6-8	_	3 x 6-8	-	x 10 (BW)
com WVI. BACK EXTEN		3	× 0-0	+	3 X 0	-0	31	A 0-0	3		(VVC)	Pcom		ЗX	10	-	3 X 10		3 8 1	U	3	x 10	Pcon	MEN: GREEN / WOMEN: 10 LB.	3	0 X 0-0	,	3)	. 0-0		J X 0-0	3	× IU (BW)
M D - AL				BIL	TV							Pcom	D - ALTERN		MOP	1	τν	IPC					Pcon	D - ALTERN					- CIE				
						ont							DEALIERN		MOE	l l								DEALIERN									
M1				+					_			M1 M2				+							M1		┣──								
M2				+					+			M2 M3				+		_					M2 M3				_			+			
ost E - FLEXIBILITY		н	JRDLE	MOF		/ GR		BASE	D PR	OGR	АМ			F		ROLI	LER S	FRIF	S/STAT	IC ST	TRETO	СН		E - FLEXIBILITY				BAN	D STF	RETC	H SERIE	-s	
						. 0.10	0.0110	DAGE	211			1 031			- / lift							•••	1.03		<u> </u>			200					
Notes																																	