

# SPRINTS/HURDLES

SPORT		SPRINTS/HURDLES- ELITE												STAGE		DEVELOPMENTAL																											
Weekly Rotation		MONDAY T   WEDNESDAY T   FRIDAY L												PROGRAM		FALL STAGE II '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		8-Oct-07			15-Oct-07			22-Oct-07			29-Oct-07			WEDNESDAY		10-Oct-07			17-Oct-07			24-Oct-07			31-Oct-07			FRIDAY		12-Oct-07			19-Oct-07			26-Oct-07			2-Nov-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	%	GR	WT
T1	<b>CG POWER PULL</b>	87.5%	x5		80.0%	x5		82.5%	x5		87.5%	x5		T1	<b>POWER CLEAN</b>	87.5%	x5		80.0%	x5		82.5%	x5		87.5%	x5		T1	<b>BACK SQUAT</b>	87.5%	x5		80.0%	x5		82.5%	x5		87.5%	x5			
E		87.5%	x3-5		82.5%	x3-5		87.5%	x3-5		87.5%	x3-5		E		87.5%	x3-5		82.5%	x3-5		87.5%	x3-5		87.5%	x3-5		E		87.5%	x3-5		82.5%	x3-5		87.5%	x3-5		87.5%	x3-5			
	TOTAL BODY ASSISTANCE: STAGE III	75.0%	x1-3		72.5%	x1-3		77.5%	x1-3		75.0%	x1-3			FROM DECK	75.0%	x1-3		72.5%	x1-3		77.5%	x1-3		75.0%	x1-3			75.0%	x1-3		72.5%	x1-3		77.5%	x1-3		75.0%	x1-3				
		80.0%	x1		85.0%	x1										80.0%	x1		85.0%	x1							80.0%	x1		85.0%	x1												
		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
1[a]	FULL EXTENSION - RELEASE AT TOP	82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4		1[a]		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4		1[a]		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
		82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4				82.5%	x2		87.5%	x2		82.5%	x1		82.5%	x4			
T2	<b>BOX SQUAT</b>	80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5		T2	<b>STEP-UP VARIATION</b>		x12			x12			x12			x12		T2	<b>PULL UP</b>		xm10			xm10			xm10			xm10			
S		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5		S			x12			x12			x12			x12		S			xm10			xm10			xm10			xm10			
	INTRODUCTION TO DYNAMIC EFFORT	80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5			15' BOX		x12			x12			x12			x12			MEN: CHAIN RESISTANCE		xm10			xm10			xm10			xm10			
		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5			TOTAL REPETITIONS		x12			x12			x12			x12			SET(CHAINS): 1(2) / 2(1) / 3(0) / 4(0)		xm10			xm10			xm10			xm10			
2[a]														2[a]											2[a]		WOMEN: BODYWEIGHT																
	MINIMUM LOAD- COACH MAY ADJUST WEIGHT BASED ON BAR SPEED																										NO BAND ASSISTANCE UNLESS YOU CANNOT COMPLETE AT LEAST 1 REP EACH SET																
T3	<b>INVERTED ROW</b>		xm10			xm10			xm10			xm10		T3	<b>G2 BENCH PRESS</b>	77.5%	x2		80.0%	x2		82.5%	x1		82.5%	x4		T3	<b>DB SPLIT JERK</b>		x6			x6			x6			x6			
V			xm10			xm10			xm10			xm10		V		87.5%	x2		80.0%	x2		82.5%	x1		82.5%	x4		V			x6			x6			x6			x6			
	PULL CHEST TO BAR - FULL RANGE OF MOTION		xm10			xm10			xm10			xm10			TAKE ADDITIONAL WARM-UP SETS AS NEEDED	87.5%	x2		80.0%	x2		82.5%	x1		82.5%	x4			ALTERNATE LEAD LEG		x6			x6			x6			x6			
																87.5%	x2		80.0%	x2		82.5%	x1		82.5%	x4			TOTAL REPETITIONS		x6			x6			x6			x6			
																87.5%	x2		80.0%	x2		82.5%	x1		82.5%	x4					x6			x6			x6						
T4	<b>VERTICAL JUMP PROGRESSION</b>													T4	<b>HORIZONTAL JUMP PROGRESSION</b>													T4	<b>DB WALKING LUNGE</b>														
	STAGE II: LONG JUMP TO BOX JUMP		x3			x3			x3			x3					x3			x3			x3			x3			20 YARDS		x20			x20			x20						
T5	<b>TSS YIELDING GHR</b>													T5	<b>SL SQUAT</b>													T5	<b>DB SHOULDER PRESS</b>														
	ISO-DYNAMIC		x6			x6			x6			x6			BODYWEIGHT		x6			x6			x6			x6					x10			x10			x10						
			x6			x6			x6			x6			BOX HEIGHT PROGRESSION		x6			x6			x6			x6					x10			x10			x10						
Pcom	<b>WT. BACK EXTENSION</b>		3 x 6-8			3 x 6-8			3 x 6-8			3 x 10 (BW)		Pcom	<b>RDL</b>		3 x 10			3 x 10			3 x 10			3 x 10		Pcom	<b>GLUTE HAM RAISE</b>		3 x 6-8			3 x 6-8			3 x 6-8			3 x 10 (BW)			
Pcom	MEN: BLUE / WOMEN: YELLOW													Pcom														Pcom	MEN: GREEN / WOMEN: 10 LB.														
M	<b>D - ALTERNATIVE MOBILITY - CIRCUIT OPTION</b>												M	<b>D - ALTERNATIVE MOBILITY - CIRCUIT OPTION</b>												M	<b>D - ALTERNATIVE MOBILITY - CIRCUIT OPTION</b>																
M1													M1													M1																	
M2													M2													M2																	
M3													M3													M3																	
Post	<b>E - FLEXIBILITY</b>	HURDLE MOBILITY / GROUND BASED PROGRAM												Post	<b>E - FLEXIBILITY</b>	FOAM ROLLER SERIES / STATIC STRETCH												Post	<b>E - FLEXIBILITY</b>	BAND STRETCH SERIES													
Notes																																											