	SPORT		SDDINTS	HIIDDI ES		7	SF	LIII	13/	HURD	LES				STAGE			DEVELO	DMENTA			
Н	Weekly Rotation	SPRINTS/HURDLES  MONDAY T   WEDNESDAY T   FRIDAY L  MS-PR-PCOM-PZ-FLEX											PROGRAM	_	DEVELOPMENTAL FALL STAGE III '07							
Н	Daily Session Rotation						Doily Consign Botation	MS-PR-PCOM-PZ-FLEX							Daily Session Rotation	_			OM-PZ-FLEX			
						4	Daily Session Rotation									_						
┢	A - Basic Movement Prep	B - P0	wer Zone	C - Prehab/Rehab			A - Basic Movement Prep	B - Power Zone			_	C - Pren	ab/Renab		A - Basic Movement Prep	+	B - Power Zone			C - Prehab/Rehab		
N	POST PRACTICE LIFT IO BASIC MOVEMENT PREP	TEAM PO	WER 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			POST PRACTICE LIFT NO BASIC MOVEMENT PRE	P TE	TEAM POWER ZONE		4 WAY ANKLE x 10 TKE'S x 15			
	MONDAY	6-Nov-07 13-Nov-07		20-Nov-07		•	WEDNESDAY	8-Nov-07   15-Nov-07			7 22-N	22-Nov-07			FRIDAY	10-No	10-Nov-07 17-Nov-07			24-Nov-07		
	SESSION T	% GR WT	% GR WT	% GR WT	% GR WT	тм	SESSION T	% G	R WT	% GR V	/T % C	R WT	% GF	R WT TI	SESSION L	% G	R WT	% GR W1	% GR	WT	% GR V	
+			<del>                                     </del>		/6 GK W1	+			-	<del></del>			/6 Gr	+					+	**1	/6 GK V	
1	BLOCK CLEAN	50.0% <b>x5</b>	50.0% <b>x5</b>	50.0% <b>x5</b>	ļļ	T1	POWER CLEAN	50.0% <b>x5</b>		52.5% <b>X5</b>	55.0% X		ļ	Т		50.0% <b>X5</b>		52.5% <b>X5</b>	55.0% <b>x5</b>	<b></b>		
	6	0.0% <b>x3-5</b>	60.0% <b>x3-5</b>	60.0% <b>x3-5</b>	<u> </u>	Е	<u> </u>	60.0% <b>x3</b>	-5	67.5% <b>x3-5</b>	65.0% X	3-5	ļ <u>ļ</u>	E		60.0% <b>x3</b> -	∙5	67.5% <b>x3-5</b>	65.0% <b>x3-5</b>	<u> </u>	<u> </u>	
тот	FAL BODY ASSISTANCE:						FROM DECK	70.0% <b>x1</b>	-3	77.5% <b>x1-3</b>	72.5% X1	I-3				70.0% <b>x1</b> -	-3	77.5% <b>x1-3</b>	72.5% <b>x1-3</b>	i 1		
STA	AGE IV	İ				1		77.5% <b>x1</b>	1	85.0% <b>x1</b>			1	<u> </u>		77.5% <b>x1</b>		85.0% <b>x1</b>	-	†******* <b>†</b>		
٣.		ro.o% <b>x2</b>	v2	70.0% <b>x2</b>		1	1	85.0% <b>X3</b>		92.5% X1		,		+		85.0% <b>x3</b>	<del></del>		80.0% <b>x3</b>	╁┼		
	ļ		70.0% <b>x2</b>		<del> </del>	-					80.0% <b>X</b>		<b> </b>					92.5% <b>X1</b>		<b>ֈ</b>		
<b>1</b> .	[	ro.o% <b>x2</b>	70.0% <b>x2</b>	70.0% <b>x2</b>	<b></b>			85.0% <b>X3</b>	3	92.5% <b>x1</b>	80.0% X	3	ļ <u>i.</u>	<u> </u>	<b>_</b>	85.0% <b>X3</b>		92.5% <b>x1</b>	80.0% <b>x3</b>	<u> </u>		
ı F		ro.o% <b>x2</b>	70.0% <b>x2</b>	70.0% <b>x2</b>		1[a]		85.0% <b>x3</b>	3	92.5% <b>X1</b>	80.0% X	3	l	16	1	85.0% <b>x3</b>	. [	92.5% <b>X1</b>	80.0% <b>x3</b>	i I		
1		0.0% <b>x2</b>	70.0% <b>x2</b>	70.0% <b>x2</b>	tt		1	85.0% <b>X3</b>		92.5% <b>X1</b>	80.0% X	2	†			85.0% <b>x3</b>		92.5% <b>X1</b>	80.0% <b>x3</b>	† †		
	ŀ				<del>  </del>						80.0%	·	<del> </del>					·	80.0% AJ	<u></u>		
	ļ	ro.0% <b>x2</b>	70.0% <b>X2</b>	70.0% <b>x2</b>	<b> </b>	4		85.0% <b>X3</b>		92.5% <b>x1</b>			<b>  </b>			85.0% <b>X3</b>		92.5% <b>X1</b>		<b>ļ</b> ļ		
	3	ro.o% <b>x2</b>	70.0% <b>x2</b>	70.0% <b>x2</b>				85.0% <b>X3</b>	3	92.5% <b>x1</b>						85.0% X3		92.5% <b>X1</b>				
2	BOX SQUAT	10.0% <b>X2</b>	40.0% <b>x2</b>	40.0% <b>x2</b>		T2	LUNGE VARIATION	x1	12	x12	X	12		T	CHIN UP	xm.	10	xm10	xMAX			
		10.0% <b>x2</b>	40.0% <b>X2</b>	40.0% <b>x2</b>	ttt	E		x1		x12		12	<b>!</b> !	E		xm.		xm10				
-	É				<b></b>	ᆣ	4	<u> </u>					<b>∤</b> ∔		-			<del> </del>		<del>-</del>		
INT	RODUCTION TO ACCOMODATING	10.0% <b>x2</b>	40.0% <b>x2</b>	40.0% <b>x2</b>	<b></b>		ELEVATED REVERSE LUNGE [5" BOX]	x1	12	x12	X	12	<u> </u>		MEN: CHAIN RESISTANCE	xm'	10	xm10				
RES	SISTANCE	10.0% X2	40.0% <b>X2</b>	40.0% <b>X2</b>			TOTAL REPETITIONS	x1	12	x12	X	12	1		SET(CHAINS): 1(2) / 2(1) / 3(0) / 4(0)	xm <sup>-</sup>	10	xm10		i l		
ELL	TE GROUP	10.0% <b>x2</b>	40.0% <b>x2</b>	40.0% <b>x2</b>		2[a]	1	T		T			TT	2[:	WOMEN: CHAIN RESISTANCE	7		<u> </u>				
	ľ		40.0% <b>X2</b>	40.0% <b>x2</b>	t	-(0)	•	<u> </u>			tt		<b></b>					<b>  </b>		† <u> </u>		
MEI	N: DOUBLE CHAIN	10.0% <b>x2</b>	40.0% <b>X∠</b>	40.0% XZ	·			ļļ		<u>-</u>	<u> </u>		ļ <del>ļ</del>		SET(CHAINS): 1(1) / 2(1) / 3(0) / 4(0)	ļ <u>ļ</u>				.ļ		
wo	MEN: SINGLE CHAIN (COACH'S				<b></b>			L					<u> </u>					<b></b>		<u></u>		
DIS	CRETION)														WEEK 3: CHIN UP TEST							
	DUMBELL ROW	x10	x10	x10		Т3	G2 BENCH PRESS	75.0% <b>x3</b>	3	82 5% <b>x1</b>	70.0% X	3		T	DB SPLIT JERK	х6		x6	х6			
+	DOMBLE ROW	x10	x10	x10	<del> </del>	E	OZ BENONT KEGO	85.0% X3		OL 070   14 .	70.076	<u></u>	ł†	V		x6		x6	x6	· · · · · · · · ·		
4			+		<b></b>		4	L	<del>-</del>	92.5% <b>X1</b>			<b></b>	<del>  </del>		<del> </del>		<del> </del>		ļļ	<u>-</u>	
SIN	NGLE ARM- BENCH SUPPORTED	x10	x10	x10	<u> </u>		TAKE ADDITIONAL WARM-UP	85.0% X3	3	92.5% <b>X1</b>	80.0% X	3	<u> </u>		ALTERNATE LEAD LEG	x6	<u> </u>	x6	x6	JL		
		x10	x10	x10			SETS AS NEEDED	85.0% <b>x3</b>	3	92.5% <b>x1</b>	80.0% X	3	l		TOTAL REPETITIONS	x6		x6	x6	i I		
			<b>  </b>	1	<u> </u>			85.0% <b>x3</b>		92.5% <b>x1</b>	80.0% X		····					<b> </b>	"	1		
+			+++		<del>                                     </del>			65.0%	<del>*  </del>	52.576 A I	00.076			+ +	DD OL DDI	++			+ +	1 1	-+-+	
VE	RTICAL JUMP PROGRESSION		<b></b>	<b>↓</b> ∔∔	<del>   </del> -	T4	HORIZONTAL JUMP PROGRESSION	<b></b>					<b></b>	T-	DB SL RDL	<b></b>	<u>.</u>	<b>  </b>		<del> </del>		
STA	AGE III:	x2/2	x2/2	JUMP	<u> </u>		STAGE III:	x2	2/1	x2/1	x:	2/1	<u> </u>			x8	<u> </u>	x8	x8	<u>iL</u>	<u>ll</u>	
COI	NTRAST JUMPS (20% BW)	x2/2	x2/2	TEST			CONTRAST LONG JUMPS (10% BW)	x2	2/1	x2/1	x	2/1				x8		x8	x8			
_	TSS YIELDING GHR		t i i			Т5			1 1			i		Т	WEIGHTED PUSH U	0	T			1		
			<del> </del>	<del> </del>	<del> </del>	- 13		<del> </del>	· <del>-</del>				<del> </del>				<del>-</del>	<del>   </del>	+	<del>!</del>		
	NAMIC- LIMITED	х6	x6	x6	<del>   </del> -	-	BODYWEIGHT	x6		x6	X		<b> </b>		WOMEN: [1] YELLOW [2] GREEN	xm <sup>-</sup>	10	xm10	xm10	ļļ		
CO	UNTERBALANCE / REDUCE LOAD	х6	x6	х6			BOX HEIGHT PROGRESSION	x6	5	x6	X	6			MEN: [1] RED [2] BLUE	xm	10	xm10	xm10	į		
m W	T. BACK EXTENSION	3 x 6-8	3 x 6-8	3 x 10 (BW)		Pcon	RDL	3 x	10	3 x 10	3 )	c 10		Pcc	m GLUTE HAM RAISE	3 x	6-8	3 x 6-8	3 x 10 (	BW)	·	
m ME	N: RED / WOMEN: BLUE					Pcon	MEN: BLUE / WOMEN: YELLOW							Pcc	m MEN: GREEN / WOMEN: 10 L	3.						
	D - ALTERNA	TIVE MOS	III ITY - CIPC	CUIT OPTION	V .	М	D - ALTERN	ΔΤΙΛΕ	MORI	LITY - CI	CUIT	PTIO	V	N			MOR	ILITY - CIR	CUIT OP	TION		
+	D-ALILINA	ve mot	T Onto	T 1101		_	D ALIZKI											I OIK	1011 01			
1	<u> </u>		<u> </u>	1	<b></b>	M1	1						<b>!</b>	M	1				1			
2			<u> </u>	<u> </u>	<u> </u>	M2							L	M	2	L						
3	ļ					М3	1							М	3							
	- FLEXIBILITY	HURDLE MOBILITY / GROUND BASED PROGRAM			PROGRAM	Doct	E - FLEXIBILITY	F	FOAM ROLLER SERIES						st E - FLEXIBILITY		BAND STRET			TCH SERIES		
at F								TOAH NOLLEN SENIES / STATIC STRETCH								DARD STRETCH SERIES						