

## SPRINTS/HURDLES

SPORT				SPRINTS/HURDLES												STAGE												DEVELOPMENTAL														
Weekly Rotation				MONDAY T   WEDNESDAY T   FRIDAY L												PROGRAM												FALL STAGE III '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				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				POST PRACTICE LIFT NO BASIC MOVEMENT PREP				TEAM POWER ZONE				4 WAY ANKLE x 10 TKE'S x 15						
MONDAY				6-Nov-07			13-Nov-07			20-Nov-07															FRIDAY				10-Nov-07			17-Nov-07			24-Nov-07							
TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT							
T1	<b>BLOCK CLEAN</b>	50.0%	x5		50.0%	x5		50.0%	x5					T1	<b>POWER CLEAN</b>	50.0%	x5		52.5%	x5		55.0%	x5				T1	<b>BACK SQUAT</b>	50.0%	x5		52.5%	x5		55.0%	x5						
S		60.0%	x3-5		60.0%	x3-5		60.0%	x3-5					E		60.0%	x3-5		67.5%	x3-5		65.0%	x3-5				E		60.0%	x3-5		67.5%	x3-5		65.0%	x3-5						
	TOTAL BODY ASSISTANCE: STAGE IV														FROM DECK	70.0%	x1-3		77.5%	x1-3		72.5%	x1-3						70.0%	x1-3		77.5%	x1-3		72.5%	x1-3						
		70.0%	x2		70.0%	x2		70.0%	x2							85.0%	x3		92.5%	x1		80.0%	x3					85.0%	x3		92.5%	x1		80.0%	x3							
		70.0%	x2		70.0%	x2		70.0%	x2							85.0%	x3		92.5%	x1		80.0%	x3					85.0%	x3		92.5%	x1		80.0%	x3							
1[a]		70.0%	x2		70.0%	x2		70.0%	x2					1[a]		85.0%	x3		92.5%	x1		80.0%	x3				1[a]		85.0%	x3		92.5%	x1		80.0%	x3						
		70.0%	x2		70.0%	x2		70.0%	x2							85.0%	x3		92.5%	x1		80.0%	x3					85.0%	x3		92.5%	x1		80.0%	x3							
		70.0%	x2		70.0%	x2		70.0%	x2							85.0%	x3		92.5%	x1		80.0%	x3					85.0%	x3		92.5%	x1		80.0%	x3							
		70.0%	x2		70.0%	x2		70.0%	x2							85.0%	x3		92.5%	x1		80.0%	x3					85.0%	x3		92.5%	x1		80.0%	x3							
T2	<b>BOX SQUAT</b>	40.0%	x2		40.0%	x2		40.0%	x2					T2	<b>LUNGE VARIATION</b>	x12		x12		x12						T2	<b>CHIN UP</b>	xm10		xm10		xMAX										
S		40.0%	x2		40.0%	x2		40.0%	x2					E		x12		x12		x12					E		xm10		xm10		xMAX											
	INTRODUCTION TO ACCOMODATING RESISTANCE	40.0%	x2		40.0%	x2		40.0%	x2						ELEVATED REVERSE LUNGE (5" BOX)	x12		x12		x12							MEN: CHAIN RESISTANCE	xm10		xm10		xMAX										
2[a]	ELITE GROUP	40.0%	x2		40.0%	x2		40.0%	x2					2[a]	TOTAL REPETITIONS	x12		x12		x12							WOMEN: CHAIN RESISTANCE	xm10		xm10		xMAX										
	MEN: DOUBLE CHAIN WOMEN: SINGLE CHAIN (COACH'S DISCRETION)	40.0%	x2		40.0%	x2		40.0%	x2																	SET(CHAINS): 1(1) / 2(1) / 3(0) / 4(0)	xm10		xm10		xMAX											
		40.0%	x2		40.0%	x2		40.0%	x2																	WEEK 3: CHIN UP TEST																
T3	<b>DUMBBELL ROW</b>	x10		x10		x10							T3	<b>G2 BENCH PRESS</b>	75.0%	x3		82.5%	x1		70.0%	x3				T3	<b>DB SPLIT JERK</b>	x6		x6		x6										
V		x10		x10		x10							E		85.0%	x3		92.5%	x1		80.0%	x3				V		x6		x6		x6										
	SINGLE ARM- BENCH SUPPORTED	x10		x10		x10									85.0%	x3		92.5%	x1		80.0%	x3					ALTERNATE LEAD LEG	x6		x6		x6										
		x10		x10		x10									85.0%	x3		92.5%	x1		80.0%	x3					TOTAL REPETITIONS	x6		x6		x6										
		x10		x10		x10									85.0%	x3		92.5%	x1		80.0%	x3																				
T4	<b>VERTICAL JUMP PROGRESSION</b>												T4	<b>HORIZONTAL JUMP PROGRESSION</b>												T4	<b>DB SL RDL</b>															
	STAGE III: CONTRAST JUMPS (20% BW)	x2/2		x2/2		JUMP TEST									x2/1		x2/1		x2/1									x8		x8		x8										
		x2/2		x2/2											x2/1		x2/1		x2/1									x8		x8		x8										
T5	<b>TSS YIELDING GHR</b>												T5	<b>SL SQUAT</b>												T5	<b>WEIGHTED PUSH UP</b>															
	DYNAMIC- LIMITED COUNTERBALANCE / REDUCE LOAD	x6		x6		x6									x6		x6		x6								WOMEN: (1) YELLOW (2) GREEN	xm10		xm10		xm10										
		x6		x6		x6									x6		x6		x6								MEN: (1) RED (2) BLUE	xm10		xm10		xm10										
Pcom	<b>WT. BACK EXTENSION</b>	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							Pcom	<b>GLUTE HAM RAISE</b>	3 x 6-8		3 x 6-8		3 x 10 (BW)										
Pcom	MEN: RED / WOMEN: BLUE												Pcom	MEN: BLUE / WOMEN: YELLOW												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																																										