TRACK

ŀ	SPORT Weekly Rotation	N	IOND	AY T V			GRO		AY L		-									STAGE PROGRAM	+	DEVELOPMENTAL GPP: SUMMER II / FALL I STAGE I															
F	Daily Session Rotation											Daily Session Rotation	MS-PR-PCOM-PZ-FLEX									Daily Session Rotation	MS-PR-PCOM-PZ-FLEX														
r	A - Basic Movement Prep	В	- Pow	er Zone			C - Prehab/Rehab 4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15 YDS					A - Basic Movement Prep	B - Power Zone C - Prehab/Rehab								A - Basic Movement Prep	T	B - Power Zone							C - Prehab/Rehab							
	POST PRACTICE LIFT NO BASIC MOVEMENT PREP	TEA	M PO\	VER ZON	ΙE	LATI						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					os	POST PRACTICE LIFT NO BASIC MOVEMENT PREP		TEAM POWER ZONE						4 WAY ANKLE x 10 TKE'S x 15 LATERAL BAND SHUFFLE x 15						
ŀ	MONDAY	27-Aug-07 3-Sep-07				+					┨	WEDNESDAY	29-Au		07	5-Sep-07							-	FRIDAY	31	-Δ11	ug-07 7-Se			en-	07	—	—	一		—	_
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#	POWER CLEAN COMPLEX		ļ				╀┈┼				T1					x5	<u> </u>	 -					T1			х5										 	٠
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R	EPS 1, 2: SHRUG PULL	<u> </u>	<u> </u>	<u>.</u>			1			<u>ļ</u>		TOTAL BODY ASSISTANCE:	ļ	<u>.</u>			<u> </u>	<u> </u>	<u>l</u>							<u>. į </u>	ļ		<u>i</u>			,	<u>_</u>			ļ	
R	EPS 3, 4: POWER PULL											STAGE I																	- 1	- 1		. !				-	
R	EPS 5, 6: POWER CLEAN	х6		х6										х5		x 5										x10)		Х	(10		Ī	Ī			Ī	
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F	REVERSE LUNGE TO STEP UP	x12	<u> </u>	x1:	2		<u>lj</u>	L	i	<u></u>	T2		L	x40yds		x40yds	L	LL	L		<u>_</u> _	i	T2	CHIN UP	<u> </u>	xm	10		Х	(m10		j	<u>_</u>	L		<u> </u>	
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١,	5" BOX	x12		x1:	2	- T	T					WEEK 1: MEN BLUE / WOMEN GREEN		x40yds		x40yds	[T	- T		T					xm	10		У	(m10						T	
L	OTAL REPETITIONS	x12		x1:			††"					WEEK 2: MEN RED / WOMEN YELLOW		x40yds				1								xm				(m10		t				†	٠
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E	BARBELL OVERHEAD PRESS	<u> </u>		L						<u>.</u>	Т3	WEIGHTED PUSH UPS	L			i	<u> </u>		i_		L		Т3	CG SHRUG PULL		х5	.l		У	ι5				L		<u> </u>	
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١,	OUPLED W/	x8	ļ	x8			1-1			1		1		xm10		xm10		† †-	t-		†-			FULL EXTENSION - RELEASE AT TOP		x5	1		У	ι5						†	•
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[1	PULL CHEST TO THE BAR]	X8	<u> </u>	X8	+	+-	+ +	_	+	+-	-		H	xm10	-	Xm II	-	H	÷	+	÷		_	COUPLED W/ TIER 2	₩	┿	┿	+	-	 +	\dashv	\dashv	\dashv	+		₩	
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	WT. BACK EXTENSION	3 x 1	0	3 x	10	+		-		-	Pcor	n RDL	1	x 10	-	3 x 1	n	l -	-	1		•	Pcor	GLUTE HAM RAISE	一	3 x	10	+	3	x 10	\dashv			十			•
Ì,	MEN: YELLOW / WOMEN: GREEN	U X I		0.7		+		-			Poor	KBE	t	X 10	-	UXI	_	1		-			Pcor	SECTE HAM RAISE	一	<u> </u>		+		<u> </u>	\dashv	—	—	十		—	
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C	SLUTE HAM RAISE	x M10		x M	110						M1	YIELDING GHR'S	<u> </u>	х 6	4	х 6		ļ					M1	WT. SL HIP LIFT	\vdash	x 6 EA	ACH	4	χć	6 EACH							-
N	MINI BAND SL LEG CURLS	x 10 EAC	CH	x 10 E	ACH						M2	DYNAMIC SL HAMSTRING STRETCH	,	20 YDS.	\perp	x 20 YDS	i.						M2	SL POWER RUNNER	L	x 6 EA	ACH	\bot	x f	6 EACH				\perp			
	SL HIP LIFT TO CURL	x 10 EAC	СН	x 10 E	ACH							HURDLE- SL HIP FLEXION TO REACH	х	15 EACH		x 15 EAC	Н							SL BACK EXTENSION	L	x 5 EA	ACH		x 5	5 EACH				\perp			
t I	E - FLEXIBILITY	GROUND BASED PROGRAM									t E - FLEXIBILITY	FOAM ROLLER SERIF						ES / STATIC STRETCH Post					E ELEVIDILITY						STRETCH SERIES								