

SPORT	1 Block Cardinal		
Weekly Rotation	MONDAY T   WEDNESDAY U   FRIDAY L		
"The only place success comes before work is in the dictionary"			
PRE ACTIVITY PREPARATION	Neck - Traps	Extras	
<u>Report to TRAGER</u>	Roondogs x 10	<u>Post Tue-Thur Team Run</u>	
Group Run	Shrugs x 15	POWER CORE	
Linear - Lateral Speed	Face Pulls x 15	CORRECTIVE MEASURES	
Blocks 0-1-2 - Dermody - Feit		PILATES	
Blocks 3 - 4 Kenn and Verdon	2 Circuits		

MONDAY	1-Jun-09	8-Jun-09	15-Jun-09	22-Jun-09
SESSION T	% GR WT	% GR WT	% GR WT	% GR WT

CG Deadlift	% GR WT	% GR WT	% GR WT	% GR WT
Set Stance - Athletic Position	35.0% x5 105	38.0% x5 115	36.5% x5 110	41.0% x5 125
"PUSH"	45.5% x3-5 135	48.4% x3-5 150	47.5% x3-5 140	53.3% x3-5 160
	56.0% x2-3 170	60.8% x2-3 180	58.4% x2-3 175	65.6% x2-3 195
	63.0% x1-2 190	68.4% x1-2 205	65.7% x1-2 195	73.8% x1-2 220
	70.0% x5 210	76.0% x4 230	73.0% x4 220	82.0% 5x2 245
	70.0% x5 210	76.0% x4 230	73.0% x4 220	82.0% 5x2 245
	70.0% x5 210	76.0% x4 230	73.0% x4 220	88.0% x2 255
	70.0% x5 210	76.0% x4 230	73.0% x4 220	88.0% x2 265
	70.0% x5 210	76.0% x4 230		94.0% x2 280
		76.0% x4-10 230		101.0% x2 305

Back Squat	% GR WT	% GR WT	% GR WT	% GR WT
	39.7% x5 200	43.6% x5 220	41.6% x5 210	47.5% x5 235
	48.8% x3 245	53.6% x3 270	51.2% x3 255	58.4% x3 290
	54.9% x2 275	60.3% x2 300	57.6% x2 290	65.7% x2 330
Strength Speed Complex	61.0% x6 305	67.0% x6 335	64.0% x6 320	73.0% x6 365
x 3 Box Jump	61.0% x6 305	67.0% x6 335	64.0% x6 320	73.0% x6 365
Work Sets	61.0% x6 305	67.0% x6 335	64.0% x6 320	73.0% x6 365
Preparation Sets - as needed	61.0% x6 305	67.0% x6 335		

Sumo Supinated Row	% GR WT	% GR WT	% GR WT	% GR WT
	61.0% x10 185	67.0% x10 200	64.0% x6 190	73.0% x8 220
Set Stance - Athletic Position	61.0% x10 185	67.0% x10 200	64.0% x6 190	73.0% x8 220
Barbell Recovery Position = Below Knee	61.0% x10 185	67.0% x10 200		73.0% x8 220

CG Power Pull - Deck	% GR WT	% GR WT	% GR WT	% GR WT
Hybrid = "PUSH" + "JUMP"	x5	x5	x5	x5
Load = Hang Clean to Push Press	x5	x5	x5	x5

Lateral Step Up	% GR WT	% GR WT	% GR WT	% GR WT
17" Box	3x6	3x6	2x6	3x6
Drive Through the Box	min	min	min	min
	15kg	20kg	15kg	20kg

RDL [load set 2 Deck Clean]	3x10	3x10	2x10	3x10
"T" RAISE	3x12	3x12	2x12	3x12

## A MASTER GENERIC

### BEAT KENTUCKY

PRE ACTIVITY PREPARATION	Neck - Traps	Extras
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15	Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES
	2 circuits	

WEDNESDAY	3-Jun-09	10-Jun-09	17-Jun-09	24-Jun-09
SESSION U	% GR WT	% GR WT	% GR WT	% GR WT

G2 Overhead Press	% GR WT	% GR WT	% GR WT	% GR WT
w/ Chin Up x 3-5	35.0% x5 85	38.0% x5 90	36.5% x5 90	41.0% x5 100
	45.5% x3-5 110	48.4% x3-5 120	47.5% x3-5 115	53.3% x3-5 130
	56.0% x2-3 135	60.8% x2-3 145	58.4% x2-3 140	65.6% x2-3 155
	63.0% x1-2 150	68.4% x1-2 165	65.7% x1-2 160	73.8% x1-2 175
	70.0% x6 170	76.0% x6 180	73.0% x6 175	82.0% 3x4 195
	70.0% x6 170	76.0% x6 180	73.0% x6 175	82.0% 2x4 195
	70.0% x6 170	76.0% x6 180	73.0% x6 175	88.0% x4 205
	70.0% x6 170	76.0% x6 180	73.0% x6 175	88.0% x4 210
				91.0% x4 220
				94.0% x4 225

Deck Clean	% GR WT	% GR WT	% GR WT	% GR WT
	48.8% x5 145	53.6% x5 160	51.2% x5 155	58.4% x5 175
	54.9% x3 165	60.3% x3 180	57.6% x3 175	65.7% x3 195
Set Stance - Athletic Position	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220
"PUSH" + "JUMP" + "PUNCH"	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220
Strength Speed Complex	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220
x 3 Vertical Jump	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220
Work Sets	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220
Preparation Sets - as needed	61.0% x5 185	67.0% x5 200	64.0% x4 190	73.0% x4 220

Front Squat	% GR WT	% GR WT	% GR WT	% GR WT
	55.0% x6 210	61.0% x6 235	58.0% x6 225	67.0% x6 260
	55.0% x6 210	61.0% x6 235	58.0% x6 225	67.0% x6 260
to Parallel Box	55.0% x6 210	61.0% x6 235	58.0% x6 225	67.0% x6 260
Strength Speed Complex	55.0% x6 210	61.0% x6 235		67.0% x6 260
x 3 Hop Jump				

DB SA Row w/DB Incline Press	% GR WT	% GR WT	% GR WT	% GR WT
	x15 row	x15 row	x15 row	x15 row
	3 sets	3 sets	2 sets	3 sets
row - total reps	x8 press	x8 press	x8 press	x8 press

DB SA SNATCH	% GR WT	% GR WT	% GR WT	% GR WT
Stick Lock Out	3x6ea	3x6ea	2x6ea	3x6ea
	MIN	MIN	MIN	MIN
	45#	45#	45#	45#

Back Ext to Glute Ham Raise	3x6-10 mid pt pause	3x6-10 mid pt pause	2x6-10 mid pt pause	3x6-10 mid pt pause
"Y" Raise	3x12	3x12	2x12	3x12

## Developmental - 3

### Block 1 - Spring II Summer - Cycle 1

PRE ACTIVITY PREPARATION	Neck - Traps	Extras
Chops from Lunge Position - Down x 6 ea	Roondogs x 10	<b>DESERT</b>
Chops from Lunge Position - Up x 6 ea	Shrugs x 15	SWOLE PATROL - GUN SHOW
Overhead Squat to Box x 6	Face Pulls x 15	UPPER BODY GET RIGHT
Lunge Matrix x 1 circle		
Step Overs x 20 total		
Standing Fly x 10		
	2 Circuits	

FRIDAY	5-Jun-09	12-Jun-09	19-Jun-09	26-Jun-09
SESSION L	% GR WT	% GR WT	% GR WT	% GR WT

Front Squat	% GR WT	% GR WT	% GR WT	% GR WT
	35.0% x5 135	38.0% x5 145	36.5% x5 140	41.0% x5 160
	45.5% x3-5 175	48.4% x3-5 190	47.5% x3-5 185	53.3% x3-5 205
	56.0% x2-3 215	60.8% x2-3 235	58.4% x2-3 225	65.6% x2-3 255
	63.0% x1-2 245	68.4% x1-2 265	65.7% x1-2 255	73.8% x1-2 285
	70.0% x6 270	76.0% x6 295	73.0% x6 280	82.0% 3x4 315
	70.0% x6 270	76.0% x6 295	73.0% x6 280	82.0% 2x4 315
	70.0% x6 270	76.0% x6 295	73.0% x6 280	88.0% x4 325
	70.0% x6 270	76.0% x6 295	73.0% x6 280	88.0% x4 340
				91.0% x4 350
				94.0% x4 360

G2 Bench Press	% GR WT	% GR WT	% GR WT	% GR WT
	39.7% x5 160	43.6% x5 175	41.6% x5 165	47.5% x5 190
	48.8% x3 195	53.6% x3 215	51.2% x3 205	58.4% x3 235
	54.9% x2 220	60.3% x2 240	57.6% x2 230	65.7% x2 265
Strength Speed Complex	61.0% x6 245	67.0% x6 270	64.0% x6 255	73.0% x6 290
x 3 OH Med Ball Throw	61.0% x6 245	67.0% x6 270	64.0% x6 255	73.0% x6 290
Work Sets	61.0% x6 245	67.0% x6 270	64.0% x6 255	73.0% x6 290
Preparation Sets - as needed	61.0% x6 245	67.0% x6 270		

Hang Clean to Push Press	% GR WT	% GR WT	% GR WT	% GR WT
	55.0% x4 150	61.0% x4 165	58.0% x4 155	67.0% x4 180
	55.0% x4 150	61.0% x4 165	58.0% x4 155	67.0% x4 180
"JUMP" + "PUNCH" + "THROW"	55.0% x4 150	61.0% x4 165	58.0% x4 155	67.0% x4 180
"Drop and Go"	55.0% x4 150	61.0% x4 165		67.0% x4 180
Load = Clean Grip Power Pull				

Lateral Lunge	% GR WT	% GR WT	% GR WT	% GR WT
	3x6	3x6	2x6	3x6
Push Hips Back	min	min	min	min
	15kg	20kg	15kg	20kg

Inverted Row	% GR WT	% GR WT	% GR WT	% GR WT
	x10	x12	x10	x15
Chest Must Touch	x10	x12	x10	x15
	x10	x12		x15

Partner Leg Curl	3 x m6	3 x m6	2 x m6	3 x m6
"A" Raise	3x12	3x12	2x12	3x12

CHECK TEAM Funtional Movement Screen Corrective Means Assignments and Blitz Programming

SPORT		1 Block Cardinal											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
"The only place success comes before work is in the dictionary"													
PRE ACTIVITY PREPARATION		Neck - Traps						Extras					
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run					
Group Run								POWER CORE					
Linear - Lateral Speed								CORRECTIVE MEASURES					
Blocks 0-1-2 - Dermody - Feit								PILATES					
Blocks 3 - 4 Kenn and Verdon													
MONDAY		6-Jul-09			13-Jul-09			20-Jul-09			27-Jul-09		
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Deck Clean	38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
		48.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
	Set Stance - Athletic Position	60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
	"PUSH" + "JUMP" + "PUNCH"	68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	5x2	265
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	88.0%	5x2	265
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	81.0%	x2	275
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	84.0%	x2	280
		76.0%	2x3	230	82.0%	2x2	245	79.0%	x3	235	87.0%	x2	290
		0.0%	8 Sets		0.0%	10 sets					101.0%	x2	305
TIER 2	Back Squat	43.6%	x5	220	47.5%	x5	235	45.5%	x5	230	51.4%	x5	255
		53.6%	x3	270	58.4%	x3	290	56.0%	x3	280	63.2%	x3	315
		60.3%	x2	300	65.7%	x2	330	63.0%	x2	315	71.1%	x2	355
	Strength Speed Complex	67.0%	x6	335	73.0%	x6	365	70.0%	x6	350	79.0%	x4	395
	x 3 Box Jump	67.0%	x6	335	73.0%	x6	365	70.0%	x6	350	79.0%	x4	395
	Work Sets	67.0%	x6	335	73.0%	x6	365				79.0%	x4	395
	Preparation Sets - as needed	67.0%	x6	335									
TIER 3	Sumo Supinated Row	67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
		67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
	Set Stance - Athletic Position	67.0%	x10	200	73.0%	x8	220	70.0%	x4	210	79.0%	x5	235
	Barbell Recovery Position = Below Knee	67.0%	x10	200	73.0%	x8	220				79.0%	x5	235
TIER 4	Push Press	x5			x5			x5			x5		
		x5			x5			x5			x5		
	Load = Deck CG Power Pull	x5			x5			x5			x5		
TIER 5	Lateral Step Up	3x6			3x6			2x6			3x6		
	17" Box	min			min			min			min		
PCOM	Drive Through the Box	15kg			20kg			15kg			20kg		
	RDL [load set 2 Deck Clean]	3x10			3x8			2x10			3x8		
Notes	"T" RAISE	3x12			3x12			2x12			3x12		

A MASTER GENERIC													
BEAT KENTUCKY													
PRE ACTIVITY PREPARATION				Neck - Traps				Extras					
Report to TRAGER				Iso Bridge x max 60 Seconds				Post Tue-Thur Team Run					
Group Run				Stg Lateral Iso Bridge x 30 secs				POWER CORE					
Linear - Lateral Speed				Bent Over Shrugs x 15				CORRECTIVE MEASURES					
Blocks 0-1-2 - Dermody - Feit								PILATES					
Blocks 3 - 4 Kenn and Verdon													
WEDNESDAY				8-Jul-09		15-Jul-09		22-Jul-09		29-Jul-09			
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	G2 Overhead Press	38.0%	x5	90	41.0%	x5	100	38.5%	x5	95	44.0%	x5	105
		48.4%	x3-5	120	53.3%	x3-5	130	51.4%	x3-5	125	57.2%	x3-5	135
	w/ Chin Up x 3-5	60.8%	x2-3	145	65.6%	x2-3	155	63.2%	x2-3	150	70.4%	x2-3	170
		68.4%	x1-2	165	73.8%	x1-2	175	71.1%	x1-2	170	78.2%	x1-2	190
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	3x4	210
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	88.0%	2x4	210
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	81.0%	x4	220
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	84.0%	x4	225
		76.0%	x6	180	82.0%	x4	195	79.0%	x4	190	87.0%	x4	235
					82.0%	x4-10	195				101.0%	x4	240
TIER 2	Hang Clean	53.6%	x5	160	58.4%	x5	175	56.0%	x5	170	63.2%	x5	190
		60.3%	x3	180	65.7%	x3	195	63.0%	x3	190	71.1%	x3	215
	Set Stance - Athletic Position	67.0%	x5	200	73.0%	x4	220	70.0%	x3				

Notes	CHECK
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### AM Funtional Movement Screen Corrective Means Assignments and Blitz Pro

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## CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming

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**SPEED**

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**IEL**

**FR**

<b>RDL [load set 4 Deck Clean]</b>	<b>3x10</b>	<b>3x8</b>	<b>2x10</b>	<b>3x8</b>
<b>"T" RAISE</b>	<b>3x12</b>	<b>3x12</b>	<b>2x12</b>	<b>3x12</b>

DATE	DATE	DATE	DATE	DATE
CHECK				

<h1 style="text-align: center;">A MASTER GENERIC</h1> <h2 style="text-align: center;">BEAT KENTUCKY</h2>		
	Neck - Traps	Extras
<u><b>Report to TRAGER</b></u> Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon	Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15  <b>2 circuits</b>	<u><b>Post Tue-Thur Team Run</b></u> POWER CORE CORRECTIVE MEASURES PILATES

WEDNESDAY	8-Jul-09			15-Jul-09			22-Jul-09			29-Jul-09		
SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
G2 Bench Press	38.0%	x5	150	41.8%	x5	165	38.5%	x5	160	44.0%	x5	175
	48.4%	x3	200	53.3%	x3-5	215	51.4%	x3-5	205	57.2%	x2-5	230
	60.8%	x2-3	245	65.6%	x2-3	260	63.2%	x2-3	255	70.4%	x2-3	280
	68.4%	x1-2	275	73.8%	x1-2	295	71.1%	x1-2	285	78.2%	x1-2	315
Strength Speed Complex	76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	88.0%	3x3	350
x3 OH Med Ball Throw	76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	88.0%	3x3	350
Work Sets	76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	91.0%	x3	365
	76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	94.0%	x3	375
	76.0%	x5	305	82.0%	x3	330	79.0%	x3	315	97.0%	x3	390
				82.0%	x3-10	330				101.0%	x3	405

Hang Clean		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
Set Stance - Athletic Position  <b>"PUSH" + "JUMP" + "PUNCH"</b>  <b>"Drop and Go"</b>  <b>Strength Speed Complex</b>  <b>x Vertical Jumps</b>		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200	61.0%	x3	185	70.0%	x3	210
		64.0%	x3	190	67.0%	x3	200			70.0%	x3	210	
Preparation Sets - as needed	64.0%	x3	190	67.0%	x3	200				70.0%	x3	210	

<b>Front Squat</b>		61.0% <b>x6</b> 235	67.0% <b>x6</b> 260	64.0% <b>x6</b> 245	73.0% <b>x6</b> 280
2 ct Pause		61.0% <b>x6</b> 235	67.0% <b>x6</b> 260	64.0% <b>x6</b> 245	73.0% <b>x6</b> 280
		61.0% <b>x6</b> 235	67.0% <b>x6</b> 260	64.0% <b>x6</b> 245	73.0% <b>x6</b> 280
		61.0% <b>x6</b> 235	67.0% <b>x6</b> 260		73.0% <b>x6</b> 280

<b>DB SA Row w/DB Incline Press</b>	<b>x15</b> row	<b>x15</b> row	<b>x15</b> row	<b>x15</b> row
<b>Alternate Arm on Press</b>	3 sets	3 sets	2 sets	3 sets
row - total reps	<b>x8</b> press	<b>x8</b> press	<b>x8</b> press	<b>x8</b> press

<b>DB SA SNATCH</b>	3x6ea	3x6ea	2x6ea	3x6ea
Stick Lock Out	MIN	MIN	MIN	MIN
	55#	55#	55#	55#

<b>Glute Ham Raise</b>	3x6-10 raise back end	3x6-10 raise back end	2x6-10 raise back end	3x6-10 raise back end
<b>"Y" Raise</b>	3x12	3x12	2x12	3x12

AM Funtional Movement Screen Corrective Means Assignments and Blitz Pro

STAGE	Developmental - 3	
PROGRAM	Block 2 - Spring II Summer - Cycle 2	
"Hard things are put in our way, not to stop us, but to call out our courage and strength"		
PRE ACTIVITY PREPARATION	Neck - Traps	Extras
Chops from Lunge Position - Down x 6 ea Chops from Lunge Position - Up x 6 ea Overhead Squat to Box x 6 Lunge Matrix x 1 circle Step Overs x 20 total Standing Flv x 10	Roondogs x 10 Shrugs x 15 Face Pulls x 15  2 Circuits	<b>DESSERT</b> SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT

FRIDAY		10-Jul-09			17-Jul-09			24-Jul-09			31-Jul-09		
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
<b>Back Squat</b>													
		38.0%	<b>x5</b>	<b>190</b>	41.0%	<b>x5</b>	<b>205</b>	38.5%	<b>x5</b>	<b>200</b>	44.0%	<b>x5</b>	<b>220</b>
		48.4%	<b>x3-5</b>	<b>245</b>	53.3%	<b>x3-5</b>	<b>265</b>	51.4%	<b>x3-5</b>	<b>255</b>	57.2%	<b>x3-5</b>	<b>285</b>
		60.8%	<b>x2-3</b>	<b>305</b>	65.6%	<b>x2-3</b>	<b>330</b>	63.2%	<b>x2-3</b>	<b>315</b>	70.4%	<b>x2-3</b>	<b>350</b>
		66.4%	<b>x1-2</b>	<b>340</b>	73.8%	<b>x1-2</b>	<b>370</b>	71.7%	<b>x1-2</b>	<b>355</b>	78.2%	<b>x1-2</b>	<b>395</b>
Strength Speed Complex		76.0%	<b>x5</b>	<b>380</b>	82.0%	<b>x3</b>	<b>410</b>	79.0%	<b>x3</b>	<b>395</b>	88.0%	<b>3x3</b>	<b>440</b>
x 3 Box Jump		76.0%	<b>x5</b>	<b>380</b>	82.0%	<b>x3</b>	<b>410</b>	79.0%	<b>x3</b>	<b>395</b>	88.0%	<b>3x3</b>	<b>440</b>
Work Sets		76.0%	<b>x5</b>	<b>380</b>	82.0%	<b>x3</b>	<b>410</b>	79.0%	<b>x3</b>	<b>395</b>	81.0%	<b>x3</b>	<b>455</b>
		76.0%	<b>x5</b>	<b>380</b>	82.0%	<b>x3</b>	<b>410</b>	79.0%	<b>x3</b>	<b>395</b>	84.0%	<b>x3</b>	<b>470</b>
		76.0%	<b>x5</b>	<b>380</b>	82.0%	<b>x3</b>	<b>410</b>	79.0%	<b>x3</b>	<b>395</b>	87.0%	<b>x3</b>	<b>485</b>
					82.0%	<b>x3-10</b>	<b>410</b>				101.0%	<b>x3</b>	<b>505</b>

G4 Bench Press				G4 Bench Press				G4 Bench Press				G4 Bench Press				
Double Chain	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
	<u>Tier 2a - G4 BB Extensions 5x6</u>				49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195
	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
	49.0%	x3	195	49.0%	x3	195	43.0%	x3	170	49.0%	x3	195	49.0%	x3	195	
Preparation Sets - as needed	49.0%	x3	195	49.0%	x3	195				49.0%	x3	195	49.0%	x3	195	
	49.0%	x3	195	49.0%	x3	195				49.0%	x3	195	49.0%	x3	195	

[illegible]

<b>Lateral Lunge</b>	3x6	3x6	2x6	3x6
Push Hips Back	min	min	min	min
	15kg	20kg	15kg	20kg

<b>Inverted Row w/ G2 OH Press</b>	3sets	3sets	2sets	3sets
Chest Must Touch on Row	Row <b>x10</b>	Row <b>x12</b>	Row <b>x10</b>	Row <b>x15</b>
G2 Press = Set 1 Bench Press	Press <b>x6</b>	Press <b>x6</b>	Press <b>x4</b>	Press <b>x6</b>

<b>SL Back Extension</b>	3x10 ea	3x10 ea	2x10 ea	3x10 ea
<b>"A" Raise</b>	3x12	3x12	2x12	3x12

	DATE	DATE	DATE	DATE
Programming				

## CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming

**Note**

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## CHECK TEAM Functional Movement Screen Corrective Means Assignments and Blitz Programming



SPORT		3 F7 Block Red											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
"The only place success comes before work is in the dictionary"													
PRE ACTIVITY PREPARATION		Neck - Traps						Extras					
Report to TRAGER Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES					
		2 Circuits											
MONDAY		6-Jul-09			13-Jul-09			20-Jul-09			27-Jul-09		
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Deck Clean	38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
	Set Stance - Athletic Position "PUSH" + "JUMP" + "PUNCH"	49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	79.2%	x1-2	240
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	91.0%	x2	275
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	94.0%	x2	280
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	97.0%	x2	290
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	100.0%	x2	305
76.0%	x3	230											
EFF													
300													
TIER 2	Back Squat	34.0%	x2	170	37.0%	x2	185	37.0%	x2	185	40.0%	x2	200
	to parallel hard box Purple Band	37.0%	x2	185	40.0%	x2	200	37.0%	x2	185	43.0%	x2	215
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215	37.0%	x2	185	46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215				46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215				46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215				46.0%	x2	230
		40.0%	x2	200	43.0%	x2	215				46.0%	x2	230
40.0%	x2	200	43.0%	x2	215				46.0%	x2	230		
SPEED													
500													
TIER 3	Upper Body Medley	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR	0.0%	x10	IR
	Inverted Row/ DB SA Row/ DB SA Incline Press	0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR	0.0%	x15	DBR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
		0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR	0.0%	x5ea	PR
0.0%	3sets		0.0%	3sets		0.0%	2sets		0.0%	3sets			
VOL													
TIER 4	3 Hop Progression	Set 1 - Resistive Long Jump x 3 Set 2 - 3 Hop Jump - stop and go - 1st Jump Over Barrier Set 3 - 3 Hop Jump - MAX Repeat											
	Versa Slide Lateral Lunge	x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
PCOM													
TIER 5	RDL [load set 4 Deck Clean]	3x10			3x8			2x10			3x8		
	Prone "T" "Y" "A"	1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each		
	Chain Load	x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
		x6ea			x6ea			x6ea			x6ea		
PCOM													
TIER 6	Glute Ham Raise	3x6-10 raise back end			3x6-10 raise back end			2x6-10 raise back end			3x6-10 raise back end		
	Vertical Horizontal Goal Post Pull Aparts	3x12			3x12			2x12			3x12		
		3x12			3x12			2x12			3x12		
		3x12			3x12			2x12			3x12		

SPORT		4 F7 Block Elite Red												
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY T												
"The only place success comes before work is in the dictionary"														
PRE ACTIVITY PREPARATION		Neck - Traps						Extras						
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run						
Group Run								POWER CORE						
Linear - Lateral Speed								CORRECTIVE MEASURES						
Blocks 0-1-2 - Dermody - Feit								PILATES						
Blocks 3 - 4 Kenn and Verdon														
MONDAY		1-Jun-09			8-Jun-09			15-Jun-09			22-Jun-09			
SESSION 1T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	
Hang Clean		35.0%	x5	105	36.5%	x5	110	32.0%	x5	95	38.0%	x5	115	
TIER 1	Set Stance - Athletic Position  "PUSH" + "JUMP" + "PUNCH"  Strength Speed Complex  x Vertical Jumps	45.5%	x3-5	135	47.5%	x3-5	140	41.6%	x3-5	125	49.4%	x3-5	150	
		56.0%	x2-3	170	58.4%	x2-3	175	51.2%	x2-3	155	60.8%	x2-3	180	
		63.0%	x1-2	190	65.7%	x1-2	195	57.6%	x1-2	175	68.4%	x1-2	205	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
Preparation Sets - as needed		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230	
Safety Bar Squat		31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	
TIER 2	to parallel hard box  Green Band  Speed-Strength-Speed Complex  Long Jump Progression  Box Jumps  Auto Regulate Tendo .7	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	
		37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	
		40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	
		43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	
		46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	
		49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	
		52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	
G2 Floor Press		40.0%	x2	140	40.0%	x2	140	40.0%	x2	140	40.0%	x2	140	
TIER 3		AXLE BAR - Double Chain  Speed Strength Complex  OH Med Ball Throw 25#	45.0%	x2	160	45.0%	x2	160	45.0%	x2	160	45.0%	x2	160
			50.0%	4x2	175	50.0%	4x2	175	50.0%	4x2	175	50.0%	4x2	175
DB Incline Ext			5x8		5x8		3x8		3x8		5x8			
TIER 4	15 count intervals													
RDL [load set 4 Block Clean]		3x10			3x8			2x10			3x8			
Prone "T" "Y" "A"		1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each			
PCOM														
Notes														
CHECK														

A MASTER GENERIC															
BEAT KENTUCKY															
				Neck - Traps						Extras					
<u>Report to TRAGER</u>				Iso Bridge x max 60 Seconds						<u>Post Tue-Thur Team Run</u>					
Group Run				Stg Lateral Iso Bridge x 30 secs						POWER CORE					
Linear - Lateral Speed				Bent Over Shrugs x 15						CORRECTIVE MEASURES					
Blocks 0-1-2 - Dermody - Feit										PILATES					
Blocks 3 - 4 Kenn and Verdon															
				2 circuits											
WEDNESDAY				3-Jun-09			10-Jun-09			17-Jun-09			24-Jun-09		
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
G2 Incline Press				50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5	
				65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5	
				80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5	
				90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5	
				100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5	
Preparation Sets - as needed															
TOTAL BODY LOWER BODY METABOLIC MEDLEY See Posted Chart															
UPPER BODY METABOLIC MEDLEY See Posted Chart															
Glute Ham Raise				3x6-10 raise back end			3x6-10 raise back end			2x6-10 raise back end			3x6-10 raise back end		
Vertical Horizontal Goal Post Pull Aparts				3x12			3x12			2x12			3x12		

STAGE		Developmental - 3											
PROGRAM		Block 4 - Spring II Summer - Cycle 1											
"Hard things are put in our way, not to stop us, but to call out our courage and strength"													
PRE ACTIVITY PREPARATION		Neck - Traps						Extras					
Chops from Lunge Position - Down x 6 ea		Roondogs x 10						DESSERT					
Chops from Lunge Position - Up x 6 ea		Shrugs x 15						SWOLE PATROL - GUN SHOW					
Overhead Squat to Box x 6		Face Pulls x 15						UPPER BODY GET RIGHT					
Lunge Matrix x 1 circle													
Step Overs x 20 total													
Standing Fly x 10													
FRIDAY		5-Jun-09			12-Jun-09			19-Jun-09			26-Jun-09		
SESSION 2T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Block 10 Clear		35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125
Week 1 - Block 10		45.5%	x3-5	135	49.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160
		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195
		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220
Week 2 - Block 7		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245
Week 3 - Block 12		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245
Week 4 - Block 10		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	85.0%	x2	255
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	88.0%	x2	265
		70.0%	x3	210	76.0%	x3	230				91.0%	x2	275
Preparation Sets - as needed		70.0%	x3	210							94.0%	x2	280
Front Squat		50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5	
Week 1 - Double Chain		65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5	
		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5	
		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5	
Week 2 - Single Chain		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5	
Week 3 - Triple Chain		100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5	
Week 4 - Straight													
Parallel to Hard Box													
Preparation Sets - as needed													
Upper Body Medley		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
Chin Ups		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea	
Dead Stop Rows													
SA Bench Press		0.0%	4sets		0.0%	4sets		0.0%	2sets		0.0%	4sets	
SL Squat Progression			x6ea			x6ea			x6ea			x6ea	
Week 1 - Split Squat			x6ea			x6ea			x6ea			x6ea	
WK 2&3 - Pistols to Box WK 4 - CB			x6ea			x6ea						x6ea	
Single Leg Hip Lift - floor		3x10 ea			3x10 ea			2x10 ea			3x10 ea		
Blast Strap "W" "T" "Row"		1 x 12 each			1 x 12 each			T only 2x12			1 x 12 each		

SPORT		4 F7 Block Elite Red												
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY T												
"The only place success comes before work is in the dictionary"														
PRE ACTIVITY PREPARATION		Neck - Traps						Extras						
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run						
Group Run								POWER CORE						
Linear - Lateral Speed								CORRECTIVE MEASURES						
Blocks 0-1-2 - Dermody - Feit								PILATES						
Blocks 3 - 4 Kenn and Verdon														
MONDAY		6-Jul-09			13-Jul-09			20-Jul-09			27-Jul-09			
SESSION 1T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	Hang Clean	35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125	
		45.5%	x3-5	135	49.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160	
		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195	
		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
Preparation Sets - as needed		70.0%	x2	210	76.0%	x2	230	73.0%	x2	220	82.0%	x2	245	
TIER 2	Safety Bar Squat	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	31.0%	x2	130	
		34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	34.0%	x2	140	
		37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	37.0%	x2	155	
		40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	40.0%	x2	165	
		43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	43.0%	x2	180	
		46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	46.0%	x2	190	
		49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	49.0%	x2	205	
		52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	52.0%	x2	215	
TIER 3	G2 Floor Press	40.0%	x3	140	40.0%	x3	140	40.0%	x3	140	40.0%	x3	140	
		45.0%	x3	160	45.0%	x3	160	45.0%	x3	160	45.0%	x3	160	
		50.0%	4x3	175	50.0%	4x3	175	50.0%	4x3	175	50.0%	4x3	175	
		Auto Regulate Tendo .7												
TIER 4	DB Incline Ext	5x8			5x8			3x8			5x8			
		15 count intervals												
		ELBOWS OUT												
TIER 5	3 Hop Progression	Set 1 - Resistive Long Jump x 3												
		Set 2 - 3 Hop Jump - stop and go - 1st Jump Over Barrier												
		Set 3 - 3 Hop Jump - MAX												
		Repeat												
PCOM	RDL [load set 4 Block Clean]	3x10			3x8			2x10			3x8			
		1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each			
Notes	CHECK													

A MASTER GENERIC													
BEAT KENTUCKY													
<u>Report to TRAGER</u> Group Run Linear - Lateral Speed Blocks 0-1-2 - Dermody - Feit Blocks 3 - 4 Kenn and Verdon		Neck - Traps						Extras					
		Iso Bridge x max 60 Seconds Stg Lateral Iso Bridge x 30 secs Bent Over Shrugs x 15						Post Tue-Thur Team Run POWER CORE CORRECTIVE MEASURES PILATES					
		2 circuits											
WEDNESDAY SESSION U		8-Jul-09			15-Jul-09			22-Jul-09			29-Jul-09		
		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
G2 Bench Press		50.0%	x5		50.0%	x5		50.0%	x5		50.0%	x5	
		65.0%	x5		65.0%	x5		65.0%	x5		65.0%	x5	
		80.0%	x5		80.0%	x5		80.0%	x5		80.0%	x5	
		90.0%	x5		90.0%	x5		90.0%	x5		90.0%	x5	
		100.0%	x5		100.0%	x5		100.0%	x5		100.0%	x5	
Week 1 - Double Chain													
Week 2 - Single Chain													
Week 3 - Triple Chain													
Week 4 - Straight													
Preparation Sets - as needed													
TOTAL BODY LOWER BODY METABOLIC MEDLEY See Posted Chart													
UPPER BODY METABOLIC MEDLEY See Posted Chart													

STAGE		Developmental - 3											
PROGRAM		Block 4 - Spring II Summer - Cycle 2											
"Hard things are put in our way, not to stop us, but to call out our courage and strength"													
PRE ACTIVITY PREPARATION		Neck - Traps						Extras					
Chops from Lunge Position - Down x 6 ea		Roondogs x 10						<b>DESSERT</b> SWOLE PATROL - GUN SHOW UPPER BODY GET RIGHT					
Chops from Lunge Position - Up x 6ea		Shrugs x 15											
Overhead Squat to Box x 6		Face Pulls x 15											
Lunge Matrix x 1 circle													
Step Overs x 20 total													
Standing Fly x 10		2 Circuits											
FRIDAY		10-Jul-09			17-Jul-09			24-Jul-09			31-Jul-09		
SESSION 2T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
Block 10 Clear		38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
		49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
Week 1 - Block 10		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
Week 2 - Block 7		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	79.2%	x1-2	240
Week 3 - Block 12		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	88.0%	3x2	265
Week 4 - Block 10		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	88.0%	2x2	265
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	91.0%	x2	275
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	94.0%	x2	280
		76.0%	x3	230	82.0%	x2	245	79.0%	x2	235	97.0%	x2	290
Preparation Sets - as needed											101.0%	x2	305
Back Squat		38.0%	x5	190	41.0%	x5	205	39.5%	x5	200	44.0%	x5	220
		49.4%	x3-5	245	53.3%	x3-5	265	51.4%	x3-5	255	57.2%	x3-5	285
Metabolic Training = 35 second		60.8%	x2-3	305	65.6%	x2-3	330	63.2%	x2-3	315	70.4%	x2-3	350
Hurdle Shuffles = Pre Sets		68.4%	x1-2	340	73.8%	x1-2	370	71.1%	x1-2	355	79.2%	x1-2	395
		76.0%	x24	380	82.0%	x20	410	79.0%	x10	395	88.0%	15-20	440
Upper Body Medley		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5	
Chin Ups		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea		0.0%	x5ea	
Dead Stop Rows													
SA Incline Press		0.0%	4sets		0.0%	4sets		0.0%	2sets		0.0%	4sets	
Single Leg Hip Lift - floor		3x10 ea			3x10 ea			2x10 ea			3x10 ea		
Blast Strap "W" "T" "Row"		1 x 12 each			1 x 12 each			T only 2x12			1 x 12 each		



SPORT		3 OTB Block Red												
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L												
"The only place success comes before work is in the dictionary"														
PRE ACTIVITY PREPARATION		Neck - Traps						Extras						
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run						
Group Run								POWER CORE						
Linear - Lateral Speed								CORRECTIVE MEASURES						
Blocks 0-1-2 - Dermody - Feit								PILATES						
Blocks 3 - 4 Kenn and Verdon														
MONDAY		1-Jun-09			8-Jun-09			15-Jun-09			22-Jun-09			
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	Block 12 Clear	35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125	
		45.5%	x3-5	135	48.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160	
		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195	
		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	4x2	245	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	4x2	245	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	85.0%	x2	255	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	88.0%	x2	265	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	91.0%	x2	275	
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	94.0%	x2	280	
EFF														
300														
TIER 2	Front Squat	34.0%	x2	130	37.0%	x2	140	37.0%	x2	140	40.0%	x2	155	
		37.0%	x2	140	40.0%	x2	155	37.0%	x2	140	43.0%	x2	165	
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175	
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175	
SPEED														
385														
TIER 3	Upper Body Medley	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR	
		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		
		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		
		0.0%	3sets		0.0%	3sets		0.0%	2 sets		0.0%	3sets		
		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		
		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		
		0.0%	3sets		0.0%	3sets		0.0%	2 sets		0.0%	3sets		
		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		0.0%	x10:DBR		
		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		0.0%	x10:PR		
		0.0%	3sets		0.0%	3sets		0.0%	2 sets		0.0%	3sets		
VOL														
225														
TIER 4	Lateral Jumps	Bench	3	10	Bench	3	15	Bench	3	10	Bench	3	20	
		sets			sets			sets			sets			
TIER 5														
TIER 5	Slide Board-Versa Slide Lunge	SB	1:00	3	SB	1:00	3	SB	1:00	3	SB	1:00	3	
		Lung	x6ea	sets	Lung	x6ea	sets	Lung	x6ea	sets	Lung	x6ea	sets	
PCOM														
SL DB RDL		3x10			3x8			2x10			3x8			
Prone "T" "Y" "A"		1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each			
Notes														

A MASTER GENERIC														
BEAT KENTUCKY														
Report to TRAGER			Neck - Traps			Extras								
Group Run			Iso Bridge x max 60 Seconds			Post Tue-Thur Team Run								
Linear - Lateral Speed			Stg Lateral Iso Bridge x 30 secs			POWER CORE								
Blocks 0-1-2 - Dermody - Feit			Bent Over Shrugs x 15			CORRECTIVE MEASURES								
Blocks 3 - 4 Kenn and Verdon						PILATES								
			2 circuits											
WEDNESDAY			3-Jun-09		10-Jun-09	17-Jun-09	24-Jun-09							
SESSION U			%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	G2 Incline Press	35.0%	x5	110	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125	
		45.5%	x3-5	140	49.4%	x3-5	150	47.5%	x3-5	145	53.3%	x3-5	165	
		56.0%	x2-3	170	60.8%	x2-3	185	58.4%	x2-3	180	65.6%	x2-3	200	
		63.0%	x1-2	195	68.4%	x1-2	210	65.7%	x1-2	200	73.8%	x1-2	225	
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255	
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255	
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	85.0%	x2	260	
		70.0%	x3	215	76.0%	x3	235	73.0%	x3	225	88.0%	x2	270	
		70.0%	x3	215	76.0%	x3	235				91.0%	x2	280	
		70.0%	x3	215	76.0%	x3	235				94.0%	x2	290	
EFF														
385														
TIER 2	Hang Clean	67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210	64.0%	x2	190	73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210				73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210				73.0%	x2	220	
		67.0%	x2	200	70.0%	x2	210				73.0%	x2	220	
SPEED														
160														
TIER 3	Reverse Lunge to Step Up	49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135	
		49.0%	x6ea	110	55.0%	x6ea	125	52.0%	x6ea	115	61.0%	x6ea	135	
		49.0%	x6ea	110	55.0%	x6ea	125				61.0%	x6ea	135	
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
		49.0%	x6ea	110	55.0%	x6ea	125							
VOL														
40														
TIER 4	Upper Body Medley	Pull	x6	3	Pull	x6	3	Pull	x6	2	Pull	x6	3	
		Sup	x10	sets	Sup	x10	sets	Sup	x10	sets	Sup	x10	sets	
		Press	x6		Press	x6		Press	x6		Press	x6		
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
TIER 5														
TIER 5	Long Jump Progression	SL	x3	stick	SL	x3	stick	SL	x3	stick	SL	x3	stick	
		Res	x3	stick	Res	x3	stick	Res	x3	stick	Res	x3	stick	
		Free	x3	max	3Hop	x3	max	Free	x3	max	3Hop	x3	max	
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
		secs			secs			secs			secs			
		sets			sets			sets			sets			
PCOM														
Glute Ham Raise		3x6-10 raise back end			3x6-10 raise back end			2x6-10 raise back end			3x6-10 raise back end			
Vertical Horizontal Goal Post Pull Apart		3x12			3x12			2x12			3x12			
Notes														

STAGE		Developmental - 3									
PROGRAM		Block 3 - Spring II Summer - Cycle 1									
"Hard things are put in our way, not to stop us, but to call out our courage and strength"											
PRE ACTIVITY PREPARATION		Neck - Traps				Extras					
Chops from Lunge Position - Down x 6 ea		Roondogs x 10				DESERT					
Chops from Lunge Position - Up x 6 ea		Shrugs x 15				SWOLE PATROL - GUN SHOW					
Overhead Squat to Box x 6		Face Pulls x 15				UPPER BODY GET RIGHT					
Lunge Matrix x 1 circle											
Step Overs x 20 total											
Standing Fly x 10											
FRIDAY		5-Jun-09		12-Jun-09		19-Jun-09		26-Jun-09			
SESSION L		%	GR	WT	%	GR	WT	%	GR	WT	
TIER 1	Front Squat	35.0%	x5	135	38.0%	x5	145	36.5%	x5	140	
		45.5%	x3-5	175	48.4%	x3-5	190	47.5%	x3-5	185	
		56.0%	x2-3	215	60.8%	x2-3	235	58.4%	x2-3	225	
		63.0%	x1-2	245	68.4%	x1-2	265	65.7%	x1-2	255	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
		70.0%	x3	270	76.0%	x3	295	73.0%	x3	280	
EFF											
385											
TIER 2	DB Bench Press	70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	
		70.0%	x6-8	110	76.0%	x6-8	120	73.0%	x5	115	
		70.0%	x6-8	110	76.0%	x6-8	120				
		70.0%									

SPORT		3 OTB Block Red											
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY L											
"The only place success comes before work is in the dictionary"													
PRE ACTIVITY PREPARATION		Neck - Traps						Extras					
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run					
Group Run								POWER CORE					
Linear - Lateral Speed								CORRECTIVE MEASURES					
Blocks 0-1-2 - Dermody - Feit								PILATES					
Blocks 3 - 4 Kenn and Verdon													
MONDAY		6-Jul-09			13-Jul-09			20-Jul-09			27-Jul-09		
SESSION T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	Block 12 Clear	38.0%	x5	115	41.0%	x5	125	39.5%	x5	120	44.0%	x5	130
		49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	4x2	265
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	91.0%	x2	275
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	94.0%	x2	280
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	97.0%	x2	290
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	100.0%	x2	305
EFF	Set Stance - Athletic Position	49.4%	x3-5	150	53.3%	x3-5	160	51.4%	x3-5	155	57.2%	x3-5	170
		60.8%	x2-3	180	65.6%	x2-3	195	63.2%	x2-3	190	70.4%	x2-3	210
		68.4%	x1-2	205	73.8%	x1-2	220	71.1%	x1-2	215	78.2%	x1-2	240
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	235	88.0%	3x2	340
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305	88.0%	3x2	340
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305	91.0%	x2	350
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305	94.0%	x2	360
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305	97.0%	x2	375
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305	100.0%	x2	390
		76.0%	x3	230	82.0%	x3	245	79.0%	x2	305			
TIER 2	Front Squat	34.0%	x2	130	37.0%	x2	140	37.0%	x2	140	40.0%	x2	155
		37.0%	x2	140	40.0%	x2	155	37.0%	x2	140	43.0%	x2	165
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165	37.0%	x2	140	46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
300	Preparation Sets - as needed	40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
		40.0%	x2	155	43.0%	x2	165				46.0%	x2	175
TIER 3	Upper Body Medley	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR	0.0%	x6	IR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
		0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR	0.0%	x10:PR
VOL	Chin Ups WTD/ Seated Row	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
TIER 4	WTD Push Up	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
TIER 5	Slide Board-Versa Slide Lunge	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
PCOM	Chain Load	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
Notes	SL DB RDL	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
Notes	Prone "T" "Y" "A"	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR
		0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR	0.0%	x10:DBR

<

SPORT		4 OTB Block Elite Red														
Weekly Rotation		MONDAY T   WEDNESDAY U   FRIDAY T														
"The only place success comes before work is in the dictionary"																
PRE ACTIVITY PREPARATION		Neck - Traps						Extras								
Report to TRAGER		Roondogs x 10 Shrugs x 15 Face Pulls x 15						Post Tue-Thur Team Run								
Group Run								POWER CORE								
Linear - Lateral Speed								CORRECTIVE MEASURES								
Blocks 0-1-2 - Dermody - Feit								PILATES								
Blocks 3 - 4 Kenn and Verdon																
MONDAY		1-Jun-09			8-Jun-09			15-Jun-09			22-Jun-09					
SESSION 1T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT			
TIER 1	Hang Clean	35.0%	x5	105	36.5%	x5	110	32.0%	x5	95	38.0%	x5	115			
	Set Stance - Athletic Position  "PUSH" + "JUMP" + "PUNCH"  Strength Speed Complex  x Vertical Jumps	45.5%	x3-5	135	47.5%	x3-5	140	41.6%	x3-5	125	49.4%	x3-5	150			
		56.0%	x2-3	170	58.4%	x2-3	175	51.2%	x2-3	155	60.8%	x2-3	180			
		63.0%	x1-2	190	65.7%	x1-2	195	57.6%	x1-2	175	68.4%	x1-2	205			
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
		70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
	Preparation Sets - as needed	70.0%	x3	210	73.0%	x3	220	64.0%	x3	190	76.0%	x3	230			
SPEED		300														
TIER 2	Front Squat	40.0%	x3	155	43.0%	x3	165	40.0%	x3	155	49.0%	x3	190			
	to parallel aerex pad  Purple Band [+] 1 Chain	46.0%	x3	175	49.0%	x3	190	43.0%	x3	165	55.0%	x3	210			
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235			
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	61.0%	2x3	235			
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	76.0%	x1	295			
		49.0%	x3	190	55.0%	x3	210	46.0%	x3	175	85.0%	x1	325			
		49.0%	x3	190	55.0%	x3	210				94.0%	x1	360			
		49.0%	x3	190	55.0%	x3	210				101.0%	x1	390			
		Upper Body Medley	0.0%: PULL		0.0%: PULL		0.0%: PULL		0.0%: PULL		0.0%: PULL					
	Plyo Push Up  Pull Up  ALTERNATE - catch and release - to press	0.0%: x21		0.0%: x24		0.0%: x15		0.0%: x30		0.0%: x30						
0.0%: PUSH			0.0%: PUSH		0.0%: PUSH		0.0%: PUSH		0.0%: PUSH							
0.0%: x21			0.0%: x24		0.0%: x15		0.0%: x30		0.0%: x30							
SPEED		385														
TIER 3	Box Jump Progression	79.0%	5x5	85.0%	5x3	82.0%	3x3	M	A	X						
	Seated															
	Long Jump Progression	SL	x3	stick	SL	x3	stick	SL	x3	stick	SL	x3	stick			
3 sets	Res	x3	stick	Res	x3	stick	Res	x3	stick	Res	x3	stick				
	Free	x3	max	3Hop	x3	max	Free	x3	max	3Hop	x3	max				
PCOM		SL DB RDL			3x10			3x8			2x10			3x8		
Prone "T" "Y" "A"		1 x 12 each			1 x 12 each			Y only 2x12			1 x 12 each					
Notes		CHECK TEAM Funtional Movement Screen Corrective Means Assignments and Blitz Programming														

A MASTER GENERIC															
BEAT KENTUCKY															
Report to TRAGER				Neck - Traps				Extras							
Group Run				Iso Bridge x max 60 Seconds				Post Tue-Thur Team Run							
Linear - Lateral Speed				Stg Lateral Iso Bridge x 30 secs				POWER CORE							
Blocks 0-1-2 - Dermody - Feit				Bent Over Shrugs x 15				CORRECTIVE MEASURES							
Blocks 3 - 4 Kenn and Verdon								PILATES							
				2 circuits											
WEDNESDAY				3-Jun-09			10-Jun-09			17-Jun-09			24-Jun-09		
SESSION U				%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
TIER 1	G2 Incline Press		35.0%	x5	110	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125	
	45.5%		x3-5	140	49.4%	x3-5	150	47.5%	x3-5	145	53.3%	x3-5	165		
	56.0%		x2-3	170	60.8%	x2-3	185	58.4%	x2-3	180	65.6%	x2-3	200		
	63.0%		x1-2	195	68.4%	x1-2	210	65.7%	x1-2	200	73.8%	x1-2	225		
	70.0%		x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255		
	70.0%		x3	215	76.0%	x3	235	73.0%	x3	225	82.0%	3x2	255		
	70.0%		x3	215	76.0%	x3	235	73.0%	x3	225	88.0%	x2	260		
	70.0%		x3	215	76.0%	x3	235	73.0%	x3	225	88.0%	x2	270		
	70.0%		x3	215	76.0%	x3	235				91.0%	x2	280		
	70.0%		x3	215	76.0%	x3-10	235				94.0%	x2	290		
Preparation Sets - as needed		70.0%	x3	215	76.0%	x3-10	235				94.0%	x2	290		
SPEED		308													
TIER 2	Power Curl		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5		
	Week 1 - 10 KG		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5		
	Week 2 - 15 KG		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5		
	Week 3 - 10 KG		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5		
	Week 4 - 20 KG		0.0%	x5		0.0%	x5		0.0%	x5		0.0%	x5		
VOL															
TIER 3															
TIER 4															
TIER 5															
PCOM															
Notes															

STAGE		Developmental - 3														
PROGRAM		Block 4 - Spring II Summer - Cycle 1														
		"Hard things are put in our way, not to stop us, but to call out our courage and strength"														
PRE ACTIVITY PREPARATION				Neck - Traps				Extras								
Chops from Lunge Position - Down x 6 ea				Roondogs x 10				Desert								
Chops from Lunge Position - Up x 6 ea				Shrugs x 15				SWOLE PATROL - GUN SHOW								
Overhead Squat to Box x 6				Face Pulls x 15				UPPER BODY GET RIGHT								
Lunge Matrix x 1 circle																
Step Overs x 20 total																
Standing Fly x 10																
FRIDAY		5-Jun-09			12-Jun-09			19-Jun-09			26-Jun-09					
SESSION 2T		%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT			
TIER 1	Block 12 Clear	35.0%	x5	105	38.0%	x5	115	36.5%	x5	110	41.0%	x5	125			
	Week 1 - Block 10  Week 2 - Block 7  Week 3 - Block 12  Week 4 - Block 10	45.5%	x3-5	135	49.4%	x3-5	150	47.5%	x3-5	140	53.3%	x3-5	160			
		56.0%	x2-3	170	60.8%	x2-3	180	58.4%	x2-3	175	65.6%	x2-3	195			
		63.0%	x1-2	190	68.4%	x1-2	205	65.7%	x1-2	195	73.8%	x1-2	220			
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245			
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	82.0%	3x2	245			
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	85.0%	x2	255			
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	88.0%	x2	265			
		70.0%	x3	210	76.0%	x3	230	73.0%	x3	220	91.0%	x2	275			
	Preparation Sets - as needed	70.0%	x3	210	76.0%	x3	230				94.0%	x2	280			
SPEED		300														
TIER 2	Reverse Lunge to Step Up	49.0%	x5ea	110	55.0%	x5ea	125	52.0%	x6ea	115	61.0%	x5ea	135			
	Week 1 - Block 10-20  Week 2 - Block 7-23  Week 3 - Block 17  Week 4 - Block 17	49.0%	x5ea	110	55.0%	x5ea	125	52.0%	x6ea	115	61.0%	x5ea	135			
		49.0%	x5ea	110	55.0%	x5ea	125				61.0%	x5ea	135			
		52.0%	x5ea	115	58.0%	x5ea	130				64.0%	x5ea	145			
		52.0%	x5ea	115	58.0%	x5ea	130				64.0%	x5ea	145			
	Encouraged to Press Load Up															
Upper Body Medley	0.0%: x6		0.0%: x6		0.0%: x6		0.0%: x6		0.0%: x6							
Chin Ups Regime	0.0%: IsoDym		0.0%: SME		0.0%: Dyn		0.0%: WTD		0.0%: WTD							
	0.0%: x6ea		0.0%: x6ea		0.0%: x6ea		0.0%: x6ea		0.0%: x6ea							
	0.0%: 3sets		0.0%: 3sets		0.0%: 3sets		0.0%: 3sets		0.0%: 3sets							
SA Bench Press																
Single Leg Progression	3 sets		3 sets		2 sets		3 sets									
	Hip Flexion x 15 seconds mini band	x6ea		x6ea		x6ea		x6ea								
	Split Squat		Pistol Box		Counterbalance		Pistol									
PCOM		Single Leg Hip Lift - Stab Ball			3x10 ea			3x10 ea			2x10 ea			3x10 ea		
Blast Strap "W" "T" "Row"		1 x 12 each			1 x 12 each			T only 2x12			1 x 12 each					

Notes	CHECK
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[illegible]

### Summing