

## Training for Athletes Week 2

Monday

Lower Body Date \_\_\_\_\_

| Warm Up Activity                |        | Agility activation     |                 |          |
|---------------------------------|--------|------------------------|-----------------|----------|
| Exercise                        | Weight | Sets & Reps            | Active Recovery | Feedback |
| Cook Hip Lift                   |        | 4 x 8/leg              | 60s             |          |
| RFE Split Squats Dbell, KBell   |        | 4 x 8                  | 60s             |          |
| TRX Ham Curls                   |        | 4 x 12                 | 60s             |          |
| KBell Hip Snaps                 |        | 4 x 15                 | 60s             |          |
| TRX Knee Tuck Scorpions         |        | 4 sets 8 – 12 reps/leg | 60s             |          |
| Ab Wheel Roll outs - in wt room |        | 4 x 8                  | 60s             |          |
| Dynamic Band Stretching         |        | 5 minutes              |                 |          |

Tuesday

Metabolic Day Date \_\_\_\_\_

| Warm Up Activity              |        | Agility activation                      |                 |          |
|-------------------------------|--------|---|-----------------|----------|
| Exercise                      | Weight | Sets & Reps                             | Active Recovery | Feedback |
| Dot Drill                     |        | 5 basic moves 3 times each for 4-5 reps | 60s             |          |
| Buddy System Resisted Running |        | 7 x 15-20s                              | 60s             |          |
| Buddy System Resisted Running |        | 3 x 30s                                 | 90s             |          |
| Plank                         |        | 4 x 60s                                 | 60s             |          |
| Dynamic Band Stretching       |        |   |                 |          |

(use a red mat for the Buddy system runs to cushion the running)

Wednesday

Upper Day

Date \_\_\_\_\_

| Warm Up Activity                                     |        | Agility activation         |                 |          |
|--|--------|----------------------------|-----------------|----------|
| Exercise   | Weight | Sets & Reps                | Active Recovery | Feedback |
| Push Ups 3 x Max reps in 30s                         |        | ____ + ____ + ____ = _____ | 90s             |          |
| Wide Grip Lat Pull Downs                             |        | 2 x Max Reps               | 60s             |          |
| 3 Point DBell Row                                    |        | 4 x 8 /arm                 | 60s             |          |
| 3 Way Shoulder Shocker                               |        | 3 x 8 of each              | 90s             |          |
| Standing Side FAKE Med Ball Toss(with a step)        |        | 3 x 10/side                | 60s             |          |
| Body Weight Complex                                  |        | 4 Rounds                   | 90s             |          |
| 30 Mt. Climbers, 20 Push Ups, 10 Groiners, 5 Burpees |        |                            |                 |          |

Thursday

Speed/Agility/Jump Date \_\_\_\_\_

| Warm Up Activity                             |        | Agility activation           |                       |          |
|--|--------|------------------------------|-----------------------|----------|
| Exercise                                     | Weight | Sets & Reps                  | Active Recovery       | Feedback |
| Pogo Jumps                                   |        | 3 x 30                       |                       |          |
| Agility Ladder                               |        | 20- 30 passes various drills | as needed             |          |
| Hurdle Hops                                  |        | 20-40 total reps             | as needed             |          |
| Chair Blasts                                 |        | 3 x 8/leg                    | 60s                   |          |
| Standing Core Routine                        |        | 1 -2 Rounds                  | 60s                   |          |
| Plank with alternating shoulder touches      |        | 4 x 10/shoulder              | 60s                   |          |
| Stairs - every other step as fast as you can |        | 6 - 8 sets                   | walk down is the rest |          |
| Dynamic Band Stretching                      |        |                              |                       |          |

Friday

Whole Body

Date \_\_\_\_\_

| Warm Up Activity                                |        | Agility activation     | Active Recovery  |          |
|---|--------|------------------------|------------------|----------|
| Exercise  | Weight | Sets & Reps            |                  | Feedback |
| Munford Toe Reach                               |        | 3x around/set - 3 sets | 60s              |          |
| Dbell Single leg Deadlift                       |        | 4 x 8/leg              | 0s/side 60/round |          |
| Pull Ups - use gravitron or a band if necessary |        | 4 x 12-15              | 90s              |          |
| Wide Grip Seated Rows                           |        | 4 x 12                 | 90s              |          |
| TRX Y,T,W,L                                     |        | 3 x 45 s               | 90s              |          |
| Munford Matrix                                  |        | 3 Rounds               | 2 x round        |          |
| Dynamic Band Stretching                         |        |                        |                  |          |

**Self Evaluation for the week: Logbook Mark: /10**      **Mark for the Week: /**  
**20**      **/25**

| Arrived on time every day                   | Proper Clothing every day | Completed Full Roll out every day   | Completed Full Warm Up every day | Intensity - used the full period effectively   | Worked on a program every day | Filled in Logbook every day  | TOTAL         |
|---|---------------------------|---|----------------------------------|--|-------------------------------|--|---------------|
| 1   | 1                         | 1   | 1                                | 0 1 2 3  | 0 1 2                         | 1  | /10           |
| <b>Date</b><br>• recorded the date each day |                           | <b>Weights &amp; Exercises</b><br>• recorded accurate weights for each exercise |                                  | <b>Feedback</b><br>• provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used) |                               | <b>Self-Evaluation</b><br>• completed for the week<br>• assessed effort, performance, time on task, preparedness |               |
| Done<br>1                                   | Not Done<br>0             | Done<br>3   | Not Done<br>2 1 0                | Thorough<br>5 4 3  | Incomplete<br>2 1 0           | Done<br>1  | Not Done<br>0 |

Mike Boyle - "If it is important, find some way to do it every day!!"