

Power Fit: Flight School Training Log - Week 11

Monday **Launch Training** **Date** _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Banded Standing Long Jumps	2 purple bands	7 x 2 1 x 2* no bands	30s	
2. Ballistic Step ups 18" box	12 - 20 Pound vest	6 x 3 reps/leg	60s	
3. Eccentric Goblet Squats - (6 second lowering - be strict)		3 x 8	1-2 min	
4 A. Banded Good Mornings (3 second lowering)		3 x 10	1 min	
4 B. Front Plank on a foam roller (with agitation)		4 x 12 reps	1 min	
5. STRETCHING!!!		5 minutes		

Tuesday **Upper & Core** **Date** _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Standing Core Routine (use a med ball)	5-10 lb	2 Times through	None	
2. Paused DB Bench Press Palms in - similar percentages as Wednesday Box Squats		7, 5, 3, or more	1 min	
3. Wide Grip Seated Row		4 x 10-12	1 min	
4. 3 Way shoulder Shocker		3 x 10 per exercise	1 min	
5. DB Rows with 3 s lowering		3 x 8-10/side		
6. Orange band field goal slides (mid - forearm)		3 x 10	1 min	

Wednesday **Prehab Day** **Date** _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. TRX Hip Ups	BW	3 x 6-12	30-60s	
2. No \$ Drill - on the ground	Orange	3 x 8-12	30-60s	
3. 1 Arm TRX Row		3 x 10/side	30-60s	
4. TRX I,Y,T,W,L alligator		3 x 30 s	30-60s	
5. Banded Ext. Rotation -45'	Orange	3 x 12	30-60s	
6. Band Pull aparts- strict		4 x 20-25	30-60s	
Bottom Up KB walk (slight shoulder shrug) throughout the rest periods for 5 - 10 s bursts				

Thursday

Launch Day #2

Date _____

Warm Up Activity			Active	Feedback
Exercise	Weight	Sets & Reps	Recovery	
1. Athlete Agility		One complete cycle -posted on the wall	1-2 min	
2. Box Jumps 30 " MAX (ath. stance)		20-25 total reps	30-60s	
3. Elevated TBDL Jumps - 5 mats /side		8 sets of 3	30s	
4. 2 DB arm swings		4 x 10	30-60s	
5. Eccentric Pistols to Box - lower than Weeks 1-3		3 x 8-12/Leg	30-60s	
6. Green Band ankle strength		3 x 10/movement	30-60s	
7. STRETCHING!!!				

Friday

Lower Day

Date _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. Paused Box Squat S. 1 75% X 7, _____ 80% X 5 _____, 85% X 3 or more _____			2 min	
2. RFE Split Squats		3 x 10/leg	60s	
3 A. GHR		3 x 10	90s	
3 B. Terminal Knee Extensions 2 s hold		3 x 10-12/leg	2 min	
4. Prowler Pushes - empty sled only for speed		8-10 x 20 m	2 min	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

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
Date • recorded the date each day		Weights & Exercises • recorded accurate weights for each exercise		Feedback • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		Self-Evaluation • completed for the week • assessed effort, performance, time on task, preparedness	
Done 1	Not Done 0	Done 3	Not Done 2 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0
		5 4 3 2 1 0		3 2 1 0			