

Power Fit: Flight School Training Log - Week 4

Monday Launch Training Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Banded Box Squats- 2 red bands - 50% of 8 repweight from Week 1		6 x 2 - fast	30s	
2. Seated Box Jumps - 18" onto a 24" box	12 - 20 Pound vest	12-20 reps	60s	
3. 1.5 - Goblet Squats		3 x 10	1-2 min	
4 A. Banded KettleBell Hip Snaps		4 x 6	1 min	
4 B. Front Plank -alt arm and leg lift		3 x 10 reps/side	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 2 pounds heavier)	5-12 lb	1 Time through	None	
2. DB Floor Press Palms in - watch the elbows		8, 6, 4 or more	1 min	
3. Barbell Pendley Row		4 x 10-12	1 min	
4. Iso Hold Lateral Raises		3 x 8 per exercise	1 min	
5a. DB Rows with 3 s lowering		3 x 8-10/side		
5b. KB & Green Band Wrist roller		3 x (Up & Dn 2x)	1 min	

Wednesday Prehab Day Date _____

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets &Reps		
1. Single leg TRX Hip Ups	BW	3 x 6-12	30-60s	
2. No \$ Drill	Orange	3 x 8-12	30-60s	
3. Alternating 2 arm DB Row		3 x 10-12/side	30-60s	
4. Blackburns		3 x 30 s	30-60s	
5. Banded Ext. Rotation -45'	Orange	3 x 12	30-60s	
6. Y shoulder raise on incline		4 x 12/shoulder	30-60s	
Bottom Up KB walk 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. Depth Jumps (ath. stance) 18" up to 24"		15-20 total reps	30-60s	
3. 2 Hurdle Hops into 2 SLJs		5 sets	30-60s	
4. 2 DB arm swings		3 x 8-12	30-60s	
5. Eccentric Pistols to Box - lower box and band at 90'		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. BB or Trap Bar Dead lifts S. 1 72.5% X 8, _____ 77.5% X 6 _____, 82.5% X 4 or more _____			2 min	
2. FFE Split Squats		3 x 8/leg	60s	
3 A. GHR		3 x 8-12	90s	
3 B. Low Box Heel touches 3 s lowering 6-12" high		3 x 10-12/leg	2 min	
4. Prowler Pushes - add weight this cycle	20-50 pounds	4-6 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			