

Power Fit: Flight School Training Log - Week 9

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

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. Single Arm DB Snatch		6 x 2/arm - fast	30s	
2. Split Squat Jumps		3 x 6/leg	60s	
3. Jumping 3s Lowering Goblet Squats		3 x 10	1-2 min	
4. Banded KettleBell Hip Snaps	PURPLE	4 x 6	1 min	
5. 20m Prowler sprints -green + TRX		6-8 reps	2 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	2 Times	None	
2. SWISS Bar Bench Press		6,4,2 or more	1 min	
3. EQ Rows with 3 s lowering		4 x 10-12	1 min	
4. 3 way Shoulder raises - front/ side/rear		3 x 8 per exercise	1 min	
5. Band Pull aparts		3-4 x 20-30		
6. Plate Pinch	2 x 25 lbs	2 x ALAP	1 min	

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

Warm Up Activity			Active Recovery	Feedback
Exercise	Weight	Sets & Reps		
1. TRX - knee tuck scorpions	BW	3 x 12/side	30-60s	
2. No \$ Drill	Orange	3 x 8-12	30-60s	
3. Seated Wide Grip Row - 3 s lowering		3 x 10-12	30-60s	
4. 90 degree wall slides		3 x 30 s	30-60s	
5. Banded Ext. Rotation -45'	Orange	3 x 12	30-60s	
6. 1 and 2 arm wall ball 3 set ups (Left, right and both)	6 lbs	2 x 20-30 s for 3 set ups	30-60s	
Overhead 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. Chair Blasts 12-16" box		3 x 12/leg	30-60s	
3. 5 Hurdle Hops		5 sets of 5 jumps	30-60s	
4. Dimmel Deadlifts		3 x 20	30-60s	
5. Pistol Squats 12-16 inch box		3 x 8-10/Leg	30-60s	
6. Ankle traction - 2 reds		3 x 10/movement	30-60s	
7. STRETCHING!!!				

Friday Lower Day

Date _____

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
1. 2s Paused Squats S. 1 6, _____ S2 X 4 _____, S3 X 2 or more _____			2 min	
2. DB Reverse Lunges		3 x 8-10/leg	60s	
3 A. 2s Paused Deadlifts at the knee		3 x 8-12	90s	
3 B. Step over banded leg raises		3 x 10-12/leg	2 min	
4. Prowler Pushes - add weight this cycle	70-90 lbs	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			