

Training for Athletes Week 11

Monday

Lower Body Date _____

| Warm Up Activity | | Agility activation | Active | |
|--------------------------------------|--------|----------------------|---------------------|----------|
| Exercise | Weight | Sets & Reps | Recovery | Feedback |
| 1. Cook Hip Lift | | 4 x 8 / leg | None | |
| 2. KBell Hip Snaps + band | | 4 x 8 | 60s | |
| 3A.) RFE Single Leg Squats | | 4 x 8/leg | 0s/side 60s/ set | |
| 3B.)TRX Ham Curls or Glute Ham Raise | | 4 x 12 | none | |
| 3C.)Kneeling Hip Flexor Stretch | | 30sec/leg | 60s | |
| 4A.)TRX Knee Tuck Scorpions | | 4 x 12/leg | none | |
| 4B.) 1/2 kneeling Cable Lifts (rope) | | 4 x 8/side | none | |
| 4C.) Static Bench Ham Stretch | | 30sec/leg | 60s | |
| Stairs - 5-10 min | | run up and walk down | | |
| Stretching and foam rolling | | | | |

Tuesday

Upper Day

Date _____

| Warm Up Activity | | Agility activation | Active | |
|--|--------|--------------------------------|----------|----------|
| Exercise | Weight | Sets & Reps | Recovery | Feedback |
| 1. Standing Side Med Ball Toss | | 3 x 8/side | 60s | |
| 2A.)Alternating Med Ball Push Ups 3 x Max reps | | ____ + ____ + ____ = _____ | | |
| 2B.)1 Arm DBell Row | | 4 x 10/side*stabilize core | | |
| 2C.)Dynamic 2 Band Pull Aparts | | 3 x 15 | None | |
| 3. Wide Grip Lat Pull Downs | | 2 x Max Reps | 60s | |
| 4. 3 Way Shoulder Shocker | | 4 x 8 of each | 60s | |
| 5. Body Weight Complex | | 5 sets 60s rest after each set | 60s | |
| Stretching and foam rolling | | | | |

Wednesday

Metabolic Day

Date _____

| Exercise | Weight | Sets & Reps | Active Recovery | Feedback |
|--|--------|----------------|-----------------|----------|
| Line Hops Moving Fwd | | 4 x 20m/foot | 60s/trip | |
| Standing Core Routine (blue sheet) | | 1 Complete Set | | |
| Cook Hip Lift | | 3 x 8 / leg | 60s | |
| 25 m Intervals (75 m) | | 7 Reps | 60s | |
| 25 m Intervals (125 m) | | 5 Reps | 90s | |
| 10 Burpees a minute for 10 minutes | | | | |
| Dynamic Band Stretching and foam rolling | | | | |

Thursday

Speed/Agility/Jump Date _____

| Warm Up Activity | | Agility activation | | |
|--|--------|--------------------|-----------------|----------|
| Exercise | Weight | Sets & Reps | Active Recovery | Feedback |
| Pogo Jumps | | 3 x 30 | | |
| Dot Drill | | 3 Rounds | as needed | |
| Box Jumps | | 12-15 total reps | as needed | |
| Chair Blasts | | 4 x 8/leg | 60s | |
| Standing Core Routine - blue sheet | | 1 Round | 60s | |
| Plank with alternating shoulder touches | | 5 x 10/shoulder | 60s | |
| Skipping 10 s fast 20 s slow | | 2 x 4 min | as needed | |
| Dynamic Band Stretching and foam rolling | | | | |

Friday

Whole Body

Date _____

| Warm Up Activity | | | Active Recovery | |
|--|--------|-------------|-----------------|----------|
| Exercise | Weight | Sets & Reps | | Feedback |
| KBell Hip Snaps with band | | 5 x 8 | 45s | |
| Trap Bar Deadlifts | | 4 x 6 | 60-90s | |
| Dbell Single leg Deadlift | | 3 x 12/leg | 0s/side 60s/set | |
| Pull Ups - use gravitron if necessary | | 4 x 10-12 | 60s | |
| TRX Rows | | 5 x 8 | 60s | |
| TRX Y,T,W,L | | 3 x 45 s | 60s | |
| Martrix with a step | | 3 rounds | 60s | |
| Dynamic Band Stretching and foam rolling | | | | |

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 | | Weights & Exercises | | Feedback | | Self-Evaluation | |
| • recorded the date each day | | • recorded accurate weights for each exercise | | • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used) | | • 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 |

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