

Training for Athletes Week 12

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)		5 Reps	60s	
25 m Intervals (125 m)		3 Reps	90s	
12 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		5 x 5	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		4 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 • 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

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