

Training for Athletes Week 3

Monday

Lower Body Date _____

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cook Hip Lift		4 x 8/leg	60s	
RFE Split Squats Dbell, KBell		4 x 8	60s	
Swiss Ball Ham Curls		4 x 12	60s	
KBell Hip Snaps + Band		4 x 12	60s	
TRX Knee Tuck Scorpions		4 sets 8 – 10 reps/leg	60s	
Ab Wheel Roll outs - in wt room		4 x 8	60s	
Dynamic Band Stretching and foam rolling		5 minutes		

Tuesday

Metabolic Day Date _____

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Dot Drill		5 basic moves 3 times each for 4-5 reps	60s	
Buddy System Resisted Running		6 x 15-20s	60s	
Buddy System Resisted Running		4 x 30s	90s	
Plank		4 x 60s	60s	
Dynamic Band Stretching and foam rolling				

(use a red mat for the Buddy system runs to cushion the running)

Wednesday

Upper Day

Date _____

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Push Ups 3 x Max reps in 30s		____ + ____ + ____ = _____	90s	
Wide Grip Lat Pull Downs		2 x Max Reps	60s	
3 Point DBell Row		4 x 8 /arm	60s	
3 Way Shoulder Shocker		3 x 8 of each	90s	
Standing Side FAKE Med Ball Toss(with a step)		3 x 10/side	60s	
Body Weight Complex		4 Rounds	60s	
30 Mt. Climbers, 20 Push Ups, 10 Groiners, 5 Burpees				

Thursday

Speed/Agility/Jump Date _____

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Pogo Jumps		3 x 30		
Agility Ladder		20- 30 passes various drills	as needed	
Hurdle Hops		20-40 total reps	as needed	
Chair Blasts		3 x 8/leg	60s	
Standing Core Routine		2 Rounds	60s	
Plank with alternating shoulder touches		4 x 10/shoulder	60s	
Stairs - every other step as fast as you can		6 - 8 sets	walk down is the rest	
Dynamic Band Stretching and foam rolling				

Friday

Whole Body

Date _____

Warm Up Activity		Agility activation	Active Recovery	
Exercise	Weight	Sets & Reps		Feedback
Munford Toe Reach		3x around/set - 3 sets	60s	
Trap Bar Deadlift Jumps		5 x 3-4	30-60s	
Pull Ups - use gravitron if necessary		4 x 12-15	90s	
1/2 Kneeling DBell Military Press		3 x 12/arm	0s/arm 60/set	
TRX Y,T,W,L		3 x 45 s	90s	
Munford Matrix		4 Rounds	2 x round	
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!!"

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