

## Training for Athletes Week 4

Monday

Lower Body Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cook Hip Lift		4 x 8/leg	60s	
<b>Munford Matrix</b>		<b>3 Rounds</b>	2 x the round	
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	
<b>Stairs-10 Burpees, 10 Push Ups, 10 Mt Climbers, 10 Groiners</b>		<b>4 Sets</b>	60-90s	
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	
Side Fake Med Ball Toss		3 x 8/side with step	60s	
Skipping		5-10 min	as needed	
Dynamic Band Stretching and foam rolling				

(use a mat or the rubber floor 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 Core Routine		2 Rounds	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 or Box Jumps		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		4 x 30 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
<b>Date</b> • recorded the date each day		<b>Weights &amp; Exercises</b> • recorded accurate weights for each exercise		<b>Feedback</b> • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		<b>Self-Evaluation</b> • 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!!"