

## Training for Athletes Week 7

Monday

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

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cook Hip Lift		3 x 8/side		
Munford Matrix		2 Rounds	2 x the round	
TRX Ham Curls		3 x 10-12	60s	
KBell Hip Snaps - banded		4 x 10-12	60s	
TRX Knee Tuck Scorpions		3 x 8/side	0s/side 30s@ end	
Stairs-10 Burpees, 10 Push Ups, 10 Mt Climbers, 10 Groiners		3 Sets	60-90s	
Dynamic Band Stretching and foam rolling		5 minutes		

Tuesday

Upper Day

Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Chin Ups x Max reps in 30s		____ + ____ + ____ = _____	2 min	
Wide Grip Lat Pull Downs		2 x Max Reps	90s	
Tricep Press Downs		4 x 8	30s	
3 Way Shoulder Shocker		3 x 8 of each	60s	
Standing Side Med Ball Toss		3 x 10/side	30s	
Body Weight Complex		4 sets	90s	
30 Mt. Climbers, 20 Push Ups, 10 Groiners, 5 Burpees				

Wednesday

Prehabilitation

Date \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Side Lying External Rotation		3 x 8-15/arm	60s	
Banded Terminal Knee extensions (TKE's)	Purple	3 x 12-15/leg	60s	
Shoulder capsule stretch	Black	3 x Full ROM	60s	
Y,T,I - thumbs up add 2.5 lbs/hand (option)		2 x 10s hold	60s	
Plate Pinch		2 x ALAP	60s	
Cook Hip Lift		3 x 8 / leg	60s	
Finish with Static Stretching and or extra SMR - see bleachers for several options - work on your tightest joints				

Thursday

Speed/Agility/Jump Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Pogo Jumps		3 x 30		
Dot Drill		2 -3 Rounds of 5 reps/ exercise	as needed	
Box Jumps		15-20 total reps	as needed	
Chair Blasts		3 x 8/leg	60s	
Standing Core Routine - blue sheets		1 Round	60s	
Plank with alternating shoulder touches		4 x 10/shoulder	60s	
Skipping		6-10 minutes	as needed	
Dynamic Band Stretching and foam rolling				

Friday

Whole Body

Date \_\_\_\_\_

Warm Up Activity			Active Recovery	
Exercise	Weight	Sets & Reps		Feedback
Munford Matrix - with a step in the direction of the press		3 Sets	2x what it took you to do your set	
KBell Hip Snaps		3 x 12-15	45s	
Dbell Single leg Deadlift		3 x 8/leg	0s/side 60s/set	
Pull Ups - use gravitron if necessary		4 x 12-15	60s	
TRX Rows		4 x 10-12	60s	
TRX Y,T,W,L		3 x 45 s	60s	
7. Body Weight Complex.		2-3 rounds	60s	
Dynamic Band Stretching and foam rolling				

**Body Weight Complex - Mt. Climbers - 30, Push Ups 20, Groiners 10, Burpees 5**

**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	Not Done	Done	Not Done	Thorough	Incomplete	Done	Not Done
1	0	3	2 1 0	5 4 3	2 1 0	1	0

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