

Training for Athletes Week 8

Monday

Lower Body Date _____

Warm Up Activity		Agility activation	Active	
Exercise	Weight	Sets & Reps	Recovery	Feedback
1. Cook Hip Lift		4 x 8/leg	0s/side 30s/ set	
2. KBell Hip Snaps + band		4 x 5	60s	
3A.) Elevated DBell Single leg Squats		4 x 8	0s/side 60s/ set	
3B.)TRX Ham Curls or Glute Ham Raise		4 x 10	none	
3C.)Kneeling Hip Flexor Stretch		30sec/leg	60s	
4A.)TRX Knee Tuck Scorpions		4 x 12	none	
4B.) 1/2 kneeling Cable Lifts		4 x 12/side	none	
4C.) Static Bench Ham Stretch		30sec/leg	60s	
Stretching and foam rolling		whatever time is left		

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.)Wall "W" Slides	Orange	3x15	None	
3. Wide Grip Lat Pull Downs		2 x Max Reps	60s	
4. 3 Way Shoulder Shocker		3 x 8 of each	60s	
5. Body Weight Complex		4 sets 60s rest after each set		
Body Weight Complex - 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		3 Rounds	as needed	
Box Jumps		12-15 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 the set	
KBell Hip Snaps with band		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				

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!!"