

## Training for Athletes Week 9

Monday

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

Warm Up Activity		Agility activation	Active	
Exercise	Weight	Sets & Reps	Recovery	Feedback
1. Cook Hip Lift		3 x 8/leg	None	
2. KBell Hip Snaps + band		4 x 5	60s	
3A.) Elevated DBell Single leg Squats		3 x 8/leg	0s/side 60s/set	
3B.)TRX Ham Curls or Glute Ham Raise		3 x 12	none	
3C.)Kneeling Hip Flexor Stretch		30sec/leg	60s	
4A.)TRX Knee Tuck Scorpions		3 x 12	none	
4B.) 1/2 kneeling Cable Lifts		3 x 12/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.)Wall "W" Slides		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		

Wednesday

Metabolic Day

Date \_\_\_\_\_

Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Line Hops Moving Fwd		4 x 20m/foot	60s/trip	
Standing Core Routine		1 Complete Set		
Cook Hip Lift		3 x 8 / leg	60s	
25 m Intervals (75 m)		4 Reps	60s	
25 m Intervals (125 m)		3 Reps	90s	
10 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		3 x 8/leg	60s	
Standing Core Routine - blue sheets		1 Round	60s	
Plank with alternating shoulder touches		4 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
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 12/leg	0s/side 60s/set	
Pull Ups - use gravitron if necessary		3 x 12	60s	
TRX Rows		3 x 15	60s	
TRX Y,T,W,L		3 x 45 s	60s	
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
<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!!"