

Training Progression Week 5					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	Aerobic Base Injury Prevention Runs	as directed		No Rest	12
Low Level Jumps (Option 2)					
	Jumping jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Split Jacks	20 to 40 Seconds	1 Sets	No Rest	12
	Lateral line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Front and back line hops	20 to 40 Seconds	1 Sets	No Rest	12
	Mountain climbers	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	Star Jumps	20 to 40 Seconds	1 Sets	No Rest	12
	Squat and roll	20 to 40 Seconds	1 Sets	No Rest	12
Other Options					
	Other Available Warm-Ups				162-168
Ankle Rocker					
Ankle Rocker	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	single leg squat For Ankle Rocker	25	1	20 - 40 Seconds	33
	Shuffle walks	25	1	20 - 40 Seconds	33

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Mini Hurdle Runs	10-12 Hurdles	7-10 Reps - 1 Set	20 - 40 Seconds	33
	Prime Times Speed Development	20-30 Yards	3-5 Reps - 1 Set	20 - 40 Seconds	34
Speed					
Speed	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Flying 10	3-4 Reps	1 Set	30 to 90 Seconds	12
	Block 5	3-4 Reps	1 Set	20 to 40 Seconds	43
Agility					
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	Single leg line hop with a bent knee	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 - 40 Seconds	52
Lifting					
Lifting					46-51

Concentric Block Monday- Sample Training Day

Block 1 Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x	5,3,3	50-80%	
B	Cuban Press	3	x	8	Light	
C	Ankle Band Work	3	x	10ea	Band	

Perform A-C Series Simultaneously for 3 Sets

1 Minute Rest Between Sets of Squat

Block 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	4	x	4	85-87.5%	No Tempo
B	Hurdle Hop	4	x	5		Pull Down
C	1/2 Squat Weighted Jump	4	x	5		
D	15 yard starts	4	x	1		
E	Wrist Pronation	4	x	8		
F	Wrist Supination	4	x	8		

Perform A-F Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 Minutes Between Rounds

Block 3 Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	
B	Face Band Pulls	3	x	8	BAND	

Perform A-B Simultaneously for 3 Sets

1 Minute Rest Between Sets of Bench

Block 4 Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	4	x	4	85-87.5%	No Tempo
B	Speed Band Bench Press	4	x	5	35-40%	Reactive-Speed
C	DB Incline Bench	4	x	5	35-40%	Reactive-Speed
D	Clap Push Up	4	x	5	BW	Reactive
E	External Band Rotation	4	x	6	Band	
F	Cuban Press Internal Rotation Band	4	x	6	Band	

Perform A-F Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 Minutes Between Rounds

Block 5 Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	5	85-87.5%	
B	Wrist Radial Flexion	3	x	8		
C	1-Arm Lat. Pulldown	3	x	6	85-87.5%	Bottom Half

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6		<u>Upper/Lower Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x	7	BW	
B	Bench Abduction	3	x	7		
C	DB Bent Over Row	3	x	5	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		<u>Upper/Lower Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	6	85-87.5%	Bottom Half
B	Hip Flexor Prone	3	x	7	BW	
C	Bar Curl	3	x	5	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		<u>Upper Body Auxiliary</u>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	EZ Tricep Extension	3	x	5	85-87.5%	
B	Wrist Ulna Flexion	3	x	8		
C	Bench Abduction	3	x	7		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Concentric Block Wednesday- Sample Training Day

Block 1 Lower Body Warm-Up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	1,1,1	x	5,3,3	50-80%	Warm-up
Perform A as Warm-up for Heavier Sets						
1:00 Minute Rest Between Sets						

Block 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Back Squat	5	x	2-3 Reps	90-92%	No Tempo
B	Box Jump	5	x	4 Reps		
C	Antib Band	5	x	5 Reps		
Perform A-C Simultaneously for 5 Sets						
25 Seconds Rest Between Exercises; 2 Minutes Between Sets						

Block 3 Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	Warm-up
Perform A as Warm-up for Heavier Sets						
2:00 Minutes Rest Between Sets						

Block 4 Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	4	x	2-3 Reps	90-92%	No Tempo
B	Med Ball Chest Pass	4	x	5	Moderate	Quick Hip Turn
C	Delt BO Lat Rebound Drop	4	x	7	Light	
Perform A-C Simultaneously for 4 Sets						
25 Seconds Rest Between Exercises						

Block 5 Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar	3	x	4	90-92%	
B	DB Step Up	3	x	4	90-92%	Bottom Half
C	Hip Flexor Prone	3	x	6	BW	Knee On Bench
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Block 6		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	4	90-92%	Bottom Half
B	Cuban Press Fig 8	3	x	6	Light	
C	Pull Up	3	x	4	90-92%	Bottom Half
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x	8	BW	
B	Bench Abduction	3	x	8	BW	
C	Calf Raises	3	x	8	90-92%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Tri Push Down	3	x	5	90-92%	
B	DB Hammer Curls	3	x	5	90-92%	
C	Delt BO OH Rebound Drop	3	x	7	Light	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Concentric Block Friday- Sample Training Day

Block 1 Lower Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Front Squat	1,1,1	x	5,3,3	50-80%	
B	Cuban Press	3	x	8	Light	
C	Ankle Band Work	3	x	10ea		

Perform A-C Series Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 1 Minute Between Rounds

Block 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Front Squat	3	x	5	80-85%	No Tempo
B	Hurdle Hop	3	x	5		
C	1/2 Squat Weighted Jump	3	x	5		
D	15 yard starts	3	x	1		
E	Wrist Pronation	3	x	10		
F	Wrist Supination	3	x	10		

Perform A-F Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 Minutes Between Rounds

Block 3 Upper Body Warm-up

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	1,1,1	x	5,3,3	50-80%	Coach View
B	Face Band Pulls	3	x	8	BAND	

Perform A-B Simultaneously for 3 Sets

1 Minute Rest Between Sets of Bench

Block 4 Upper Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Bench Press	3	x	5	80-85%	
B	Speed Band Bench Press	3	x	4	35-40%	Reactive
C	DB Incline Bench	3	x	4	35-40%	Reactive
D	Clap Push Up	3	x	4		Reactive
E	External Band Rotation	4	x	8	Band	
F	Cuban Press Int Rot Band	4	x	8	Band	

Perform A-F Simultaneously for 3 Sets

25 Seconds Rest Between Exercises; 2:00 Minutes Between Rounds

Block 5 Upper/Lower Auxiliary

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Bar Lift	3	x	5	80-85%	
B	Wrist Radial Flexion	3	x	10		
C	1-Arm Lat. Pulldown	3	x	8	80-85%	Bottom Half

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

Block 6		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	Glute Ham Hyper	3	x	10	BW	
B	Bench Abduction	3	x	8		
C	DB Bent Over Row	3	x	7	80-85%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 7		Upper/Lower Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Shoulder Press	3	x	8	80-85%	Bottom Half
B	Hip Flexor Prone	3	x	8		
C	Zottman Curl	3	x	7	80-85%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
Block 8		Upper Body Auxiliary				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	DB Tri Ext	3	x	7	80-85%	
B	Wrist Ulna Flexion	3	x	10		
C	Bench Abduction	3	x	8		
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						

Week 5 Exercise Progressions

Warm-Up Options

No Changes, Refer to Week 1

Ankle Rocker Drills

No Changes, Refer to Week 3

Slow Run/Preparation Drills

No Changes, Refer to Week 3

Speed

No Changes, Refer to Week 4

Agility

[Single leg line hop with a bent knee](#)

Similar to the straight leg lateral drill completed previously but now the athlete will use a bent knee.