

Training Progression Week 3					
Warm Up Options					
Warm Up Options	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
GPP Warm Up (Option 1)					
	<a href="#">Aerobic Base Injury Prevention Runs</a>	as directed		No Rest	12
Low Level Jumps (Option 2)					
	<a href="#">Jumping jacks</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Split Jacks</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Lateral line hops</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Front and back line hops</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Mountain climbers</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Burpees</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Star Jumps</a>	20 to 40 Seconds	1 Sets	No Rest	12
	<a href="#">Squat and roll</a>	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
	<a href="#">single leg squat For Ankle Rocker</a>	25	1	20 - 40 Seconds	33
	<a href="#">Stair Walks</a>	25	1	20 - 40 Seconds	33
	<a href="#">Shuffle Walks</a>	25	1	20 - 40 Seconds	33

Slow Run/Preparation Drills					
Slow Run/Preparation Drills	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<a href="#">Mini Hurdle Runs</a>	10-12 Hurdles	7-10 Reps - 1 Set	20 - 40 Seconds	33
	<a href="#">Prime Times Speed Development</a>	20-30 Yards	3-5 Reps - 1 Set	20 - 40 Seconds	34
Speed					
Speed	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<a href="#">Flying 10</a>	3-4 Reps	1 Set	30 to 90 Seconds	12
	<a href="#">Stance Start, 3 Steps</a>	3-4 Reps	1 Set	20 to 40 Seconds	Page
Agility					
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<a href="#">Single leg line hop with straight leg</a>	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 - 40 Seconds	34
Lifting					
Lifting					27-32

# Isometric Block Monday- Sample Training Day

## **Block 1** Lower Body Warm-up

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

Perform A-C Series Simultaneously for 3 Sets

2:00 Minutes Rest Between Sets

## **Block 2** Lower Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	<a href="#">Back Squat</a>	4	x	3	85-87.5%	5 Sec Iso-Partner Help
B	<a href="#">Hurdle Hop</a>	4	x	5		Pull Down
C	<a href="#">1/2 Squat Weighted Jump</a>	4	x	5		Pause at Bottom
D	<a href="#">15 yard starts</a>	4	x	1		
E	<a href="#">Wrist Pronation Part Iso</a>	4	x	3	partner	5 Second Isometric
F	<a href="#">Wrist Supination Part Iso</a>	4	x	3	partner	5 Second Isometric

Perform A-F Simultaneously for 4 Sets

25 Seconds Rest Between Exercises; 2:00 minutes between Rounds

## **Block 3** Upper Body Warm-up

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

Perform A-B Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

## **Block 4** Upper Body Strength

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	<a href="#">Bench Press</a>	3	x	3	85-87.5%	5 Sec Iso-Partner Help
B	<a href="#">Speed Band Bench Press</a>	3	x	5	35-40%	
C	<a href="#">DB Incline Bench</a>	3	x	5	35-40%	Reactive-Speed
D	<a href="#">Clap Push Up</a>	3	x	5	BW	Reactive
E	<a href="#">External Band Rotation Iso</a>	3	x	3	Band	5 second Isometric
F	<a href="#">Cuban Press Int. Rot. Band Iso</a>	3	x	3	Band	5 second Isometric

Perform A-F Simultaneously for 3 Sets

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

## **Block 5** Upper/Lower Auxiliary

Order	Exercise	Sets	Reps/Duration		Load	Notes
A	<a href="#">Glute Ham Bar Lift</a>	3	x	4	85-87.5%	5 Second Isometric
B	<a href="#">Wrist Radial Flexion Part. Iso</a>	3	x	3	partner	5 Second Isometric
C	<a href="#">1-Arm Lat. Pulldown</a>	3	x	10	85-87.5%	

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

<b>Block 6</b>							<b>Upper/Lower Auxiliary</b>						
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>							
A	<a href="#">Glute Ham Hyper</a>	3	x	7	BW								
B	<a href="#">Part. Bench Adduction Iso</a>	3	x	3	partner	4 Second Isometric							
C	<a href="#">DB Bent Over Row</a>	3	x	4	85-87.5%	4 Second Isometric							
Perform A-C Simultaneously for 3 Sets													
25 Seconds Rest Between Exercises													
<b>Block 7</b>							<b>Upper/Lower Auxiliary</b>						
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>							
A	<a href="#">DB Shoulder Press</a>	3	x	5	85-87.5%	Bottom Half							
B	<a href="#">Part. Iso Hip Flex Prone</a>	3	x	3	partner	4 Second Isometric							
C	<a href="#">Bar Curl</a>	3	x	5	85-87.5%								
Perform A-C Simultaneously for 3 Sets													
25 Seconds Rest Between Exercises													
<b>Block 8</b>							<b>Upper Body Auxiliary</b>						
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>							
A	<a href="#">EZ Tricep Extension</a>	3	x	5	85-87.5%								
B	<a href="#">Wrist Ulna Flexion Iso</a>	3	x	3	Partner	4 Second Isometric							
C	<a href="#">Part. Bench Abduction Iso</a>	3	x	3	Partner	4 Second Isometric							
Perform A-C Simultaneously for 3 Sets													
25 Seconds Rest Between Exercises													

# Isometric 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	<a href="#">Back Squat</a>	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 2 Lower Body Strength

<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	<a href="#">Back Squat</a>	5	x	2-3 Reps	90-92%	No Tempo
B	<a href="#">Box Jump</a>	5	x	4 Reps		
C	<a href="#">Antib Band</a>	5	x	5 Reps		

Perform A-C Simultaneously for 5 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	<a href="#">Bench Press</a>	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	<a href="#">Bench Press</a>	3	x	2-3 Reps	90-92%	No Tempo
B	<a href="#">Med Ball Chest Pass</a>	3	x	5	Moderate	Quick Hip
C	<a href="#">Delt BO Lat Rebound Drop</a>	3	x	7	Light	

Perform A-C Simultaneously for 3 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	<a href="#">Glute Ham Bar</a>	3	x	4	90-92%	
B	<a href="#">DB Step Up</a>	3	x	5	90-92%	Bottom Half
C	<a href="#">Hip Flexor Prone</a>	3	x	7	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	<a href="#">DB Shoulder Press</a>	3	x	5	90-92%	Bottom Half
B	<a href="#">Cuban Press Fig 8</a>	3	x	8	Light	
C	<a href="#">Pull Up</a>	3	x	5	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	<a href="#">Glute Ham Hyper</a>	3	x	6	BW	
B	<a href="#">Bench Abduction</a>	3	x	6	BW	
C	<a href="#">Calf Raises</a>	3	x	10	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	<a href="#">Dips</a>	3	x	4	90-92%	
B	<a href="#">DB Hammer Curls</a>	3	x	4	90-92%	
C	<a href="#">Delt BO OH Rebound Drop</a>	3	x	6	Light	

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

# Isometric 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	<a href="#">Front Squat</a>	1,1,1	x	5,3,3	50-80%	
B	<a href="#">Cuban Press</a>	3	x	8	Light	
C	<a href="#">Ankle Band Work</a>	3	x	10ea		

Perform A-C Series Simultaneously for 3 Sets

1 Minute Rest Between Sets of Bench

## **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	<a href="#">Front Squat</a>	3	x	4	80-85%	5 Sec Iso-Part Help
B	<a href="#">Hurdle Hop</a>	3	x	5		Pull Down
C	<a href="#">1/2 Squat Weighted Jump</a>	3	x	5		Pause at Bottom
D	<a href="#">15 yard starts</a>	3	x	1		
E	<a href="#">Wrist Pronation Part Iso</a>	3	x	4	partner	4 Second Isometric
F	<a href="#">Wrist Supination Part Iso</a>	3	x	4	partner	4 Second Isometric

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	<a href="#">Bench Press</a>	1,1,1	x	5,3,3	50-80%	Coach View
B	<a href="#">Face Band Pulls</a>	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	<a href="#">Bench Press</a>	3	x	4	80-85%	5 Sec Iso-Part Help
B	<a href="#">Speed Band Bench Press</a>	3	x	4	35-40%	Reactive
C	<a href="#">DB Incline Bench</a>	3	x	4	35-40%	Reactive
D	<a href="#">Clap Push Up</a>	3	x	4		Reactive
E	<a href="#">External Band Rot Iso</a>	3	x	4	Band	5 second Isometric
F	<a href="#">Cuban Press Int. Rot Band Iso</a>	3	x	4	Band	5 second Isometric

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	<a href="#">Glute Ham Bar Lift</a>	3	x	4	80-85%	5 Second Isometric
B	<a href="#">Wrist Radial Flexion Part Iso</a>	3	x	4	partner	5 Second Isometric
C	<a href="#">1-Arm Lat. Pulldown</a>	3	x	7	80-85%	Bottom Half

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

<b>Block 6</b>		<b>Upper/Lower Auxiliary</b>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	<a href="#">Glute Ham Hyper</a>	3	x	10	BW	
B	<a href="#">Partner Bench Adduction Iso</a>	3	x	4	partner	5 Second Isometric
C	<a href="#">DB Bent Over Row</a>	3	x	4	80-85%	5 Second Isometric
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
<b>Block 7</b>		<b>Upper/Lower Auxiliary</b>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	<a href="#">DB Shoulder Press</a>	3	x	6	80-85%	Bottom Half
B	<a href="#">Part Iso Hip Flex Prone</a>	3	x	4	partner	5 Second Isometric
C	<a href="#">Zottman Curl</a>	3	x	6	80-85%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
<b>Block 8</b>		<b>Upper Body Auxiliary</b>				
<u>Order</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps/Duration</u>		<u>Load</u>	<u>Notes</u>
A	<a href="#">DB Tri Ext</a>	3	x	6	80-85%	
B	<a href="#">Wrist Ulna Flexion Iso</a>	3	x	4	Partner	5 Second Isometric
C	<a href="#">Part Bench Abduction Iso</a>	3	x	4	Partner	5 Second Isometric
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						



## **Week 3 Exercise Progressions**

### **Warm-Up Options**

No Changes, Refer to Week 1

### **Ankle Rocker Drills**

#### [Single leg squat For Ankle Rocker](#)

In this drill the athlete keeps the entire foot flat on the ground. The athlete then drives the knee as far forward as possible while maintaining contact between the heel and floor.

#### [Shuffle walks](#)

The athlete begins in an ankle squat position by pushing their shins as far forward as possible while maintaining whole foot pressure. One forefoot is raised as high as possible while maintaining heel contact with the ground and then sliding it forward 6 inches. The athlete then drops the forefoot back to the ground. Without shifting their weight, the athlete will then raise the rear forefoot and try to slide it 6 inches in front of the other foot. The key is not to shift the weight between the feet and to make the ankle complete the work. The better an athlete and ankle gets, the lower the athlete can drop in and the greater distance each step can cover.

#### [Stair walk](#)

The athlete places their forefoot on a stair and pushes their shin as far forward as possible without letting the heel raise. Then the athlete will push through the foot to go up the stairs and extend all the way to the big toe before the next foot is placed on the stair in front of them. Repeat with the other foot.

### **Slow Run/Preparation Drills**

#### [Mini hurdle runs](#)

Mini hurdle runs force perfect the timing required in sprints. If the timing is not exactly as needed, the athlete will strike the hurdles. To set this drill up place 10-12, 6-inch hurdles with PVC of 1.7 meters (1.9 yards) apart in a straight line. Have the athlete run through the hurdles, while always maintaining the right foot on the right side of the line and left the foot on the left side of the center line. As a coach, ensure they are not running on their toes and emphasize solid foot contacts with the ground.

As the athlete progresses, they can run through with their hands over their heads, reaching as high as possible. Another progression would be to increase the distance between the hurdles, up to s they improve on the drill, the coach can lengthen the distance between the hurdles as far as 2.1 m (2.3 yards). If the hurdles are placed too far apart, the athlete will have an increased ground contact time with a change in running form as well. This must be avoided. Generally, 1.7-1.9 is good for beginning and intermediate runners. Faster athletes will be capable of handling the distance of 2.1m.

I have never used a distance greater than 2.1m. Adding 2 inches to the height of the hurdles can also make the drill more difficult. Again, start at shorter distances and lower heights. The

key is to maintain proper positioning and running mechanics. I have also gone shorter to 1.5 m to really have the athletes focus on getting their feet off the ground. It is a great drill because if the athlete runs through, it is difficult to do wrong unless they cross over the line. The shorter and longer distances work better at top speed. The middle distances are better at 80-90%. Complete 10-12 hurdles at varying distances with good form and appropriate rest for 7-10 sets.

### [Prime Time Speed Development](#)

This drill is named, appropriately, after Deon Sanders. It is a stiff legged sprint. The athlete will jog to start but once they pick up speed, they will run with their legs straight. This not only ensures optimal foot placement under the center of mass but it also strengthens their hamstrings.

I usually have them hold their top speed for 30m. Placing their arms overhead will add to the difficulty of the drill. If extra timers are handy, it is a great drill to run fly 30s with. Especially with beginners, the faster their prime time, the faster they run. Do 3-5 reps per workout. Common mistakes include landing on heels instead of toes and athletes having a slight bend in their knee. A perfect rep would show some bounce off the ground.

### **Speed**

#### [Stance Start, 3 Steps](#)

The same stance is used as in week 1 above. Now the athlete focuses on their first three steps.

### **Agility**

#### [Single leg line hop with straight leg](#)

In this drill have the athlete find a line to jump over. They will then hop over line as quickly as possible in a lateral motion while keeping the knee straight.