	Trai	ning Progression W	eek 6		
		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
	<u>Mountain</u> <u>climbers</u>	20 to 40 Seconds	1 Sets	No Rest	12
	Burpees	20 to 40 Seconds	1 Sets	No Rest	12
	<u>Star Jumps</u>	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		 	<u> </u>
Ankle Rocker	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<u>single leg squat</u> For Ankle Rocker	25	1	20 - 40 Seconds	33
	Shuffle walks	25	1	20 - 40 Seconds	33

	Slo	w Run/Preparation I	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 20	3-4 Reps	1 Set	30 to 90 Seconds	61
	Block 10	3-4 Reps	1 Set	20 to 40 Seconds	61
	1	Agility	Į.		ļ
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
	<u> </u>	Lifting	I		l
Lifting					55-60

Block 1	Lowe	Lower Body Warm-up							
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Back Squat	1,1,1	х	5,3,3	50-80%				
В	Cuban Press	3	х	8	Light				
С	Ankle Band Work	3	х	10ea	Band				
	Perform A-C Series Si	multar	neously	for 3 Se	ets				
	1 Minute Rest Be	tween	Sets of	Squat					
Block 2	Lower Body Strength								
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Back Squat	4	X	4	85-87.5%	No Tempo			
В	Hurdle Hop	4	х	5		Pull Down			
С	1/2 Squat Weighted Jump	4	х	5					
D	15 yard starts	4	х	1					
E	Wrist Pronation	4	х	8					
F	Wrist Supination	4	х	8					
	Perform A-F Simu	Itaneo	usly for	4 Sets					
	25 Seconds Rest Between Exerci	ses; 2:(00 Minu	utes Bet	ween Ro	unds			
Block 3	Uppe	r Bod	y Warı	<u>m-up</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Bench Press	1,1,1	х	5,3,3	50-80%				
В	Face Band Pulls	3	х	8	BAND				
	Perform A-B Simu	ltaneo	usly for	3 Sets					
	1 Minute Rest Be	tween	Sets of	Bench					
Block 4	Uppe	er Bod	y Strei	ngth					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Bench Press	4	х	4	85-87.5%	No Tempo			
В	Speed Band Bench Press	4	х	5	35-40%	Reactive-Speed			
С	DB Incline Bench	4	х	5	35-40%	Reactive-Speed			
	<u>Clap Push Up</u>	4	х	5	BW	Reactive			
D		1	х	6	Band				
D E	External Band Rotation	4	^						
D	Cuban Press Internal Rotation Band	4	х	6	Band				
D E F	Cuban Press Internal Rotation Band Perform A-F Simu	4 Itaneo	x usly for	6 4 Sets	·				
D E F	Cuban Press Internal Rotation Band	4 Itaneo	x usly for	6 4 Sets	·	unds			
D E F	Cuban Press Internal Rotation Band Perform A-F Simu	4 Itaneou ses; 2:(x usly for 00 Minu er Aux	6 4 Sets Ites Bet iliary	·	unds			
D E F	<u>Cuban Press Internal Rotation Band</u> Perform A-F Simu 25 Seconds Rest Between Exerci <u>Upper</u> <u>Exercise</u>	4 Itaneou ses; 2:0 7/Low Sets	x usly for 00 Minu	6 4 Sets Ites Bet iliary uration	ween Ro Load	unds Notes			
D E F Block 5 <u>Order</u> A	<u>Cuban Press Internal Rotation Band</u> Perform A-F Simu 25 Seconds Rest Between Exerci <u>Upper</u> <u>Exercise</u> <u>Glute Ham Bar Lift</u>	4 Itaneou ses; 2:0 /Low Sets 3	x usly for 00 Minu er Aux	6 4 Sets ites Bet iliary uration 5	ween Ro				
D E F Block 5 Order	<u>Cuban Press Internal Rotation Band</u> Perform A-F Simu 25 Seconds Rest Between Exerci <u>Upper</u> <u>Exercise</u>	4 Itaneou ses; 2:0 7/Low Sets	x usly for 00 Minu er Aux Reps/D	6 4 Sets Ites Bet iliary uration	ween Ro Load				

Block 6	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Glute Ham Hyper	3	х	7	BW				
В	Bench Adduction	3	х	7					
С	DB Bent Over Row	3	х	5	85-87.5%				
	Perform A-C Simultaneously for 3 Sets								
	25 Seconds Rest	Betwe	en Exer	cises					
Block 7	Upper	Upper/Lower Auxiliary							
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	DB Shoulder Press	3	х	6	85-87.5%	Bottom Half			
В	Hip Flexor Prone	3	х	7	BW				
С	<u>Bar Curl</u>	3	х	5	85-87.5%				
	Perform A-C Simu	ltaneo	usly for	3 Sets					
	25 Seconds Rest	Betwe	en Exer	cises					
Block 8	<u>Uppe</u>	r Bod	y Auxi	liary					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	EZ Tricep Extension	3	х	5	85-87.5%				
В	Wrist Ulna Flexion	3	х	8					
С	Bench Abduction	3	х	7					
	Perform A-C Simu	ltaneo	usly for	3 Sets					
	25 Seconds Rest Between Exercises								

Concent	ric Block Wednes	sday	/- Sai	mple	Trair	ning Day			
<u>Block 1</u>	Lower Body Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	Duration	Load	Notes			
Α	Back Squat	1,1,1	х	5,3,3	50-80%	Warm-up			
Perform A as Warm-up for Heavier Sets									
	1:00 Minute R	est Be	etween	Sets					
Block 2	Lower Body Strength								
<u>Order</u>	Exercise	Sets	Reps/D	Ouration	Load	Notes			
Α	Back Squat	5	х	2-3 Reps	90-92%	No Tempo			
В	Box Jump	5	х	4 Reps					
С	Antib Band	5	х	5 Reps					
	Perform A-C Simu	Iltane	ously fo	or 5 Sets					
25	Seconds Rest Between Exe	ercise	s; 2 Mir	nutes Be	tween S	Sets			
Block 3	U	oper	Body \	Warm-ı	<u>up</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes			
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-up			
	Perform A as War	m-up	for Hea	vier Sets	5				
	2:00 Minutes F	Rest B	etween	Sets					
Block 4	<u>U</u>	pper	Body S	Strengt	h				
<u>Order</u>	Exercise	Sets	Reps/D	Duration	Load	Notes			
Α	Bench Press	4	х	2-3 Reps	90-92%	No Tempo			
В	Med Ball Chest Pass	4	х	5	Moderate	Quick Hip Turn			
С	Delt BO Lat Rebound Drop	4	х	7	Light				
	Perform A-C Simu	Iltane	ously fo	or 4 Sets					
	25 Seconds Rest	Betw	veen Ex	ercises					
Block 5	<u>Up</u>	per/	Lower	Auxilia	ry				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Duration	Load	Notes			
Α	<u>Glute Ham Bar</u>	3	х	4	90-92%				
В	DB Step Up	3	х	4	90-92%	Bottom Half			
С	Hip Flexor Prone	3	х	6	BW	Knee On Bench			
	Perform A-C Simu	<u>ltan</u> e	ously fo	or 3 Sets					
	25 Seconds Rest	Rotu	een Fy	ercises					

Block 6	Upper/Lower Auxiliary									
Order	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes				
Α	DB Shoulder Press	3	х	4	90-92%	Bottom Half				
В	Cuban Press Fig 8	3	х	6	Light					
С	<u>Pull Up</u>	3	х	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>	Exercise	Sets	Reps/D	Ouration	Load	Notes				
А	Glute Ham Hyper	3	х	8	BW					
В	Bench Abduction	3	х	8	BW					
С	Calf Raises	3	х	8	90-92%					
	Perform A-C Simu	Iltane	ously fo	or 3 Sets						
	25 Seconds Rest	Betw	veen Exe	ercises						
Block 8	Up	per/	Lower	Auxilia	ary					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Duration	Load	Notes				
А	<u>Tri Push Down</u>	3	х	5	90-92%					
В	DB Hammer Curls	3	х	5	90-92%					
С	Delt BO OH Rebound Drop	3	х	7	Light					
	Perform A-C Simu	ıltane	ously fo	or 3 Sets						
	25 Seconds Rest	Betw	veen Exe	ercises						

Block 1		ower B	Body W	/arm-u	<u>p</u>		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
А	Front Squat	1,1,1	х	5,3,3	50-80%		
В	Cuban Press	3	х	8	Light		
C	Ankle Band Work	3	х	10ea			
	Perform A-C Series S	imulta	neously	for 3 Se	ets		
25	Seconds Rest Between Exe	rcises;	1 Minut	te Betw	een Roun	ds	
Block 2	<u>L</u> c	Lower Body Strength					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes	
Α	Front Squat	3	х	5	80-85%	No Tempo	
В	<u>Hurdle Hop</u>	3	х	5			
C	1/2 Squat Weighted Jump	3	х	5			
D	<u>15 yard starts</u>	3	х	1			
E	Wrist Pronation	3	х	10			
F	Wrist Supination	3	x	10			
	Perform A-F Simu						
	conds Rest Between Exerc					inds	
<u>Block 3</u>	<u>U</u>	pper l	<u>Body N</u>	<u>/arm-u</u>	<u>p</u>		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Coach View	
В	Face Band Pulls	3	Х	8	BAND		
	Perform A-B Simu	ultaneo	ously for	3 Sets			
	1 Minute Rest Be	etween	Sets of	Bench			
Block 4	<u>U</u>	pper l	Body S [.]	trengtl	<u>1</u>		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
Α	Bench Press	3	х	5	80-85%		
В	Speed Band Bench Press	3	х	4	35-40%	Reactive	
С	DB Incline Bench	3	х	4	35-40%	Reactive	
	Clap Push Up	3	Х	4		Reactive	
D	External Band Rotation	4	Х	8	Band		
E	Others Description of the second		Х	8	Band		
	Cuban Press Int Rot Band	4		2 C ·			
E F	Perform A-F Simu	ultanec	,			ua al a	
е F 25 Se	Perform A-F Simu conds Rest Between Exerc	ultanec ises; 2:	.00 Mini	utes Bet		ınds	
е F 25 Se Block 5	Perform A-F Simu conds Rest Between Exerc Up	ultanec ises; 2:	00 Minu .ower /	utes Bet Auxilia		ınds	
е F 25 Se	Perform A-F Simu conds Rest Between Exerc Up <u>Exercise</u>	ultanec ises; 2:	.00 Mini	utes Bet Auxilia uration	C <u>Y</u> Load	inds Notes	
E F 25 Se Block 5 Order A	Perform A-F Simu conds Rest Between Exerc Up <u>Exercise</u> <u>Glute Ham Bar Lift</u>	ultanec ises; 2: per/L Sets 3	00 Minu .ower /	utes Bet Auxilia uration 5	r <u>y</u>		
E F 25 Se Block 5 Order	Perform A-F Simu conds Rest Between Exerc Up <u>Exercise</u>	ultanec ises; 2: per/L Sets	00 Minu .ower / Reps/D	utes Bet Auxilia uration	C <u>Y</u> Load		

Block 6	Upper/Lower Auxiliary									
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Glute Ham Hyper	3	х	10	BW					
В	Bench Adduction	3	х	8						
С	DB Bent Over Row	3	х	7	80-85%					
	Perform A-C Simultaneously for 3 Sets									
	25 Seconds Rest Between Exercises									
Block 7	<u>U</u>	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	DB Shoulder Press	3	х	8	80-85%	Bottom Half				
В	Hip Flexor Prone	3	х	8						
С	Zottman Curl	3	х	7	80-85%					
	Perform A-C Sim	ultane	ously for	r 3 Sets						
	25 Seconds Res	st Betw	een Exe	rcises						
Block 8	<u>l</u>	Jpper	Body A	uxiliar	<u>y</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	<u>DB Tri Ext</u>	3	х	7	80-85%					
В	Wrist Ulna Flexion	3	х	10						
С	Bench Abduction	3	х	8						
	Perform A-C Sim	ultane	ously for	r 3 Sets						
	25 Seconds Res	st Betw	een Exe	rcises						

Week 6 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

<u>Fly 20</u>

Once an athlete learns to reach top speed, they will need to then learn how to hold that speed. Very rarely will we find an athlete that can match their first 10m with their 2nd. That is the goal in this exercise. Find top end speed and then hold it over the span of 20 meters.

Other examples to read about this are listed below.

Flying Drill Sheets

Block 10's

This drill is now timed to quantify the improvements in the 10 meter start.

Agility

No Changes, Refer to Week 5