

Training Progression Week 6					
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="#">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 20</a>	3-4 Reps	1 Set	30 to 90 Seconds	61
	<a href="#">Block 10</a>	3-4 Reps	1 Set	20 to 40 Seconds	61
Agility					
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number
	<a href="#">Single leg line hop with a bent knee</a>	30 Seconds	2 (1 Clock, and 1 Counter-clockwise)	20 - 40 Seconds	52
Lifting					
Lifting					55-60

# 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	<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

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	<a href="#">Back Squat</a>	4	x	4	85-87.5%	No Tempo
B	<a href="#">Hurdle Hop</a>	4	x	5		Pull Down
C	<a href="#">1/2 Squat Weighted Jump</a>	4	x	5		
D	<a href="#">15 yard starts</a>	4	x	1		
E	<a href="#">Wrist Pronation</a>	4	x	8		
F	<a href="#">Wrist Supination</a>	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	<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

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>	4	x	4	85-87.5%	No Tempo
B	<a href="#">Speed Band Bench Press</a>	4	x	5	35-40%	Reactive-Speed
C	<a href="#">DB Incline Bench</a>	4	x	5	35-40%	Reactive-Speed
D	<a href="#">Clap Push Up</a>	4	x	5	BW	Reactive
E	<a href="#">External Band Rotation</a>	4	x	6	Band	
F	<a href="#">Cuban Press Internal Rotation Band</a>	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	<a href="#">Glute Ham Bar Lift</a>	3	x	5	85-87.5%	
B	<a href="#">Wrist Radial Flexion</a>	3	x	8		
C	<a href="#">1-Arm Lat. Pulldown</a>	3	x	6	85-87.5%	Bottom Half

Perform A-C Simultaneously for 3 Sets

25 Seconds Rest Between Exercises

<b>Block 6</b>		<b><u>Upper/Lower Auxiliary</u></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="#">Bench Abduction</a>	3	x	7		
C	<a href="#">DB Bent Over Row</a>	3	x	5	85-87.5%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
<b>Block 7</b>		<b><u>Upper/Lower Auxiliary</u></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	85-87.5%	Bottom Half
B	<a href="#">Hip Flexor Prone</a>	3	x	7	BW	
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><u>Upper Body Auxiliary</u></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</a>	3	x	8		
C	<a href="#">Bench Abduction</a>	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	<a href="#">Back Squat</a>	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	<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 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	<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>	4	x	2-3 Reps	90-92%	No Tempo
B	<a href="#">Med Ball Chest Pass</a>	4	x	5	Moderate	Quick Hip Turn
C	<a href="#">Delt BO Lat Rebound Drop</a>	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	<a href="#">Glute Ham Bar</a>	3	x	4	90-92%	
B	<a href="#">DB Step Up</a>	3	x	4	90-92%	Bottom Half
C	<a href="#">Hip Flexor Prone</a>	3	x	6	BW	Knee On Bench
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="#">DB Shoulder Press</a>	3	x	4	90-92%	Bottom Half
B	<a href="#">Cuban Press Fig 8</a>	3	x	6	Light	
C	<a href="#">Pull Up</a>	3	x	4	90-92%	Bottom Half
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="#">Glute Ham Hyper</a>	3	x	8	BW	
B	<a href="#">Bench Abduction</a>	3	x	8	BW	
C	<a href="#">Calf Raises</a>	3	x	8	90-92%	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						
<b>Block 8</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="#">Tri Push Down</a>	3	x	5	90-92%	
B	<a href="#">DB Hammer Curls</a>	3	x	5	90-92%	
C	<a href="#">Delt BO OH Rebound Drop</a>	3	x	7	Light	
Perform A-C Simultaneously for 3 Sets						
25 Seconds Rest Between Exercises						



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



## **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**

#### [Fly 20](#)

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