	Trai	ning Progression W	eek 4						
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> climbers	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	I		I				
Ankle Rocker	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number				
	single leg squat For Ankle Rocker	25	1	20 - 40 Seconds	33				
	Stair Walks	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 10	3-4 Reps	1 Set	30 to 90 Seconds	12	
	Block 5	3-4 Reps	1 Set	20 to 40 Seconds	43	
	1	Agility	Į.		ļ	
Agility	Drill	Repetitions/Durati on	Sets	Rest Time	Page Number	
	Single leg line hop with straight leg	30 Seconds	2 (1 Clock, and 1 Counter- clockwise)	20 - 40 Seconds	34	
		Lifting	l 		·	
Lifting					37-42	

Isometric Block Monday- Sample Training Day										
Block 1	<u>1</u> <u>Lower Body Warm-up</u>									
<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 Simultaneously for 3 Sets										
2:00 Minutes Rest Between Sets										
Block 2	Lower Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Back Squat	4	х	3	85-87.5%	5 Sec Iso-Partner Help				
В	<u>Hurdle Hop</u>	4	х	5		Pull Down				
С	<u>1/2 Squat Weighted Jump</u>	4	х	5		Pause at Bottom				
D	<u>15 yard starts</u>	4	х	1						
E	Wrist Pronation Part Iso	4	х	3	partner	5 Second Isometric				
F	Wrist Supination Part Iso	4	х	3	partner	5 Second Isometric				
	Perform A-F S									
	25 Seconds Rest Between Ex	kercis	es; 2:0	0 minu	tes betwe	en Rounds				
Block 3	U	pper	Body	Warm	<u>1-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 S	Simul	taneou	sly for :	3 Sets					
	25 Seconds	Rest I	Betwee	en Exero	cises					
Block 4	<u>U</u>	pper	Body	Stren	<u>gth</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	3	х	3	85-87.5%	5 Sec Iso-Partner Help				
В	Speed Band Bench Press	3	х	5	35-40%					
C	DB Incline Bench	3	х	5	35-40%	Reactive-Speed				
D	Clap Push Up	3	х	5	BW	Reactive				
E	External Band Rotation Iso	3	х	3	Band	5 second Isometric				
F	Cuban Press Int. Rot. Band Iso	3	Х	3	Band	5 second Isometric				
	Perform A-F S									
	25 Seconds Rest Between Ex					en Rounds				
Block 5	<u>Up</u>	per/	Lowe	r <mark>Auxi</mark> l	liary					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	<u>Glute Ham Bar Lift</u>	3	х	4	85-87.5%	5 Second Isometric				
	Wrist Radial Flexion Part. Iso	3	х	3	partner	5 Second Isometric				
В										
B C	<u>1-Arm Lat. Pulldown</u>	3	х	10	85-87.5%					
	<u>1-Arm Lat. Pulldown</u> Perform A-C S 25 Seconds	Simul	taneou	sly for 3	3 Sets					

Block 6	Upper/Lower Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Reps/Duration		Notes					
Α	Glute Ham Hyper	3	х	7	BW						
В	Part. Bench Adduction Iso	3	х	3	partner	4 Second Isometric					
С	DB Bent Over Row	3	х	4	85-87.5%	4 Second Isometric					
	Perform A-C Simultaneously for 3 Sets										
	25 Seconds	Rest	Betwee	en Exer	cises						
Block 7	Upper/Lower Auxiliary										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	DB Shoulder Press	3	х	5	85-87.5%	Bottom Half					
В	Part. Iso Hip Flex Prone	3	х	3	partner	4 Second Isometric					
С	<u>Bar Curl</u>	3	х	5	85-87.5%						
	Perform A-C	Simul	taneou	sly for	3 Sets						
	25 Seconds	Rest	Betwee	en Exer	cises						
Block 8	<u>L</u>	Ipper	Body	Auxili	ar <u>y</u>						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	EZ Tricep Extension	3	х	5	85-87.5%						
В	Wrist Ulna Flexion Iso	3	х	3	Partner	4 Second Isometric					
C	Part. Bench Abduction Iso	3	х	3	Partner	4 Second Isometric					
	Perform A-C	Simul	taneou	sly for	3 Sets						
	25 Seconds Rest Between Exercises										

Isome	etric Block Wedr	nesday	/- Sar	nple	Traini	ng Day				
Block 1	Lower Body Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/Duration		Load	Notes				
Α	<u>Back Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-up				
	Perform A as Warm-up for Heavier Sets									
	2:00 Minu									
Block 2		Lower B	ody St	rength						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Back Squat	5	х	2-3 Reps	90-92%	No Tempo				
В	<u>Box Jump</u>	5	х	4 Reps						
С	<u>Antib Band</u>	5	х	5 Reps						
	Perform A-C	Simultan	eously f	or 5 Set	S					
25	Seconds Rest Between E	xercises;	2:00 Mi	nutes B	etween R	lounds				
Block 3		Upper B	ody W	arm-u	<u>p</u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-up				
	Perform A as	Warm-up	for Hea	avier Se	ts					
	2:00 Minu	tes Rest l	Betweer	n Sets						
Block 4		Upper B	ody St	rength	<u> </u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	3	х	2-3 Reps	90-92%	No Tempo				
В	Med Ball Chest Pass	3	х	5	Moderate	Quick Hip				
С	Delt BO Lat Rebound Drop	3	х	7	Light					
	Perform A-C	Simultan	eously f	or 3 Set	S					
	25 Seconds	Rest Betv	ween Ex	ercises						
Block 5		lpper/Lo	ower A	uxiliar	У					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Glute Ham Bar	3	х	4	90-92%					
В	DB Step Up	3	х	5	90-92%	Bottom Half				
С	Hip Flexor Prone	3	х	7	BW	Knee On Bench				
	Perform A-C	Simultan	eously f	or 3 Set	S					
	25 Seconds	Rest Betv	ween Ex	ercises						

Block 6	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes			
А	DB Shoulder Press	3	х	5	90-92%	Bottom Half			
В	Cuban Press Fig 8	3	х	8	Light				
С	<u>Pull Up</u>	3	х	5	90-92%	Bottom Half			
	Perform A-C	Simultan	eously f	or 3 Set	S				
	25 Seconds	Rest Bet	ween Ex	ercises					
Block 7	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Glute Ham Hyper	3	х	6	BW				
В	Bench Abduction	3	х	6	BW				
С	Calf Raises	3	х	10	90-92%				
	Perform A-C	Simultan	eously f	or 3 Set	S				
	25 Seconds	Rest Bet	ween Ex	ercises					
Block 8	<u>l</u>	Jpper/L	ower A	uxiliar	<u>у</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Dips	3	х	4	90-92%				
В	DB Hammer Curls	3	х	4	90-92%				
С	Delt BO OH Rebound Drop	3	х	6	Light				
	Perform A-C	Simultan	eously f	or 3 Set	S				
	25 Seconds	Rest Bet	ween Ex	ercises					

	sometric Block Fr	iday	- Sam	ple T	rainin	g Day				
Block 1	<u>1</u> <u>Lower Body Warm-up</u>									
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Front Squat	1,1,1	Х	5,3,3	50-80%					
В	Cuban Press	3	х	8	Light					
С	Ankle Band Work	3	х	10ea						
Perform A-C Series Simultaneously for 3 Sets										
1 Minute Rest Between Sets of Bench										
Block 2	<u> </u>	_ower	Body S	trength	<u>)</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Front Squat	3	х	4	80-85%	5 Sec Iso-Part Help				
В	<u>Hurdle Hop</u>	3	х	5		Pull Down				
С	<u>1/2 Squat Weighted Jump</u>	3	х	5		Pause at Bottom				
D	<u>15 yard starts</u>	3	х	1						
E	Wrist Pronation Part Iso	3	х	4	partner	4 Second Isometric				
F	Wrist Supination Part Iso	3	Х	4	partner	4 Second Isometric				
	Perform A-F									
	25 Seconds Rest Between E	xercise	es; 2:00 N	Vinutes l	Between	Rounds				
Block 3	<u> </u>	Jpper	Body V	Varm-u	<u>p</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Bench Press</u>	1,1,1	х	5,3,3	50-80%	Coach View				
В	Face Band Pulls	3	Х	8	BAND					
	Perform A & I			*						
	1 Minute Re	st Betv	veen Set	s of Bend	ch					
Block 4	<u> </u>		Body S	_	<u> </u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	<u>Bench Press</u>	3	Х	4	80-85%	5 Sec Iso-Part Help				
В	Speed Band Bench Press	3	Х	4	35-40%	Reactive				
	DB Incline Bench	3	Х	4	35-40%	Reactive				
С		-		-	33 4070					
D	Clap Push Up	3	X	4		Reactive				
D E	Clap Push Up External Band Rot Iso	3		4	Band	Reactive 5 second Isometric				
D	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u>	3 3 3	X X X	4 4 4	Band Band	Reactive				
D E	Clap Push Up External Band Rot Iso	3 3 3	X X X	4 4 4	Band Band	Reactive 5 second Isometric				
D E	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u>	3 3 3 Simult	x x x aneously	4 4 4 v for 3 Se	Band Band ts	Reactive 5 second Isometric 5 second Isometric				
D E	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E	3 3 Simult	x x x aneously	4 4 7 for 3 Se Vinutes I	Band Band ts Between	Reactive 5 second Isometric 5 second Isometric				
D E F	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E	3 3 Simult	x x aneously es; 2:00 M	4 4 v for 3 Se Vinutes I Auxiliar	Band Band ts Between	Reactive 5 second Isometric 5 second Isometric				
D E F Block 5	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E <u>U</u>	3 3 Simult xercise	x x aneously es; 2:00 M	4 4 v for 3 Se Vinutes I Auxiliar	Band Band ts Between Y	Reactive 5 second Isometric 5 second Isometric Rounds				
D E F <u>Block 5</u> <u>Order</u>	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E <u>U</u> <u>Exercise</u>	3 3 Simult exercise pper/ Sets	x x aneously es; 2:00 M Lower A Reps/D	4 4 v for 3 Se Vinutes I Auxiliar uration	Band Band ts Between Y Load	Reactive 5 second Isometric 5 second Isometric Rounds Notes				
D E F <u>Block 5</u> <u>Order</u> A	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E <u>U</u> <u>Exercise</u> <u>Glute Ham Bar Lift</u>	3 3 Simult xercise pper/ Sets 3	x x aneously es; 2:00 M Lower A Reps/D x	4 4 v for 3 Se Vinutes I Auxiliar uration 4	Band Band ts Between Y Load 80-85%	Reactive 5 second Isometric 5 second Isometric Rounds Notes 5 Second Isometric				
D E F <u>Block 5</u> <u>Order</u> A B	<u>Clap Push Up</u> <u>External Band Rot Iso</u> <u>Cuban Press Int. Rot Band Iso</u> Perform A-F 25 Seconds Rest Between E <u>U</u> <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Wrist Radial Flexion Part Iso</u>	3 3 Simult xercise pper/ Sets 3 3 3 3	x x aneously es; 2:00 M ZLOWER A Reps/D x x x x	4 4 v for 3 Se vinutes 1 Auxiliar uration 4 4 7	Band Band ts Between Y Load 80-85% partner 80-85%	Reactive 5 second Isometric 5 second Isometric Rounds Notes 5 Second Isometric 5 Second Isometric				

Block 6	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Reps/Duration		Notes			
А	Glute Ham Hyper	3	х	10	BW				
В	Partner Bench Adduction Iso	3	х	4	partner	5 Second Isometric			
С	DB Bent Over Row	3	х	4	80-85%	5 Second Isometric			
	Perform A-C	Simult	aneously	/ for 3 Se	ets				
	25 Seconds	Rest E	Between	Exercise	S				
Block 7	Upper/Lower Auxiliary								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	DB Shoulder Press	3	х	6	80-85%	Bottom Half			
В	Part Iso Hip Flex Prone	3	х	4	partner	5 Second Isometric			
С	Zottman Curl	3	х	6	80-85%				
	Perform A-C	Simult	aneously	/ for 3 Se	ets				
	25 Seconds	Rest E	Between	Exercise	S				
Block 8		Upper	Body A	uxiliary	L				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	<u>DB Tri Ext</u>	3	х	6	80-85%				
В	Wrist Ulna Flexion Iso	3	х	4	Partner	5 Second Isometric			
С	Part Bench Abduction Iso	3	х	4	Partner	5 Second Isometric			
	Perform A-C Simultaneously for 3 Sets								
	25 Seconds	Rest E	Between	Exercise	s				

Week 4 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

Block 5 starts

This is not a timed acceleration but more of a drill to improve the start position. The key is to get the athlete in a beneficial stance and learn to drive from that stance.

Agility

No Changes, Refer to Week 3