

| Training Progression Week 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 |
| | 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 |
| | Stair Walks | 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 straight leg | 30 Seconds | 2 (1 Clock, and 1 Counter-clockwise) | 20 - 40 Seconds | 34 |
| | | | | | |
| | | | | | |
| Lifting | | | | | |
| Lifting | | | | | 37-42 |

Isometric Block Monday- Sample Training Day

Block 1 Lower Body Warm-up

| Order | Exercise | Sets | Reps/Duration | | Load | Notes |
|-------|---------------------------------|-------|---------------|-------|--------|-------|
| 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

2:00 Minutes Rest Between Sets

Block 2 Lower Body Strength

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

25 Seconds Rest Between Exercises

Block 4 Upper Body Strength

| Order | Exercise | Sets | Reps/Duration | | Load | Notes |
|-------|--|------|---------------|---|----------|------------------------|
| A | Bench Press | 3 | x | 3 | 85-87.5% | 5 Sec Iso-Partner Help |
| B | Speed Band Bench Press | 3 | x | 5 | 35-40% | |
| C | DB Incline Bench | 3 | x | 5 | 35-40% | Reactive-Speed |
| D | Clap Push Up | 3 | x | 5 | BW | Reactive |
| E | External Band Rotation Iso | 3 | x | 3 | Band | 5 second Isometric |
| F | Cuban Press Int. Rot. Band Iso | 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 | Glute Ham Bar Lift | 3 | x | 4 | 85-87.5% | 5 Second Isometric |
| B | Wrist Radial Flexion Part. Iso | 3 | x | 3 | partner | 5 Second Isometric |
| C | 1-Arm Lat. Pulldown | 3 | x | 10 | 85-87.5% | |

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 | 7 | BW | | | | | | | | |
| B | Part. Bench Adduction Iso | 3 | x | 3 | partner | 4 Second Isometric | | | | | | | |
| C | DB Bent Over Row | 3 | x | 4 | 85-87.5% | 4 Second Isometric | | | | | | | |
| 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 | 5 | 85-87.5% | Bottom Half | | | | | | | |
| B | Part. Iso Hip Flex Prone | 3 | x | 3 | partner | 4 Second Isometric | | | | | | | |
| C | Bar Curl | 3 | x | 5 | 85-87.5% | | | | | | | | |
| 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 | EZ Tricep Extension | 3 | x | 5 | 85-87.5% | | | | | | | | |
| B | Wrist Ulna Flexion Iso | 3 | x | 3 | Partner | 4 Second Isometric | | | | | | | |
| C | Part. Bench Abduction Iso | 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 | Back Squat | 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 | 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; 2:00 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% | 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 | 3 | x | 2-3 Reps | 90-92% | No Tempo |
| B | Med Ball Chest Pass | 3 | x | 5 | Moderate | Quick Hip |
| C | Delt BO Lat Rebound Drop | 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 | Glute Ham Bar | 3 | x | 4 | 90-92% | |
| B | DB Step Up | 3 | x | 5 | 90-92% | Bottom Half |
| C | Hip Flexor Prone | 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 | DB Shoulder Press | 3 | x | 5 | 90-92% | Bottom Half |
| B | Cuban Press Fig 8 | 3 | x | 8 | Light | |
| C | Pull Up | 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 | Glute Ham Hyper | 3 | x | 6 | BW | |
| B | Bench Abduction | 3 | x | 6 | BW | |
| C | Calf Raises | 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 | Dips | 3 | x | 4 | 90-92% | |
| B | DB Hammer Curls | 3 | x | 4 | 90-92% | |
| C | Delt BO OH Rebound Drop | 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 | 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

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 | Front Squat | 3 | x | 4 | 80-85% | 5 Sec Iso-Part Help |
| B | Hurdle Hop | 3 | x | 5 | | Pull Down |
| C | 1/2 Squat Weighted Jump | 3 | x | 5 | | Pause at Bottom |
| D | 15 yard starts | 3 | x | 1 | | |
| E | Wrist Pronation Part Iso | 3 | x | 4 | partner | 4 Second Isometric |
| F | Wrist Supination Part Iso | 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 | 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 | 4 | 80-85% | 5 Sec Iso-Part Help |
| 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 Rot Iso | 3 | x | 4 | Band | 5 second Isometric |
| F | Cuban Press Int. Rot Band Iso | 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 | Glute Ham Bar Lift | 3 | x | 4 | 80-85% | 5 Second Isometric |
| B | Wrist Radial Flexion Part Iso | 3 | x | 4 | partner | 5 Second Isometric |
| C | 1-Arm Lat. Pulldown | 3 | x | 7 | 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 | Partner Bench Adduction Iso | 3 | x | 4 | partner | 5 Second Isometric |
| C | DB Bent Over Row | 3 | x | 4 | 80-85% | 5 Second Isometric |
| 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 | 6 | 80-85% | Bottom Half |
| B | Part Iso Hip Flex Prone | 3 | x | 4 | partner | 5 Second Isometric |
| C | Zottman Curl | 3 | x | 6 | 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 | 6 | 80-85% | |
| B | Wrist Ulna Flexion Iso | 3 | x | 4 | Partner | 5 Second Isometric |
| C | Part Bench Abduction Iso | 3 | x | 4 | Partner | 5 Second Isometric |
| Perform A-C Simultaneously for 3 Sets | | | | | | |
| 25 Seconds Rest Between Exercises | | | | | | |

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