

WEEKS 1,2,3 – MAY 11-29

PRE-LIFT WARM-UP			MONDAY		
BACK SQUAT	3 x 15	40% of 1RM			
REVERSE GRIP BENCH PRESS	3 x 15	40% of 1RM			
HANG CLEAN	3 x 10	40% of power clean 1RM			
Romanian Dead Lift	3 x 15	40% of power clean 1RM			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

PRE-RUN WARM-UP				TUESDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Jump rope sequence		1 x	1. 400 meter (1/2 speed strider)		2 x		
2. Speed jump sequence		2 x	2. 4 cone sequence		2 x		
3. Medicine ball sequence		2 x	3. Long sprint sequence		2 x		
4. Hurdle Hop		10 x					
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 10 – 15 reps per exercise							

PRE-LIFT WARM-UP			WEDNESDAY		
OVERHEAD FULL SQUAT	3 x 10	20% of squat 1RM			
DIPS	3 x 15	Bodyweight			
HANG SNATCH	3 x 10	40% of power clean 1RM			
3 POSITION ROMAN / BAR TWISTER	3 x 5 / 3 x 15				

PRE-RUN WARM-UP				THURSDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Jump rope sequence		1x	1. 200 meter (3/4 speed strider)		2x		
2. Linear jump sequence		4x	2. 100 meter (full speed)		2x		
3. Medicine ball sequence		2x	3. 50 meter (full speed)		2x		
			4. Short sprint sequence		2x		
AUXILLARY LIFTS – Choose 2 lifts from each group D,E,F and perform 3 sets of 10 – 15 reps per exercise							

PRE-LIFT WARM-UP			FRIDAY		
FRONT SQUAT	3 x 15	30% of Back Squat 1RM			
INCLINE BENCH PRESS	3 x 15	30% of Bench Press 1RM			
FIRST PULL	3 x 10	80% of power clean 1RM			
CURL-UP	3 x 10				
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility exercises separately from the auxillary lifts. (ex. Auxillary lifts in the a.m. and plyos and running in the p.m)

AUXILLARY LIFTS						PRE-LIFT WARM-UP	PRE-RUN WARM-UP
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance	1. Walking lunge 2. Walking Side Lunge 3. High Knee 4. Butt Kick 5. High Knee / Butt Kick Combo 6. Walking Toe Touch 7. High Knee Skip 8. Bounding 9. 3 Step Start 10. 5 step start
1. Reverse Grip Bench 2. DB Incline Press 3. Chest Fly	1. Standing Shoulder fly 2. Upright Row 3. DB Military press	1. Curl up 2. Lat pull down 3. Bent over dumbbell row	1. Cable triceps Extension 2. Skull Crusher 3. Close Grip Bench Press	1. Cable biceps curl 2. Barbell biceps curl 3. Preacher Curl	1. Machine Leg Curl 2. Machine Leg Extension 3. One legged Toe Raise		

WEEK 4 – JUNE 1 – 5

PRE-LIFT WARM-UP			MONDAY		
BACK SQUAT	3 x 10	30% of 1RM			
BENCH PRESS	3 x 10	30% of 1RM			
HANG CLEAN	3 x 5	30% of power clean 1RM			
Romanian Dead Lift	3 x 10	50% of power clean 1RM			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

PRE-RUN WARM-UP				TUESDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Jump rope sequence		3 x	1. 400 meter (1/2 speed strider)		2 x		
2. Medicine ball sequence		2 x	2. 400 meter (3/4 speed)		2 x		
			3. Long sprint sequence		2 x		
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 10 – 15 reps per exercise							

PRE-LIFT WARM-UP			WEDNESDAY		
OVERHEAD FULL SQUAT	3 x 8	20% of squat 1RM			
DIPS	3 x 10	Bodyweight			
HANG SNATCH	3 x 5	40% of power clean 1RM			
3 POSITION ROMAN / BAR TWISTER	3 x 5 / 3 x 10				

PRE-RUN WARM-UP				THURSDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Jump rope sequence		1x	1. 200 meter (1/2 speed strider)		2x		
2. Medicine ball sequence		2x	2. 200 meter (3/4 speed strider)		2x		
			3. 100 meter (full speed)		2x		
			4. Short sprint sequence		2x		
AUXILLARY LIFTS – Choose 2 lifts from each group D,E,F and perform 3 sets of 10 – 15 reps per exercise							

PRE-LIFT WARM-UP			FRIDAY		
FRONT SQUAT	3 x 10	20% of Back Squat 1RM			
INCLINE BENCH PRESS	3 x 10	20% of Bench Press 1RM			
FIRST PULL	3 x 5	70% of power clean 1RM			
BENT OVER ROW	3 x 10	Light			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility exercises separately from the auxillary lifts. (ex. Auxillary lifts in the a.m. and plyos and running in the p.m)

AUXILLARY LIFTS						PRE-LIFT WARM-UP	PRE-RUN WARM-UP
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance	1. Walking lunge 2. Walking Side Lunge 3. High Knee 4. Butt Kick 5. High Knee / Butt Kick Combo 6. Walking Toe Touch 7. High Knee Skip 8. Bounding 9. 3 Step Start 10. 5 step start
1. Reverse Grip Bench 2. DB Incline Press 3. Chest Fly	1. Standing Shoulder fly 2. Upright Row 3. DB Military press	1. Curl up 2. Lat pull down 3. Bent over dumbbell row	1. Cable triceps Extension 2. Skull Crusher 3. Close Grip Bench Press	1. Cable biceps curl 2. Barbell biceps curl 3. Preacher Curl	1. Machine Leg Curl 2. Machine Leg Extension 3. One legged Toe Raise		

WEEKS 5,6,7 – JUNE 8 - 26

PRE-LIFT WARM-UP			MONDAY		
BACK SQUAT	4 x 10	60% of 1RM			
DEAD LIFT	4 x 8	Moderate			
SPLIT SQUAT	4 x 6 (each leg)	45% of Back Squat 1RM			
HANGING V-UP / GLUTE-HAM CURL	4 x 12	20 – 40lb. dumbbell			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

PRE-RUN WARM-UP				TUESDAY			
Plyometric Exercise		Quantity		Run / Agility Exercise		Quantity	
1. Speed jump sequence		2x		Short Sprint Sequence		3x	
2. Jump rope sequence		2x					
3. High Intensity Jump sequence		2x					
4. Medicine ball sequence		2x					
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 8 – 10 reps per exercise							

PRE-LIFT WARM-UP			WEDNESDAY		
SQUAT SNATCH	4,4,3,2,2	40 – 50% of power clean 1RM			
SQUAT CLEAN	4,4,3,2,2	65 – 75% of power clean 1RM			
CURL - UP	4 x 8				
FRONT PULL-UP / ROMANIAN DEAD LIFT	4 x 10	Moderate			

PRE-RUN WARM-UP				THURSDAY			
Plyometric Exercise		Quantity		Run / Agility Exercise		Quantity	
1. Jump rope sequence		1x		1. 100 meter (1/2 speed strider)		2x	
2. Medicine ball sequence		1x		2. 50 meter (full speed sprint)		2x	
				3. Pro Agility		5x	
				4. Partner Push / Pull		5 push, 5 pull	
AUXILLARY LIFTS – Choose 2 lifts from each group D,E,F and perform 3 sets of 8 – 10 reps per exercise							

PRE-LIFT WARM-UP			FRIDAY		
DUMBBELL BENCH PRESS	4 x 10	Moderate			
INCLINE BENCH PRESS	4 x 10	55% of Bench Press 1RM			
DIPS	4 x 10	Add 10 – 40lbs. to bodyweight			
BENT OVER ROW	4 x 10	Moderate			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility exercises separately from the auxillary lifts. (ex. Auxillary lifts in the a.m. and plyos and running in the p.m)

AUXILLARY LIFTS						PRE-LIFT WARM-UP	PRE-RUN WARM-UP
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance	1. Walking lunge 2. Walking Side Lunge 3. High Knee 4. Butt Kick 5. High Knee / Butt Kick Combo 6. Walking Toe Touch 7. High Knee Skip 8. Bounding 9. 3 Step Start 10. 5 step start
1. Reverse Grip Bench 2. DB Incline Press 3. Chest Fly	1. Standing Shoulder fly 2. Upright Row 3. DB Military press	1. Curl up 2. Lat pull down 3. Bent over dumbbell row	1. Cable triceps Extension 2. Skull Crusher 3. Close Grip Bench Press	1. Cable biceps curl 2. Barbell biceps curl 3. Preacher Curl	1. Machine Leg Curl 2. Machine Leg Extension 3. One legged Toe Raise		

WEEK 8 – JUNE 29 – JULY 3

PRE-LIFT WARM-UP			MONDAY	
OVERHEAD FULL SQUAT	3 x 8		Light	
FRONT FULL SQUAT	3 x 8		Light	
GLUTE-HAM CURL	3 x 12		Bodyweight	
HANGING V-UP	3 x 10			
SHOULDER COMPLEX	3 x 10 (each exercise)		10 lb. dumbbell & bungy cord	

PRE-RUN WARM-UP				TUESDAY	
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity
1. Jump Rope Sequence		3 x	1. 400 meter (1/2 speed strider)		1x
2. Upper body Plyometric sequence		2 x	2. 200 meter (3/4 speed strider)		1x

PRE-LIFT WARM-UP			WEDNESDAY	
HANG SNATCH	3 x 5		Light	
HANG CLEAN	3 x 5		Light	
BEHIND THE NECK PULL-UP	3 x 8		Light	
ROMANIAN DEAD LIFT	3 x 8			

PRE-RUN WARM-UP				THURSDAY	
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity
1. Medicine Ball sequence		3 x	1. 100 meter (1/2 speed strider)		2x
2. Hurdle Hop		10 x	2. 50 meter (full speed sprint)		2x

PRE-LIFT WARM-UP			FRIDAY	
DUMBBELL INCLINE PRESS	3 x 10		Light	
BENCH PRESS	3 x 10		Light	
DIPS	3 x 10		Light	
FRONT PULL-UP	3 x 8			
SHOULDER COMPLEX	3 x 10 (each exercise)		10 lb. dumbbell & bungy cord	

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility. **Do not perform any auxillary lifts this week!**

AUXILLARY LIFTS						PRE-LIFT WARM-UP	PRE-RUN WARM-UP
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance	1. Walking lunge 2. Walking Side Lunge 3. High Knee 4. Butt Kick 5. High Knee / Butt Kick Combo 6. Walking Toe Touch 7. High Knee Skip 8. Bounding 9. 3 Step Start 10. 5 step start
1. Reverse Grip Bench 2. DB Incline Press 3. Chest Fly	1. Standing Shoulder fly 2. Upright Row 3. DB Military press	1. Curl up 2. Lat pull down 3. Bent over dumbbell row	1. Cable triceps Extension 2. Skull Crusher 3. Close Grip Bench Press	1. Cable biceps curl 2. Barbell biceps curl 3. Preacher Curl	1. Machine Leg Curl 2. Machine Leg Extension 3. One legged Toe Raise		

WEEKS 9,10,11 – JULY 6 – 24

PRE-LIFT WARM-UP			MONDAY		
BENCH PRESS		8,6,4,2	65%, 75%, 85%, 95%		
BENT OVER ROW		4 x 8	Heavy		
STANDING MILITARY PRESS		4 x 8	Moderate		
BEHIND THE NECK PULL-UP		4 x 10	Bodyweight		
SHOULDER COMPLEX		3 x 10 (each exercise)	10 lb. dumbbell & bungy cord		

PRE-RUN WARM-UP				TUESDAY			
Plyometric Exercise		Quantity		Run / Agility Exercise		Quantity	
1. High intensity jump sequence		3x		1. 40 yard sequence		1x	
2. Lateral jump sequence		3x		2. Short sprint sequence		3x	
3. Linear jump sequence		3x					
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 6 – 8 reps per exercise							

PRE-LIFT WARM-UP			WEDNESDAY		
POWER SNATCH		3,2,1,1,1	50% - 75% of power clean 1RM		
POWER CLEAN		3,2,1,1,1	80% - 100% of 1RM		
CURL - UP		4 x 8			
ROMANIAN DEAD LIFT		4 x 8	90% of power clean 1RM		

PRE-RUN WARM-UP				THURSDAY			
Plyometric Exercise		Quantity		Run / Agility Exercise		Quantity	
1. Upper body plyometric sequence		2x		1. 40 yard sequence		1x	
2. Medicine ball sequence		2x		2. Star Drill		5x	
AUXILLARY LIFTS – Choose 2 lifts from each group D,E,F and perform 3 sets of 6 – 8 reps per exercise							

PRE-LIFT WARM-UP			FRIDAY		
BACK SQUAT		8,6,4,2	65%, 75%, 85%, 95%		
FRONT FULL SQUAT		4 x 6	45% of Back Squat 1RM		
OVERHEAD FULL SQUAT		4 x 6	35% of Back Squat 1RM		
NINJA ROLL		4 x 10			
SHOULDER COMPLEX		3 x 10 (each exercise)	10 lb. dumbbell & bungy cord		

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility exercises separately from the auxillary lifts. (ex. Auxillary lifts in the a.m. and plyos and running in the p.m)

AUXILLARY LIFTS						PRE-LIFT WARM-UP		PRE-RUN WARM-UP	
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance			
1. Reverse Grip Bench	1. Standing Shoulder fly	1. Curl up	1. Cable triceps Extension	1. Cable biceps curl	1. Machine Leg Curl			1. Walking lunge	
2. DB Incline Press	2. Upright Row	2. Lat pull down	2. Skull Crusher	2. Barbell biceps curl	2. Machine Leg Extension			2. Walking Side Lunge	
3. Chest Fly	3. DB Military press	3. Bent over dumbbell row	3. Close Grip Bench Press	3. Preacher Curl	3. One legged Toe Raise			3. High Knee	
								4. Butt Kick	
								5. High Knee / Butt Kick Combo	
								6. Walking Toe Touch	
								7. High Knee Skip	
								8. Bounding	
								9. 3 Step Start	
								10. 5 step start	

WEEK 12 – JULY 27 – 31

PRE-LIFT WARM-UP			MONDAY		
DUMBBELL INCLINE PRESS	3 X 8	Light			
DIPS	3 X 10	Bodyweight			
DUMBBELL MILITARY PRESS	3 x 8	Light			
FRONT PULL-UP	3 x 8				
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

PRE-RUN WARM-UP				TUESDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Jump rope sequence		3x	1. 400 meter (1/2 speed strider)		1x		
2. Medicine ball sequence		2x	2. 100 meter (full speed sprint)		4x		
AUXILLARY LIFTS – Choose 2 lifts from each group A,B,C and perform 3 sets of 6 – 8 reps per exercise							

PRE-LIFT WARM-UP			WEDNESDAY		
HANG SNATCH	3 X 5	Light			
HANG CLEAN	3 X 5	Light			
BEHIND THE NECK PULL-UP	3 X 8	Bodyweight			
ROMANIAN DEAD LIFT	3 x 10	Moderate			

PRE-RUN WARM-UP				THURSDAY			
Plyometric Exercise		Quantity	Run / Agility Exercise		Quantity		
1. Speed jump sequence		2x	1. 40 yard sequence		1x		
2. Jump rope sequence		2x	2. Short sprint sequence		4x		
AUXILLARY LIFTS – Choose 2 lifts from each group D,E,F and perform 3 sets of 6 – 8 reps per exercise							

PRE-LIFT WARM-UP			FRIDAY		
ROMANIAN DEAD LIFT	3 X 8	Light			
FRONT FULL SQUAT	3 x 6	Light			
OVERHEAD FULL SQUAT	3 x 6	Light			
3 POSITION ROMAN	3 x 5	Moderate			
SHOULDER COMPLEX	3 x 10 (each exercise)	10 lb. dumbbell & bungy cord			

**Monday, Wednesday, Friday** - perform the listed lifts while giving yourself about 1 ½ minutes between sets. (see video links for proper technique demonstration)

**Tuesday, Thursday** – perform plyometric and run / agility exercises separately from the auxillary lifts. (ex. Auxillary lifts in the a.m. and plyos and running in the p.m)

AUXILLARY LIFTS						PRE-LIFT WARM-UP	PRE-RUN WARM-UP
GROUP A CHEST	GROUP B SHOULDERS	GROUP C BACK	GROUP D TRICEPS	GROUP E BICEPS	GROUP F LEGS	1. Knee, hip, shrug 2. Hang Snatch 3. Snatch Balance	1. Walking lunge 2. Walking Side Lunge 3. High Knee 4. Butt Kick 5. High Knee / Butt Kick Combo 6. Walking Toe Touch 7. High Knee Skip 8. Bounding 9. 3 Step Start 10. 5 step start
1. Reverse Grip Bench 2. DB Incline Press 3. Chest Fly	1. Standing Shoulder fly 2. Upright Row 3. DB Military press	1. Curl up 2. Lat pull down 3. Bent over dumbbell row	1. Cable triceps Extension 2. Skull Crusher 3. Close Grip Bench Press	1. Cable biceps curl 2. Barbell biceps curl 3. Preacher Curl	1. Machine Leg Curl 2. Machine Leg Extension 3. One legged Toe Raise		