

Fall Cycle

3 Day

Training

1<sup>st</sup> 9 wks

Date

Notes

1

Wk of

7-29

2

8/5

3

8/12

Bands / chains 50 55 60 65

4

8/19

5

8/26

6

9/2

7

9/9

8

No School Fall Break

9/16

9

9/23

3 Lift Ram Test

Cycle 2

3 Day Training

2<sup>nd</sup> 9 wks

	<u>Date</u>	<u>Notes</u>
1	Wk of 9/30	
2	10/7	BANDS on Bench Chains on Squat 50 55 60 65
3	10/14	
4	10/21	Implement DB's within workout
5	10/28	
6	11/4	
7	11/11	
8	11/18	
9	Turkey Break 11/25	
	12/2	
	12/9	Ram Test All 8 tests

IDEA: Box Squat x3 Entire Cycle  
Squat x5 Entire Cycle

Mon

Box Squat 50%

Incline

Power Clean

HG D

Close Grip Incline

Side Raise

Pullups

Elev. Pushups

DB Upright Row

Wed

Front Press

Bench

Hang Clean

Rev. Bent Over Row

Close Grip Decline

Upright Row

Stiff Leg Dead's

Seated Tri Ext

DB Curl

Fri

Squat (Start 45%)

Decline

Rev. Front Press

Shrug

Floor Press

Rear Raise

HG D

Dips

Str. Bar Curl

Tues

Dynamic Flexibility

Core Competence and strength Development

Foot Agility rotations Every 2 wks.

Foot speed rotations Every 2 wks.

Thurs



Friday	Set/Rep	WK								
		1	2	3	4	5	6	7	8	9
Squat	3x5	45%	50	55	60	65	70	75	80%	
Decline	3x8	55%	60	65	70	75	80	85	90%	
Rev. Front Press	3x8	40%-20		40-15		40-10		40%	40%-15	
Shrug	4x10	55%	60	65	70	75	80	85	90%	
Floor Press	4x5	65%	70	75	80	85	90	95	100%	
Rear Raise	3x10	10's	10's	15's	15's	20	20	25	25	
Hand	3x8	BW								
Dips	3x10	BW								
Str. Bar Curl	3x10	65		75		85		95		

RAM TEST

Tues/Thursday	1	2	3	4	5	6	7	8	
Flexibility	Dynamic x 15 mins								
Core Strength	1x16		2x16			3x16		4x16	
Foot Agility	4 x 7 min								
Foot Speed	4 x 7 min								
Power Output									

RAM TEST