

PHASE 4: POWER				TARGET: POWER/STRENGTH			
WEEK 8: JULY 11-15							
MON	SETS	REPS	WT.	TUE	REPS	SETS	WT.
A1-Box Squats	6	5		5-10-5 drill	6	6	5
A2-Leg Throwdowns	5	25		5 yard sprint	10	5	20
B1-1-Leg Squat	6	5		10 yard sprint	8	6	5
B2-Swiss Ball Twist	5	25		20 yard sprint	6	5	20
C1-Leg Curls	6	5		40 yard sprint	4	6	5
C2-Cbl Crossover Crunch	5	25		300 yard run under 1:10	2	5	20
D-Shrugs	6	5				6	5
WEEK 9: JULY 18-22							
MON	SETS	REPS	WT.	TUE	REPS	SETS	WT.
A1-Box Squats	6	5		5-10-5 drill	6	6	5
A2-Leg Throwdowns	5	25		5 yard sprint	10	5	20
B1-1-Leg Squat	6	5		10 yard sprint	8	6	5
B2-Swiss Ball Twist	5	25		20 yard sprint	6	5	20
C1-Leg Curls	6	5		40 yard sprint	4	6	5
C2-Cbl Crossover Crunch	5	25		300 yard run under 1:10	2	5	20
D-Shrugs	6	5				6	5
WEEK 10: JULY 25-29							
MON	SETS	REPS	WT.	TUE	REPS	SETS	WT.
A1-Box Squats	6	5		5-10-5 drill	6	6	5
A2-Leg Throwdowns	5	25		5 yard sprint	10	5	20
B1-1-Leg Squat	6	5		10 yard sprint	8	6	5
B2-Swiss Ball Twist	5	25		20 yard sprint	6	5	20
C1-Leg Curls	6	5		40 yard sprint	4	6	5
C2-Cbl Crossover Crunch	5	25		300 yard run under 1:10	2	5	20
D-Shrugs	6	5				6	5
WEEK 11: AUG. 1-5							
MON	SETS	REPS	WT.	TUE	REPS	SETS	WT.
A1-Box Squats	6	5		5-10-5 drill	6	6	5
A2-Leg Throwdowns	5	25		5 yard sprint	10	5	20
B1-1-Leg Squat	6	5		10 yard sprint	8	6	5
B2-Swiss Ball Twist	5	25		20 yard sprint	6	5	20
C1-Leg Curls	6	5		40 yard sprint	4	6	5
C2-Cbl Crossover Crunch	5	25		300 yard run under 1:10	2	5	20
D-Shrugs	6	5				6	5

PHASE 5: PREP FOR SEASON				TARGET: METABOLIC TRAINING			
WEEK 12: AUG. 8-12							
MON(CIRCUIT)	SETS	REPS	WT.	TUE	REPS	SETS	REPS
4 CIRCUITS OF 20 SECONDS				5-10-5 drill	8	Cont. Diagonal Bound	5 10
Hamstring Curls				5 yard sprint	12	Jump Up/Jump Down	5 10
Pushups				10 yard sprint	10	Speed Hops	5 10
Med Ball Twist				20 yard sprint	8	Push Explosion	5 10
Pullups				40 yard sprint	6	Split Jumps	5 10
Cable Triceps Ext.				300 yard run under 1:05	4		
Crunches							
Lunges							
Hammer Curls							
Leg Press							
WEEK 13: AUG. 15-19							
MON(CIRCUIT)	SETS	REPS	WT.	TUE	REPS	SETS	REPS
4 CIRCUITS OF 25 SECONDS				5-10-5 drill	8	Cont. Diagonal Bound	5 10
Hamstring Curls				5 yard sprint	12	Jump Up/Jump Down	5 10
Pushups				10 yard sprint	10	Speed Hops	5 10
Med Ball Twist				20 yard sprint	8	Push Explosion	5 10
Pullups				40 yard sprint	6	Split Jumps	5 10
Cable Triceps Ext.				300 yard run under 1:00	4		
Crunches							
Lunges							
Hammer Curls							
Leg Press							
WEEK 14: AUG. 22-26							
MON(CIRCUIT)	SETS	REPS	WT.	TUE	REPS	SETS	REPS
4 CIRCUITS OF 30 SECONDS				5-10-5 drill	10	Cont. Diagonal Bound	5 10
Hamstring Curls				5 yard sprint	14	Jump Up/Jump Down	5 10
Pushups				10 yard sprint	12	Speed Hops	5 10
Med Ball Twist				20 yard sprint	10	Push Explosion	5 10
Pullups				40 yard sprint	8	Split Jumps	5 10
Cable Triceps Ext.				300 yard run under 0:55	4		
Crunches							
Lunges							
Hammer Curls							
Leg Press							

PHASE 5: PREP FOR SEASON									
THU	SETS	REPS	WT.	FRI	SAT/SUN	REPS			
A1-Squats	8	3		3 mile under 30 min	1-5 done 10 yards/rest/back	4			
A2-Swiss Ball Russian Twist	5	20			1. Straight Leg March	4			
B1-Flat Bench Press	8	3			2. Inch Worm	4			
B2-Reverse Hypers	5	20			3. Spiderman	4			
C1-1-Arm Cable Row	8	3			4. Lateral Lunge Walk	4			
C2-Med Ball Throwdown	5	20			5. Duck Walk	4			
D1-RDL	5	5			6. Iron Cross	4			
D2-Close Grip Bench	5	5							
E1-Fat Bar Curls	5	5							
E2-Shrugs	5	5							
THU	SETS	REPS	WT.	FRI	SAT/SUN	REPS			
A1-Squats	8	3		3.5 mile under 32 min	1-5 done 10 yards/rest/back	4			
A2-Swiss Ball Russian Twist	5	20			1. Straight Leg March	4			
B1-Flat Bench Press	8	3			2. Inch Worm	4			
B2-Reverse Hypers	5	20			3. Spiderman	4			
C1-1-Arm Cable Row	8	3			4. Lateral Lunge Walk	4			
C2-Med Ball Throwdown	5	20			5. Duck Walk	4			
D1-RDL	5	5			6. Iron Cross	4			
D2-Close Grip Bench	5	5							
E1-Fat Bar Curls	5	5							
E2-Shrugs	5	5							
THU	SETS	REPS	WT.	FRI	SAT/SUN	REPS			
A1-Squats	8	3		4 mile under 35 min.	1-5 done 10 yards/rest/back	4			
A2-Swiss Ball Russian Twist	5	20			1. Straight Leg March	4			
B1-Flat Bench Press	8	3			2. Inch Worm	4			
B2-Reverse Hypers	5	20			3. Spiderman	4			
C1-1-Arm Cable Row	8	3			4. Lateral Lunge Walk	4			
C2-Med Ball Throwdown	5	20			5. Duck Walk	4			
D1-RDL	5	5			6. Iron Cross	4			
D2-Close Grip Bench	5	5							
E1-Fat Bar Curls	5	5							
E2-Shrugs	5	5							