

TRAINING PLAN

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MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
(Morning Session)				(Morning Session)				(Morning Session)				(Morning Session)				(Morning Session)			
LOWER PULL (L) / UPPER PUSH (H)				LOWER PUSH (L) / UPPER PULL (H)				MOVEMENT				LOWER PULL (H) / UPPER PUSH (L)				LOWER PUSH (H) / UPPER PULL (L)			
Exercise	sets	reps	wt	Exercise	sets	reps	wt	Exercise	sets	reps	wt	Exercise	sets	reps	wt	Exercise	sets	reps	wt
BB Bench Press	4	x 5	235	Banded Pull-Up	4	x 5	Thin Black	A bit of a Regen session - focus on mobility and spine - some exercises - Keiser SL RDL with Row, DNS Star Row, CARs, PVC, Fascia Series, Banded Dorsiflexion , Wall Kicking	Conventional Deadlift (w/ 3 sec ecc)	4	x 3	220, 242, 264, 284	High Box Step-Up	4	x 5ea	40			
DB RDL (w/ 3 sec ecc)	3	x 8	60	BB Box Squat (w/ 3 sec ecc)	3	x 5	185, 225, 245		V-Sit DB OHP	3	x 8ea	40	Birddog Row	3	x 6ea	60			
Bear KB Pull Thru	3	x 6ea	44	Feet Elevated PB Mountain Climber	3	x 10ea	BW		SL Glute Bridge w/ Shoulders on Bench	3	x 8ea	BW	In-Line Lift	3	x 8ea	20			
(Notes)				(Notes)				(Notes)				(Notes)				(Notes)			
*Accel Wall Drill ISO - 2 x :10ea + Banded Broad Jump - 2 x 4 *New exercise - DB Fold-Over Stretch (on bench) - 1 x :30 Jump Rope x 150				*Keiser SL Standing Calf Raise - 1 x 15ea (100) + BB Squat Jump - 2 x 5 (45) *New exercise - Belt Squat ISO - 2 x :05 (DO THIS MORE) Jump Rope x 150 / FINISH SESSION WITH KEISER BELT SQUAT FOAM MARCH (350) - 1 x 1:00				*Abigail Wall Ankle ISO - 1 x :20ea (Straight + Rotational) *New exercises - Banded Reverse Hyper - 50 total reps Jump Rope x 150				*Spring Ankle 5 - 1 x :20 + Box Stomp to 1/4 Rotation Landing - 2 x 3ea *New exercise - Keiser Push/Pull (POWER) 1 x 6ea (45 - 2111) Jump Rope x 150 / FINISH SESSION WITH KEISER BELT SQUAT FOAM MARCH (350) - 1 x 1:00				*Keiser Seated Calf Raise Hold - 2 x :20 (275) + Box Jump w/ Rigid Depth Landing (Up to 42 + 42) - 3 x 1 *New exercise - KB Hip Flexor Hold - 2 x :10ea Jump Rope x 150			
(Evening Session)				(Morning Session)				(Evening Session)				(Morning Session)				(Evening Session)			
INTERVALS / STRAP / BOULDER				SLED / PLYO / MB / SPRINT				(None - Regen-focused day)				SLED / PLYO / MB / SPRINT				INTERVALS / STRAP / BOULDER			
Exercise	sets	reps	wt	Exercise	sets	reps	wt					Exercise	sets	reps	wt	Exercise	sets	reps	wt
Fan Bike		:10 / :20 x 12	BW	Sled March		2 x 15'	405					Sled March		2 x 15'	405	Fan Bike		:10 / :20 x 12	BW
Strap Series 7		1 x 5ea	Black Band	Max Approach Vert Jump		2 x 2	BW					Max Approach Vert Jump		2 x 2	BW	Strap Series 7		1 x 5ea	Black Band
Finger Tip Push-Up (Kneeling)		3 x 8	BW	MB Supine Pulldown		2 x 8	6					MB Supine Pulldown		2 x 8	6	Weighted HAND RELEASE Push-Up		3 x 6	45
Boulder		90 min	BW	Max Effort Sprint (Don't worry about distance, just sprint)		2 x 1	BW					Max Effort Sprint (Don't worry about distance, just sprint)		2 x 1	BW	Boulder		90 min	BW
(Notes)				(Notes)				(Notes)				(Notes)							
				*Did everything in the morning (woke up early) **Shiftwave (10)" in afternoon - HRV Score = 33.6								*Did everything in the morning (woke up early)				*New exercise - HK Rock Back KB Windmill			

*Accumulate 100 min of Zone 2 (Bike, Run, Weighted Vest Walk)? Yes No
 *Force Plate Test? Yes No

JUMP ROPE???
 ZONE ????

MON	TUES	WED	THURS	FRI	SAT	SUN
150	150	150	150	150		
20 (Bike)	20 - Inc T-Mill	20	20	20 (Bike)	40	45