



## Explosive Base Mon - Thur Week 1 -4

	Week 1			Week 2			Week 3			Week 4		
Monday (heavy)	Date			Date			Date			Date		
							Speed Work			Speed Work		
All-4 Belly Lift (breaths)	1 x 5			1 x 5			1 x 5			1 x 5		
Calf Stretch (Breaths)	1x5			1x5			1x5			1x5		
Bear Crawl Forward				10 Yards			10 Yards			10 Yards		
Tripod (breaths)	1x5			1x5			1x5			1x5		
Crabwalk Forward	10 Yards			10 Yards			10 Yards			10 Yards		
Single-leg Reach	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
MB Overhead Throw	3 x 5			3 x 5			3 x 5			3 x 5		
Clean RDL (rack)	3 x 5			3 x 5								
Rack Pull							3 x 5			3 x 5		
Box Landing	2 x 5			2 x 5			3 x 5			3 x 5		
Lateral Broad Jump	2 x 5			2 x 5			3 x 5			3 x 5		
Broad Jump	2 x 5e			2 x 5e			3 x 5e			3 x 5e		
All-4 Cross Connects	2 x 10e			2 x 15e			2 x 20e			2 x 20e		
90-90 Left Hamstring (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Right Glute (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Left Adductor (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
Kneeling Ankle Mobility (breaths)	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
Thursday (light)	Date			Date			Date			Date		
							Speed Work			Speed Work		
All-4 Belly Lift (breaths)	1 x 5			1 x 5			1 x 5			1 x 5		
Calf Stretch (Breaths)	1 x 5e			1 x 5e			1 x 5e			1 x 5e		
Bear Crawl Forward				10 Yards			10 Yards			10 Yards		
Tripod (breaths)	1x5			1x5			1x5			1x5		
Crabwalk Forward	10 Yards			10 Yards			10 Yards			10 Yards		
Single-leg Reach	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
MB Overhead Throw	3 x 5			3 x 5			3 x 5			3 x 5		
Clean RDL (rack)	3 x 5			3 x 5								
Rack Pull							3 x 5			3 x 5		
Box Landing	2 x 5			2 x 5			3 x 5			3 x 5		
Lateral Broad Jump	2 x 5e			2 x 5e			3 x 5e			3 x 5e		
Broad Jump	2 x 5			2 x 5			3 x 5			3 x 5		
Stick Crunch	2 x 15			2 x 20			2 x 25			2 x 25		
90-90 Left Hamstring (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Right Glute (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Left Adductor (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
Kneeling Ankle Mobility (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		



## Strength Base Tue - Friday Week 1 -4

	Week 1			Week 2			Week 3			Week 4		
Tuesday (light)	Date			Date			Date			Date		
Bear Crawl Forward				10 Yards			10 Yards			10 Yards		
Crabwalk Forward	10 Yards			10 Yards			10 Yards			10 Yards		
Calf Stretch	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
Single-leg Reach	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
Breathing Squat (plate)	2 x 5			2 x 5			2 x 5			2 x 5		
Squat	2 x 10			3 x 10			3 x 10			3 x 10		
Alt. DB Bench	2 x 10e			3 x 10e			3 x 10e			3 x 10e		
Walking Lunge	2 x 5e			3 x 5e			3 x 5e			3 x 5e		
1DB Row	2 x 10e			3 x 10e			3 x 10e			3 x 10e		
Triceps Extension	2 x 10			3 x 10			3 x 10			3 x 10		
90-90 Left Hamstring (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Right Glute (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Left Adductor (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
Lats Stretch (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
Friday (Heavy)	Date			Date			Date			Date		
Bear Crawl Forward				10 Yards			10 Yards			10 Yards		
Crabwalk Forward	10 Yards			10 Yards			10 Yards			10 Yards		
Calf Stretch	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
Single-leg Reach	2 x 5e			2 x 5e			2 x 5e			2 x 5e		
Breathing Squat (plate)	2 x 5			2 x 5			2 x 5			2 x 5		
Squat	2 x 10			3 x 10			3 x 10					<b>Strength Check</b>
DB Bench	2 x 10			3 x 10			3 x 10			3 x 10		
Low Pull	2 x 10			3 x 10			3 x 10			3 x 10		
Split Squat (rear foot elevated)	2 x 5e			3 x 5e			3 x 5e			3 x 5e		
1DB Row	2 x 10e			3 x 10e			3 x 10e			3 x 10e		
Single-arm Triceps Extension	2 x 10e			3 x 10e			3 x 10e			3 x 10e		
90-90 Left Hamstring (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Right Glute (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
90-90 Left Adductor (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		
Lats Stretch (breaths)	2 x 5			2 x 5			2 x 5			2 x 5		



## Explosive Development Mon - Thur Week 5 -8

Monday (heavy)	Date				Date				Date				Date			
	Speed Work				Speed Work				Speed Work				Speed Work			
All-4 Belly Lift (breaths)	1 x 5				1 x 5				1 x 5				1 x 5			
Calf Stretch (Breaths)	1x5e				1x5e				1x5e				1x5e			
Bear Crawl Forward	10 Yards				10 Yards				10 Yards				10 Yards			
Tripod (breaths)	1x5				1x5				1x5				1x5			
Crabwalk Forward	10 Yards				10 Yards				10 Yards				10 Yards			
Single-leg Reach	2 x 5e				2 x 5e				2 x 5e				2 x 5e			
Rack Clean	3 x 5				3 x 5											
Hang Clean									3 x 3				3 x 3			
DB Squat Jump	3 x 3				3 x 3				3 x 3				3 x 3			
MB Front Toss	3 x 3e				3 x 3e				3 x 3e				3 x 3e			
Skater Jumps	2 x 5e				2 x 5e				3 x 5e				3 x 5e			
Bounding	2 x 5e				2 x 5e				3 x 5e				3 x 5e			
All-4 Cross Connects	2 x 10e				2 x 15e				2 x 20e				2 x 20e			
90-90 Left Hamstring (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
90-90 Right Glute (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
90-90 Left Adductor (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
Kneeling Ankle Mobility (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
Thursday (light)	Date				Date				Date				Date			
	Speed Work				Speed Work				Speed Work				Speed Work			
All-4 Belly Lift (breaths)	1 x 5				1 x 5				1 x 5				1 x 5			
Calf Stretch (Breaths)	1x5e				1x5e				1x5e				1x5e			
Bear Crawl Forward	10 Yards				10 Yards				10 Yards				10 Yards			
Tripod (breaths)	1x5				1x5				1x5				1x5			
Crabwalk Forward	10 Yards				10 Yards				10 Yards				10 Yards			
Single-leg Reach	2 x 5e				2 x 5e				2 x 5e				2 x 5e			
Rack Clean	3 x 5				3 x 5											
Hang Clean									3 x 3							<b>Strength Check</b>
DB Squat Jump	3 x 3				3 x 3				3 x 3				3 x 3			
MB Front Toss	3 x 3e				3 x 3e				3 x 3e				3 x 3e			
Skater Jumps	2 x 5e				2 x 5e				3 x 5e				3 x 5e			
Bounding	2 x 5e				2 x 5e				3 x 5e				3 x 5e			
Stick Crunch	2 x 15				2 x 20				2 x 25				2 x 25			
90-90 Left Hamstring (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
90-90 Right Glute (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
90-90 Left Adductor (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			
Kneeling Ankle Mobility (breaths)	2 x 5				2 x 5				2 x 5				2 x 5			



## Strength Development Tue - Friday Week 5 -8

		Week 5				Week 6				Week 7				Week 8						
Tuesday (light)		Date				Date				Date				Date						
		Agilities				Agilities				Agilities				Agilities						
Calf Stretch (breaths)	1 x 5e					1 x 5e					1 x 5e					1 x 5e				
Bear Crawl Forward & Backward	10 Yards					10 Yards					10 Yards					10 Yards				
Crabwalk Forward & Backward	10 Yards					10 Yards					10 Yards					10 Yards				
Single-leg Reach	2 x 5e					2 x 5e					2 x 5e					2 x 5e				
Breathing Squat (plate)	1 x 5					1 x 5					1 x 5					1 x 5				
Squat	3 x 5	65%				3 x 5	70%				3 x 5	60%				3 x 5	75%			
DB Bench	3 x 5					3 x 5					3 x 5					3 x 5				
Single-arm Low Pull	3 x 5e					3 x 5e					3 x 5e					3 x 5e				
Walking Lunge	3 x 5e					3 x 5e					3 x 5e					3 x 5e				
Single-arm Triceps Extension	3 x 10e					3 x 10e					3 x 10e					3 x 10e				
90-90 Left Hamstring (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
90-90 Right Glute (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
90-90 Left Adductor (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
Lats Stretch (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
Friday (Heavy)		22-Jul				29-Jul				5-Aug				12-Aug						
		Agilities				Agilities				Agilities				Agilities						
Calf Stretch (breaths)	1 x 5e					1 x 5e					1 x 5e					1 x 5e				
Bear Crawl Forward & Backward	10 Yards					10 Yards					10 Yards					10 Yards				
Crabwalk Forward & Backward	10 Yards					10 Yards					10 Yards					10 Yards				
Single-leg Reach	2 x 5e					2 x 5e					2 x 5e					2 x 5e				
Breathing Squat (plate)	1 x 5					1 x 5					1 x 5					1 x 5				
Squat	3 x 5	75%				3 x 5	80%				3 x 5	70%				<b>85% Strength Check</b>				
DB Floor Press	3 x 5					3 x 5					3 x 5					3 x 5				
1DB Row	3 x 5e					3 x 5e					3 x 5e					3 x 5e				
Sport Lunge	3 x 5e					3 x 5e					3 x 5e					3 x 5e				
Single-arm Triceps Extension	3 x 5e					3 x 5e					3 x 5e					3 x 5e				
Triceps Extension	3 x 10					3 x 10					3 x 10					3 x 10				
90-90 Left Hamstring (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
90-90 Right Glute (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
90-90 Left Adductor (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				
Lats Stretch (breaths)	2 x 5					2 x 5					2 x 5					2 x 5				