

3 Microcycle Format

Cluster of Training Sessions

Microcycle

Splits

4 Day:

- Split - UB-LB
- Push-Pull

3 Day:

- UB/LB/TB
- TB

2 Day:

- TB

Microcycle

MICROCYCLE DESIGN

| | | | | | |
|---------------------------|--------|---------------|-----------|----------|---------------|
| SPRINT / CAPACITY WORK | SPRINT | OFF | CAPACITY | SPRINT | OFF |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| SPRINT / DRILL WORK | SPRINT | DRILL WORK | OFF | SPRINT | DRILL WORK |

Microcycle

MICROCYCLE DESIGN

| | | | | | |
|-----------------------------|---------------|-------------------|------------------|-----------------|-------------------|
| SPRINT/CAPACITY WORK | SPRINT | OFF | CAPACITY | SPRINT | OFF |
| LIFT OPTION 1 | LOWER | UPPER | | LOWER | UPPER |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| SPRINT/DRILL WORK | SPRINT | DRILL WORK | OFF | SPRINT | DRILL WORK |
| LIFT OPTION 1 | LOWER | UPPER | | LOWER | UPPER |

Microcycle

| Day 1: Linear Phospagen Power | | |
|-----------------------------------|---|---|
| PILLAR PREP: | | |
| Foam Roll | Foam Roll: Gastroc/Soleus/Hamstring/Quad | |
| Mobility | Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min | |
| MOVEMENT PREP: | | |
| Pillar Prep | Mini Band Psoas Pull Aparts x10E, Mini Band Hip Bridge x10 | |
| Dynamic Stretch | Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E | |
| Mvmt Integration | 1/2 Kneeling Arm Action x10sec Each Leg/A March (Hands on Waist) FW 2x10y | |
| Neural Activation | Reach Drop Pogo 2x5sec, Reach Drop in Place 2" Run 2x5sec | |
| Week 1 | | |
| MB Plyo | Kneeling Horizontal Chest Pass 2x5, NCM Snatch 2x5 | Kneeling Horizontal Chest Pass 3x5, NCM Snatch 3x5 |
| Plyometric | Horizontal NCMJ + Stick 2x3 | Horizontal NCMJ + Stick 3x3 |
| Speed DV | Partner Resisted (Shoulder Harness - Heavy) March 2x10yards | Partner Resisted (Shoulder Harness - Heavy) March 2x10yards |
| Speed | 1/2 Kneeling Start 3x10y Each Leg Down | 1/2 Kneeling Start 4x10y Each Leg Down |
| Restoration | | |
| Corrective | 90-90 Hemi Bridge 60sec/ELDOA L5/S1 | |
| Day 2: Linear Phosphogen Capacity | | |
| PILLAR PREP: | | |
| Foam Roll | Foam Roll: Gastroc/Soleus/Hamstring/Quad | |
| Mobility | Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min | |
| MOVEMENT PREP: | | |
| Pillar Prep | Lower Body Deadbug 2x10E/Cook Hip Lift 2x10E | |
| Dynamic Stretch | Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E | |
| Mvmt Integration | Passive Range Lift Off Half Kneeling (Knee Flexed) Hip Flexion 10x5sec E | |
| Neural Activation | A March (Hands on Waist) FW 2x10y/A March (Hands on Waist) BW 2x10y | |
| Restoration | | |
| Corrective | Crocodile Breathe/ELDOA T8/T9 | |

Microcycle

| Day 3: Multi Directional Phospagen Power | | |
|---|--|--|
| PILLAR PREP: | | |
| Foam Roll | Foam Roll: Gastroc/Soleus/Glute/Adductor | |
| Mobility | Level I Open Chain CARs x3E/PAILs RAILS 90/90 Hip Internal Rotation 2min/10sec/10sec/1min | |
| MOVEMENT PREP: | | |
| Pillar Prep | Mini Band Clams x10E/Mini Band In-Outs x10E | |
| Dynamic Stretch | Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E | |
| Mvmt Integration | Lateral Mini Band (Knee) Walk (Hands on Waist) x10y E | |
| Neural Activation | Reach Drop Pogo 2x5sec, Reach Drop Hour Glass 2x5sec | |
| Week 1 | | Week 2 |
| MB Plyo | 1/2 Kneeling Rotational Toss 2x3E | 1/2 Kneeling Rotational Toss 3x3E |
| Plyometric | Lateral Bound (Rear Foot Slide) 2x3E | Lateral Bound (Rear Foot Slide) 3x3E |
| Speed DV | Agility Ladder (Full) Lateral 1inE x2 | Agility Ladder (Full) Lateral 1inE x2 |
| Speed | Band Resisted Shuffle (10y) Stop x2E, Shuffle (5y) x2E | Band Resisted Shuffle (10y) Stop x3E, Shuffle (5y) x3E |
| Restoration | | |
| Corrective | 90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator | |
| Day 4: Linear Glycolytic Capacity | | |
| PILLAR PREP: | | |
| Foam Roll | Foam Roll: Gastroc/Soleus/Glute/Adductor | |
| Mobility | Level I Open Chain CARs x3E/PAILs RAILS 90/90 Hip External Rotation 2min/10sec/10sec/1min | |
| MOVEMENT PREP: | | |
| Pillar Prep | Side Plank x15sec E/Glute Bridge (Hold) 30sec | |
| Dynamic Stretch | Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E | |
| Mvmt Integration | Passive Range Lift Off Quadruped Hip Abduction 10x5sec E | |
| Neural Activation | Lateral A March 2x10y E | |
| Restoration | | |
| Corrective | Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus | |

