

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

LOW FREQUENCY RUN	SPRINT	TEMPO	OFF	SPRINT	TEMPO
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIGH FREQUENCY RUN	SPRINT	TEMPO	SPRINT	TEMPO	SPRINT

Microcycle

MICROCYCLE DESIGN

LOW FREQUENCY RUN	SPRINT	TEMPO	OFF	SPRINT	TEMPO
LIFT OPTION 1	TOTAL		TOTAL		TOTAL
LIFT OPTION 2		TOTAL			TOTAL
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIGH FREQUENCY RUN	SPRINT	TEMPO	SPRINT	TEMPO	SPRINT
LIFT OPTION 1	TOTAL		TOTAL		TOTAL
LIFT OPTION 2		TOTAL			TOTAL

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

Week 2

Plyometric

Horizontal CMJ + Stick 3x5, Vertical CMJ + Stick 3x5

Horizontal CMJ + Stick 4x5, Vertical CMJ + Stick 4x5

Speed DV

Sleed Pull (Waist Harness - 10% BW) 3x20yards

Sleed Pull (Waist Harness - 10% BW) 4x20yards

Speed

Mini Hurdle Step Over Run + 20yard Run out x3

Mini Hurdle Step Over Run + 20yard Run out 4x5

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

Week 1

Week 2

MB Plyo

Hlaf Kneeling (Wall Based) Rotational Toss 4x10E

Hlaf Kneeling (Wall Based) Rotational Toss 4x10E

Plyometric

Rudiment Jump (Linear/Lateral/Rotaional) x10y E

Rudiment Jump (Linear/Lateral/Rotaional) x10y E

ESD

Linear Tempo Runs (60%): 10x60y/Rest 60sec

Linear Tempo Runs (60%): 10x80y/Rest 60sec

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

Plyometric

Rotational Horizontal CMJ + Stick 3x3E, Lateral Bound + Stick 3x3E

Rotational Horizontal CMJ + Stick 4x3E, Lateral Bound + Stick 4x3E

Speed DV

5y Shuffle + 5y Sprint + Stop x3E/BW Run 3x20y

5y Shuffle + 5y Sprint + Stop x4E/BW Run 4x20y

Speed

S (1y Width) Run 3x30y, S (1y Width) Back Pedal 3x30y

S (1y Width) Run 4x30y, S (1y Width) Back Pedal 4x30y

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

Week 1

Week 2

MB Plyo

Tall Kneeling (Wall Based) Rotational Toss 4x10E

Tall Kneeling (Wall Based) Rotational Toss 4x10E

Plyometric

Rudiment Jump (Linear/Lateral/Rotaional) x10y E

Rudiment Jump (Linear/Lateral/Rotaional) x10y E

ESD

Linear Tempo Runs (60%): 4x200y/Rest 60sec

Linear Tempo Runs (60%): 5x200y/Rest 60sec

Restoration

Corrective

Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus

Microcycle

STRENGTH DEFICIT					MESOCYCLE					WINTER						
LARGE DEFICIT					MICROCYCLE					1-2						
DAY 1		TOTAL BODY			90.0%					100.0%						
BLOCK %	R1%		R2%		R3%		R4%		R5%		R6%		R7%			
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT		
A1	Below Knee Hang Power Snatch			65%		2-3	57%					2-3	65%			
				70%		2-3	62%					2-3	70%			
				75%		2-3	67%						2-3	75%		
				80%		2-3	72%						2-3	80%		
				85%	5/0/X/0	5	2-3	77%	180s	5/0/X/0	5	2-3	85%	180s		
B1	BB Front Foot Elevated Split Squat			77%		4-5E	70%					4-5E	77%			
				82%		2-3E	75%					2-3E	82%			
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5	70%					4-5	77%			
				82%		2-3	75%					2-3	82%			
B2	Neutral Grip Pullup			87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%					2-3	82%			
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5E	70%					4-5E	77%			
C1	DB Single Leg (Contralateral) Romanian Deadlift			82%		2-3E	75%					2-3E	82%			
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%				2-3	82%				
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
C2	DB Neutral Grip Incline Bench			82%		2-3	75%					2-3	82%			
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%				2-3	82%				
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
DAY 2		TOTAL BODY			90.0%					100.0%						
BLOCK %	R1%		R2%		R3%		R4%		R5%		R6%		R7%			
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT		
A1	Below Knee Hang Power Snatch			65%		2-3	57%					2-3	65%			
				70%		2-3	62%					2-3	70%			
				75%		2-3	67%						2-3	75%		
				80%		2-3	72%						2-3	80%		
				85%	5/0/X/0	5	2-3	77%	180s	5/0/X/0	5	2-3	85%	180s		
B1	Low Incline Fat Grip Bench Press			77%		4-5	70%					4-5	77%			
				82%		2-3	75%					2-3	82%			
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%				2-3	82%				
B2	Machine Prone Leg Curl			87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%				2-3	82%				
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5	70%				4-5	77%				
C1	Supinated Grip Bent Over Row			82%		2-3	75%					2-3	82%			
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5E	70%				4-5E	77%				
				82%		2-3E	75%				2-3E	82%				
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
C2	DB Lateral Squat			77%		4-5E	70%					4-5E	77%			
				82%		2-3E	75%				2-3E	82%				
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5	70%				4-5	77%				
				82%		2-3	75%				2-3	82%				
DAY 3		TOTAL BODY			90.0%					100.0%						
BLOCK %	R1%		R2%		R3%		R4%		R5%		R6%		R7%			
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT		
A1	BB Counter Movement Jump			65%		2-3	57%					2-3	65%			
				70%		2-3	62%					2-3	70%			
				75%		2-3	67%						2-3	75%		
				80%		2-3	72%						2-3	80%		
				85%	5/0/X/0	5	2-3	77%	180s	5/0/X/0	5	2-3	85%	180s		
B1	Snatch Grip Deadlift			77%		4-5	70%					4-5	77%			
				82%		2-3	75%					2-3	82%			
				87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5E	70%				4-5E	77%				
				82%		2-3E	75%				2-3E	82%				
B2	DB Split Stance Overhead Press			87%	5/0/X/0	5	2-3	80%	60s	5/0/X/0	5	2-3	87%	60s		
				77%		4-5E	70%				4-5E	77%				
				82%		2-3E	75%				2-3E	82%				
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5E	70%				4-5E	77%				
C1	DB Rear Foot Elevated Split Squat			82%		2-3E	75%					2-3E	82%			
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5E	70%				4-5E	77%				
				82%		2-3E	75%				2-3E	82%				
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
C2	Cable Split Stance Contralateral Row			77%		4-5E	70%					4-5E	77%			
				82%		2-3E	75%				2-3E	82%				
				87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s		
				77%		4-5E	70%				4-5E	77%				
				82%		2-3E	75%				2-3E	82%				
87%	5/0/X/0	5	2-3E	80%	60s	5/0/X/0	5	2-3E	87%	60s						