

# STRENGTH DEFICIT

Thank you for your purchase of Strength Deficit. Since you you Pre-Ordered we wanted to share the programs used at Army West Point, with the Football team. These were the exact programs used from the 2014-2016 Off-Season.

This PDF is broken into two separate Sections: Increasing the Deficit (Eccentric Focus) and Decreasing the Deficit (Concentric Focus). Each section contains the Annual Periodization, Speed/Energy System Development, and Strength Training Programs.

These programs are only part of the equation. The real lesson is within the book. Understanding the foundational Science behind Strength Deficit which will allows you to modify the program based on need.

Thank you again for your support, we hope you get inspired by these programs. We plan on developing a Practical Guide to Strength Deficit so if this feels like this is hard to follow don't worry we will have more resources later this year

Thank you again, and stay ready for your book!  
Tim Caron - Author



# LARGE DEFICIT SPEED TRAINING

## WINTER Block 1

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILS Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT 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** Sled Pull (Waist Harness - 10% BW) 3x20yards

Sled 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

90-90 Hemi Bridge 60sec/ELDOA L5/S1

**Corrective**

### Day 2: Linear Phospagen Capacity

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILS Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT 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

Crocodile Breathe/ELDOA T8/T9

**Corrective**

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Glute/Adductor

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILS 90/90 Hip Internal Rotation 2min/10sec/10sec/1min

#### MOVEMENT 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

90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

**Corrective**

### Day 4: Linear Glycolytic Capacity

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Glute/Adductor

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILS 90/90 Hip External Rotation 2min/10sec/10sec/1min

#### MOVEMENT 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

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

**Corrective**

# STRENGTH DEFICIT

## MESOCYCLE

## WINTER

# LARGE DEFICIT

## MICROCYCLE

## 1-2

		BLOCK %	RI%			90.0%			RI%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
<b>DAY 1 TOTAL BODY</b>														
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		
B2	Neutral Grip Pullup	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		
C1	DB Single Leg (Contralateral) Romanian Deadlift	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 Neutral Grip Incline Bench	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		
<b>DAY 2 TOTAL BODY</b>														
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		
B2	Machine Prone Leg Curl	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		
C1	Supinated Grip Bent Over Row	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 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		
<b>DAY 3 TOTAL BODY</b>														
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		
B2	DB Split Stance Overhead Press	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		
C1	DB Rear 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		
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		

# LARGE DEFICIT SPEED TRAINING

## WINTER Block 2

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll  
Mobility**

Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Mini Band Psoas Pull Aparts x10E, Mini Band Hip Bridge x10

**Pillar Prep**

Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E

**Dynamic Stretch**

**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 5x5, Vertical CMJ + Stick 5x5

Depth (12") Drop 3x5/Depth (12") Jump 3x5

**Speed DV**

Sleed Pull (Waist Harness - 10% BW) 5x20yards

Single Leg Start 3x10y E

**Speed**

Mini Hurdle Step Over Run + 20yard Run out 5x5

Flying 20s (20y Build Up - 20y Sprint - 20y Decel) x3

#### Restoration

90-90 Hemi Bridge 60sec/ELDOA L5/S1

**Corrective**

### Day 2: Linear Phosphogen Capacity

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll  
Mobility**

Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Lower Body Deadbug 2x10E/Cook Hip Lift 2x10E

**Pillar Prep**

Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E

**Dynamic Stretch**

**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**

Half Kneeling (Wall Based) Rotational Toss 4x10E

Split Stance (Wall Based) Rotational Toss 4x10E

**Plyometric**

Rudiment Jump (Linear/Lateral/Rotational) x10y E

Rudiment Hop (Linear/Lateral/Rotational) x10y E

**ESD**

Linear Tempo Runs (60%): 10x100y/Rest 60sec

Mini Hurdle Build Up Runs (10y Build - 20y Mini Hurdle - 30y Tempo) x6/Rest 60sec

#### Restoration

Crocodile Breathe/ELDOA T8/T9

**Corrective**

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Glute/Adductor

**Foam Roll  
Mobility**

Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Mini Band Clams x10E/Mini Band In-Outs x10E

**Pillar Prep**

Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E

**Dynamic Stretch**

**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 5x3E, Lateral Bound + Stick 5x3E

Hurdle Rotational Jump 3x3E/Mini Hurdle Medial-Lateral Hop 3x3E

**Speed DV**

5y Shuffle + 5y Sprint + Stop x5E/BW Run 5x20y

Broken Arrow (Sprint-Shuffle-Sprint) x3E/N Drill (Sprint - Angle Pedal - Sprint) x3E

**Speed**

S (1y Width) Run 5x30y, S (1y Width) Back Pedal 5x30y

Competitive U Run (20y x 10y Box) x3E

#### Restoration

90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

**Corrective**

### Day 4: Linear Glycolytic Capacity

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Glute/Adductor

**Foam Roll  
Mobility**

Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Side Plank x15sec E/Glute Bridge (Hold) 30sec

**Pillar Prep**

Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E

**Dynamic Stretch**

**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

Standing (Wall Based) Rotational Toss 4x10E

**Plyometric**

Rudiment Jump (Linear/Lateral/Rotational) x10y E

Rudiment Hop (Linear/Lateral/Rotational) x10y E

**ESD**

Linear Tempo Runs (60%): 6x200y/Rest 60sec

Linear Tempo Runs (60%): 4x300y/Rest 60sec

#### Restoration

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

**Corrective**

# STRENGTH DEFICIT

MESOCYCLE

WINTER

# LARGE DEFICIT

MICROCYCLE

3-4

DAY 1 TOTAL BODY		BLOCK %	RI%		90.0%			RI%		100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1	3 Position Power Snatch High Hang + Hang + Below Knee Power Snatch	65%			3	57%				3	65%	
		70%			3	62%				3	70%	
		75%			3	67%				3	75%	
		80%			3	72%				3	80%	
		85%		5	3	77%	180s		5	3	85%	180s
B1	Heels Elevated Front Squat	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
B2	Chinup	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
C1	BB Single Leg Good Morning	70%			4-5E	60%				4-5E	70%	
		75%			2-3E	65%				2-3E	75%	
		80%	3/3/X/0	3	5-6E	70%	60s	3/3/X/0	3	5-6E	80%	60s
C2	DB Neutral Grip Bench	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	3	5-6	70%	60s	3/3/X/0	3	5-6	80%	60s
DAY 2 TOTAL BODY		BLOCK %	RI%		90.0%			RI%		100.0%		
TEMPO	SETS		REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	3 Position Power Clean High Hang + Hang + Below Knee Power Clean	65%			3	57%				3	65%	
		70%			3	62%				3	70%	
		75%			3	67%				3	75%	
		80%			3	72%				3	80%	
		85%		5	3	77%	180s		5	3	85%	180s
B1	Incline Bench Press	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
B2	Machine Prone Leg Curl	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
C1	DB Single Arm Row	70%			4-5E	60%				4-5E	70%	
		75%			2-3E	65%				2-3E	75%	
		80%	3/3/X/0	3	5-6E	70%	60s	3/3/X/0	3	5-6E	80%	60s
C2	DB Lateral Lunge	70%			4-5E	60%				4-5E	70%	
		75%			2-3E	65%				2-3E	75%	
		80%	3/3/X/0	3	5-6E	70%	60s	3/3/X/0	3	5-6E	80%	60s
DAY 3 TOTAL BODY		BLOCK %	RI%		90.0%			RI%		100.0%		
TEMPO	SETS		REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	Trap Bar 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%	3/3/X/0	5	2-3	77%	180s	3/3/X/0	5	2-3	85%	180s
B1	Snatch Grip Deficit Deadlift	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
B2	BB Overhead Press	70%			4-5	60%				4-5	70%	
		75%			2-3	65%				2-3	75%	
		80%	3/3/X/0	5	5-6	70%	60s	3/3/X/0	5	5-6	80%	60s
C1	DB Front Foot Elevated Reverse Lunge	70%			4-5E	60%				4-5E	70%	
		75%			2-3E	65%				2-3E	75%	
		80%	3/3/X/0	3	5-6E	70%	60s	3/3/X/0	3	5-6E	80%	60s
C2	Cable Standing Single Arm Row	70%			4-5E	60%				4-5E	70%	
		75%			2-3E	65%				2-3E	75%	
		80%	3/3/X/0	3	5-6E	70%	60s	3/3/X/0	3	5-6E	80%	60s

# LARGE DEFICIT SPEED TRAINING

## WINTER Block 3

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min	
<b>Pillar Prep</b>	Mini Band SL Hip Bridge x10Standing Mini Band Psoas Pull Apart x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	A March (Hands Behind Head) 2x10y/A Skip 2x10y	
<b>Neural Activation</b>	Reach Drop Traveling Pogo 2x5y/Reach Drop 2" Run 2x5y	
	<b>Week 1</b>	<b>Week 2</b>
<b>Plyometric</b>	Depth (12") Drop 4x5/Depth (12") Jump 4x5	Depth (12") Drop 5x5/Depth (12") Jump 5x5
<b>Speed DV</b>	Single Leg Start 4x10y E	Single Leg Start 5x10y E
<b>Speed</b>	Flying 20s (20y Build Up - 20y Sprint - 20y Decel) x4	Flying 20s (20y Build Up - 20y Sprint - 20y Decel) x5
	<b>Restoration</b>	
<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	

### Day 2: Linear Phospagen Capacity

#### PILLAR PREP:

<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min	
<b>Pillar Prep</b>	SL Leg Lowering 2x10E/Marching Hip Bridge 2x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Half Kneeling (Knee Extended) Hip Flexion 10x5sec E	
<b>Neural Activation</b>	A Run FW 2x10y/BW A Run 2x10y	
	<b>Week 1</b>	<b>Week 2</b>
<b>MB Plyo</b>	Split Stance (Wall Based) Rotational Toss 4x10E	Split Stance (Wall Based) Rotational Toss 4x10E
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	Rudiment Hop (Linear/Lateral/Rotaional) x10y E
<b>ESD</b>	Mini Hurdle Build Up Runs (10y Build - 20y Mini Hurdle - 30y Tempo) x8/Rest 60sec	Mini Hurdle Build Up Runs (10y Build - 20y Mini Hurdle - 30y Tempo) x10/Rest 60sec
	<b>Restoration</b>	
<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min	
<b>Pillar Prep</b>	Mini Band In Outs/Mini Band Squats x10	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Low Lateral Walk x10y E	
<b>Neural Activation</b>	Agility Ladder (Full) 10 Drills	
	<b>Week 1</b>	<b>Week 2</b>
<b>Plyometric</b>	Hurdle Rotaional Jump 4x3E/Mini Hurdle Medial-Lateral Hop 4x3E	Hurdle Rotaional Jump 5x3E/Mini Hurdle Medial-Lateral Hop 5x3E
<b>Speed DV</b>	Broken Arrow (Sprint-Shuffle-Sprint) x4E/N Drill (Sprint - Angle Pedal - Sprint) x4E	Broken Arrow (Sprint-Shuffle-Sprint) x5E/N Drill (Sprint - Angle Pedal - Sprint) x5E
<b>Speed</b>	Competitive U Run (20y x 10y Box) x4E	Competitive U Run (20y x 10y Box) x5E
	<b>Restoration</b>	
<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	

### Day 4: Linear Glycolytic Capacity

#### PILLAR PREP:

<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min	
<b>Pillar Prep</b>	Lateral Crawl x10y E	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Quadruped Hip Abduction 10x5sec E	
<b>Neural Activation</b>	Lateral A Skip 2x10y E	
	<b>Week 1</b>	<b>Week 2</b>
<b>MB Plyo</b>	Standing (Wall Based) Rotational Toss 4x10E	Standing (Wall Based) Rotational Toss 4x10E
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	Rudiment Hop (Linear/Lateral/Rotaional) x10y E
<b>ESD</b>	Linear Tempo Runs (60%): 5x30y/Rest 60sec	Linear Tempo Runs (60%): 6x30y/Rest 60sec
	<b>Restoration</b>	
<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	

# STRENGTH DEFICIT

## MESOCYCLE

## WINTER

# LARGE DEFICIT

## MICROCYCLE

## 5-6

		BLOCK %		RI%			90.0%			100.0%		
				TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT
<b>DAY 1</b>		<b>TOTAL BODY</b>										
A1	Hang Power Snatch	70%		2-3	65%				2-3	70%		
		75%		2-3	70%				2-3	75%		
		80%		2-3	75%				2-3	80%		
		85%		2-3	80%				2-3	85%		
		90%	6	1-2	85%	180s		6	1-2	90%	180s	
B1	BB Reverse Lunge	82%		4-5E	77%				4-5E	82%		
		87%		2-3E	82%				2-3E	87%		
		92%	2/0/X/0	6	2-3E	87%	90s	2/0/X/0	6	2-3E	92%	
B2	Neutral Grip Sternum Pullup	82%		4-5	77%				4-5	82%		
		87%		2-3	82%				2-3	87%		
		92%	2/0/X/0	6	2-3	87%	90s	2/0/X/0	6	2-3	92%	
C1	KB Bottom Position Windmill	82%		4-5E	77%				4-5E	82%		
		87%		2-3E	82%				2-3E	87%		
		92%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	
C2	DB Single Arm Rotational Bench	82%		4-5E	77%				4-5E	82%		
		87%		2-3E	82%				2-3E	87%		
		92%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	
<b>DAY 2</b>		<b>TOTAL BODY</b>										
A1	Hang Power Clean	70%		2-3	65%				2-3	70%		
		75%		2-3	70%				2-3	75%		
		80%		2-3	75%				2-3	80%		
		85%		2-3	80%				2-3	85%		
		90%	6	1-2	85%	180s		6	1-2	90%	180s	
B1	Fat Grip Close Bench	80%		4-5	77%				4-5	82%		
		85%		2-3	82%				2-3	87%		
		90%	2/0/X/0	6	2-3	87%	90s	2/0/X/0	6	2-3	92%	
B2	Nordic Hamstring Curl	80%		4-5	77%				4-5	82%		
		85%		2-3	82%				2-3	87%		
		90%	2/0/X/0	6	2-3	87%	90s	2/0/X/0	6	2-3	92%	
C1	DB Single Arm Bent Over Row	80%		4-5E	77%				4-5E	82%		
		85%		2-3E	82%				2-3E	87%		
		90%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	
C2	DB Single Arm Contralateral Lunge	80%		4-5E	77%				4-5	82%		
		85%		2-3E	82%				2-3	87%		
		90%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	
<b>DAY 3</b>		<b>TOTAL BODY</b>										
A1	BB Squat Jump	70%		2-3	65%				2-3	70%		
		75%		2-3	70%				2-3	75%		
		80%		2-3	75%				2-3	80%		
		85%		2-3	80%				2-3	85%		
		90%	6	1-2	85%	180s		6	1-2	90%	180s	
B1	Trap Bar Deficit Deadlift	80%		4-5	77%				4-5	82%		
		85%		2-3	82%				2-3	87%		
		90%	2/0/X/0	6	2-3	87%	90s	2/0/X/0	6	2-3	92%	
B2	BB Seated Behind the Neck Overhead Press	80%		4-5	77%				4-5	82%		
		85%		2-3	82%				2-3	87%		
		90%	2/0/X/0	6	2-3	87%	90s	2/0/X/0	6	2-3	92%	
C1	Single Leg Box Squat	80%		4-5E	77%				4-5E	82%		
		85%		2-3E	82%				2-3E	87%		
		90%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	
C2	Single Leg Single Arm Contralateral Row	80%		4-5E	77%				4-5	82%		
		85%		2-3E	82%				2-3	87%		
		90%	2/0/X/0	3	2-3E	87%	60s	2/0/X/0	3	2-3E	92%	

# LARGE DEFICIT SPEED TRAINING

## WINTER Block 4

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Hamstring/Quad  
Level I Open Chain CARs x3E

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Mvmt Integration A Skip FW/A Skip BW x10y E

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2

#### Week 1

#### Week 2

**MB Plyo** BW Overhead MB Toss x3 Test: BW OH MB Toss x3

**Plyometric** CMJ x3/NCMJ x3 Test: CMJ x3/NCMJ x3

**Speed** 3 Point 40y Sprints x2 Test: 40y (20y Split) x2

#### Restoration

**Corrective** 90-90 Hemi Bridge 60sec/ELDOA L5/S1

### Day 2: Regeneration

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Hamstring/Quad  
Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y

#### Week 1

#### Week 2

**MB Plyo** Split Stance (Wall Based) Rotational Toss 4x10E

**Plyometric** Rudiment Jump (Linear/Lateral/Rotaional) x10y E

#### Restoration

**Corrective** Crocodile Breathe/ELDOA T8/T9

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Glute/Adductor  
Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Mvmt Integration Lateral A Skip x10y E

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E

#### Week 1

#### Week 2

**Speed** 60y Shuttle (5y Back, 10y Back, 5y Back) x2/Hoop (2) Run x2 Test: 60y Shuttle x2/Hop (2) Run x2

#### Restoration

**Corrective** 90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

### Day 4: Regeneration

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Glute/Adductor  
Level I Open Chain CARs x3E

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y

#### Week 1

#### Week 2

**MB Plyo** Split Stance (Wall Based) Rotational Toss 4x10E

**Plyometric** Rudiment Jump (Linear/Lateral/Rotaional) x10y E

#### Restoration

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

# STRENGTH DEFICIT

## MESOCYCLE

## WINTER

# LARGE DEFICIT

## MICROCYCLE

## 7-8

DAY 1		TOTAL BODY		BLOCK %	RI%			90.0%			100.0%		
					TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT
A1	Power Snatch	75%			2-3	70%				2-3	75%		
		80%			2-3	75%				2-3	80%		
		85%			2-3	80%				2-3	85%		
		90%			2-3	85%				2-3	90%		
		95%		10	1	90%	180s		10	1	95%	180s	
B1	Heels Elevated Back Squat	75%			4-5	70%				4-5	75%		
		80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%			2-3	85%				2-3	90%		
		95%	5/0/X/0	6	1	90%	10s	5/0/X/0	6	1	95%	10s	
B2	Hurdle Jump (Continuous)	100%		6	5		180s	5/0/X/0	6	5		180s	
C1	Chinup	80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%	5/0/X/0	3	2-3	85%	60s	5/0/X/0	3	2-3	90%	60s	
C2	KB Top Position Windmill	80%			4-5E	75%				4-5E	80%		
		85%			2-3E	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3E	85%	60s	5/0/X/0	3	2-3E	90%	60s	
C3	Dips	80%			4-5E	75%				4-5E	80%		
		85%			2-3E	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3E	85%	60s	5/0/X/0	3	2-3E	90%	60s	
DAY 2		TOTAL BODY		BLOCK %	RI%			90.0%			100.0%		
TEMPO	SETS	REP	WT		REST	TEMPO	SETS	REP	WT	REST			
A1	Power Clean	75%			2-3	70%				2-3	75%		
		80%			2-3	75%				2-3	80%		
		85%			2-3	80%				2-3	85%		
		90%			2-3	85%				2-3	90%		
		95%		10	1	90%	180s		10	1	95%	180s	
B1	Low Incline Bench	75%			4-5	70%				4-5	75%		
		80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%			2-3	85%				2-3	90%		
		95%	5/0/X/0	6	1	90%	10s	5/0/X/0	6	1	95%	10s	
B2	Plyo Pushup	100%		6	5		180s	5/0/X/0	6	5		180s	
C1	Nordic Hamstring Curl	80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%	5/0/X/0	3	2-3	85%	60s	5/0/X/0	3	2-3	90%	60s	
C2	KB Deficit Deadstop row	80%			4-5	75%				4-5E	80%		
		85%			2-3	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3	85%	60s	5/0/X/0	3	2-3E	90%	60s	
C3	KB Goblet Cossack Squat	80%			4-5E	75%				4-5E	80%		
		85%			2-3E	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3E	85%	60s	5/0/X/0	3	2-3E	90%	60s	
DAY 3		TOTAL BODY		BLOCK %	RI%			90.0%			100.0%		
TEMPO	SETS	REP	WT		REST	TEMPO	SETS	REP	WT	REST			
A1	Depth Jump	75%			2-3	12"				2-3	75%		
		90%			2-3	24"				2-3	90%		
		95%		6	2-3	36"	180s		10	1	95%	180s	
B1	Snatch Grip Deficit Deadlift	75%			4-5	70%				4-5	75%		
		80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%			2-3	85%				2-3	90%		
		95%	5/0/X/0	6	1	90%	10s	5/0/X/0	6	1	95%	10s	
B2	Broad Jump (Continuous)	100%		6	5		180s		6	5		180s	
C1	Behind the Neck Push Press	80%			4-5	75%				4-5	80%		
		85%			2-3	80%				2-3	85%		
		90%	5/0/X/0	3	2-3	85%	60s	5/0/X/0	3	2-3	90%	60s	
C2	Foot On Block Pistol Squat	80%			4-5E	75%				4-5E	80%		
		85%			2-3E	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3E	85%	60s	5/0/X/0	3	2-3E	90%	60s	
C3	Cable Standing (Perpendicular) Rotational Row	80%			4-5E	75%				4-5E	80%		
		85%			2-3E	80%				2-3E	85%		
		90%	5/0/X/0	3	2-3E	85%	60s	5/0/X/0	3	2-3E	90%	60s	

# LARGE DEFICIT SPEED TRAINING

## SUMMER Block 1

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Cook Hip Lift/Supine Active Straight Leg Raise x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	A Skip FW/A Skip BW x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

	Week 1	Week 2
<b>Plyometric</b>	Depth (6") Drop (SL Landing) 3x3E/Horizontal CMJ + Stick 3x3	Depth (6") Drop (SL Landing) 4x3E/Horizontal CMJ + Stick 4x3
<b>Speed DV</b>	Lean Fall Sprint (10y) to Hard Decel (3 Steps) x2	Lean Fall Sprint (10y) to Hard Decel (3 Steps) x2
<b>Speed</b>	Mini Hurdle Run (20y) + 20y Run Out x4	Mini Hurdle Run (20y) + 20y Run Out x5

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	
-------------------	-------------------------------------	--

### Day 2: Linear Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Wall Drill SL Hold 2x15sec Each/Wall Drill Singles (3sec Hold) 2x5E	
<b>Neural Activation</b>	A Run FW 3x10y/BW A Run 3x10y	

	Week 1	Week 2
<b>MB Plyo</b>	Split Stance (Wall Based) Rotational Toss 4x10E	Split Stance (Wall Based) Rotational Toss 4x10E
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	Rudiment Hop (Linear/Lateral/Rotaional) x10y E
<b>ESD</b>	Linear Tempo Runs (70%): 10x100y/Rest 60sec	Linear Tempo Runs (70%): 12x100y/Rest 60sec

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	
-------------------	-------------------------------	--

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band Lateral Walk/Mini Band Linear Walk FW+BW x10y E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Lateral A Skip x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E	

	Week 1	Week 2
<b>Plyometric</b>	Traveling Lateral Bound (45 Degree) 3x3E/Lateral Hop (Two Foot Landing) 3x3E	Traveling Lateral Bound (45 Degree) 4x3E/Lateral Hop (Two Foot Landing) 4x3E
<b>Speed DV</b>	MB Shuffle (5y) to Rotational Rip Stop 2x3E	MB Shuffle (5y) to Rotational Rip Stop 2x3E
<b>Speed</b>	W (5y Depth/Width) Drill: Sprint + BP x4, Sprint Shuffle x4	W (5y Depth/Width) Drill: Sprint + BP x5, Sprint Shuffle x5

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	
-------------------	--	--

### Day 4: Multi Directional Glycolytic Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bear Crawl FW/BW x10y	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Hover Half Kneeling Wide Hip Abduction (Flex/Extension) 10x3sec E	
<b>Neural Activation</b>	Carioca x20y/Carioca Short x10y/Carioca Long x30y	

	Week 1	Week 2
<b>MB Plyo</b>	Standing (Wall Based) Rotational Toss 4x10E	Standing (Wall Based) Rotational Toss 4x10E
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	Rudiment Hop (Linear/Lateral/Rotaional) x10y E
<b>ESD</b>	Slide Board 10x30sec/60sec Rest	Slide Board 12x30sec/60sec Rest

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	
-------------------	--	--

# STRENGTH DEFICIT

MESOCYCLE

SUMMER

# LARGE DEFICIT

MICROCYCLE

1-2

DAY 1 TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	DB Hang Power Snatch	75%			2-3E	67%					2-3E	75%		
		80%			2-3E	72%					2-3E	80%		
		85%		5	2-3E	77%	180s		5	2-3E	85%	180s		
B1	Myotatic Heels Elevated Front Squat 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%					4-5	82%		
		87%			2-3	82%					2-3	87%		
		92%	3-X/0/X/0	5	2-3	87%	60s	3-X/0/X/0	5	2-3	92%	60s		
B2	Myotatic Neutral Grip Pullup 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%					4-5	82%		
		87%			2-3	82%					2-3	87%		
		92%	3-X/0/X/0	5	2-3	87%	60s	3-X/0/X/0	5	2-3	92%	60s		
C1	45 Degree Back Extension	77%			4-5	70%					4-5	77%		
		82%			2-3	75%					2-3	82%		
		87%	3/0/X/0	3	5-6	80%	60s	3/0/X/0	3	5-6	87%	60s		
C2	DB Alternate High Incline Bench	77%			4-5E	70%					4-5E	77%		
		82%			2-3E	75%					2-3E	82%		
		87%	3/0/X/0	3	5-6E	80%	60s	3/0/X/0	3	5-6E	87%	60s		
<b>DAY 2 TOTAL BODY</b>		<b>BLOCK %</b>	<b>RI%</b>			<b>90.0%</b>			<b>RI%</b>			<b>100.0%</b>		
			<b>TEMPO</b>	<b>SETS</b>	<b>REP</b>	<b>WT</b>	<b>REST</b>	<b>TEMPO</b>	<b>SETS</b>	<b>REP</b>	<b>WT</b>	<b>REST</b>		
A1	kBox RDL	75%			4-5	67%				4-5	75%			
		80%			2-3	72%				2-3	80%			
		85%		5	4-5	77%	180s		5	4-5	85%	180s		
B1	Myotatic Fat Grip Incline Bench 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%				4-5	82%			
		87%			2-3	82%				2-3	87%			
		92%	5/0/X/0	5	2-3	87%	60s	5/0/X/0	5	2-3	92%	60s		
B2	Myotatic Glute Ham Raise 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%				4-5	82%			
		87%			2-3	82%				2-3	87%			
		92%	5/0/X/0	5	2-3	87%	60s	5/0/X/0	5	2-3	92%	60s		
C1	DB Bent Over Alternate Row	77%			4-5E	70%				4-5E	77%			
		82%			2-3E	75%				2-3E	82%			
		87%	3/0/X/0	3	5-6E	80%	60s	3/0/X/0	3	5-6E	87%	60s		
C2	DB Posterior Lateral Squat	77%			4-5E	70%				4-5E	77%			
		82%			2-3E	75%				2-3E	82%			
		87%	3/0/X/0	3	5-6E	80%	60s	3/0/X/0	3	5-6E	87%	60s		
<b>DAY 3 TOTAL BODY</b>		<b>BLOCK %</b>	<b>RI%</b>			<b>90.0%</b>			<b>RI%</b>			<b>100.0%</b>		
			<b>TEMPO</b>	<b>SETS</b>	<b>REP</b>	<b>WT</b>	<b>REST</b>	<b>TEMPO</b>	<b>SETS</b>	<b>REP</b>	<b>WT</b>	<b>REST</b>		
A1	Functional Trainer Push Pull	75%			2-3E	67%				2-3E	75%			
		80%			2-3E	72%				2-3E	80%			
		85%		5	2-3E	77%	180s		5	2-3E	85%	180s		
B1	Snatch Grip Deadlift 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%				4-5	82%			
		87%			2-3	82%				2-3	87%			
		92%	3-X/0/X/0	5	2-3	87%	60s	3-X/0/X/0	5	2-3	92%	60s		
B2	Seated Unsupported Overhead Press 1/2 Half Eccentric 3sec-1/2 Eccentric Xsec	82%			4-5	77%				4-5	82%			
		87%			2-3	82%				2-3	87%			
		92%	3-X/0/X/0	5	2-3	87%	60s	3-X/0/X/0	5	2-3	92%	60s		
C1	DB Reverse Lunge	77%			4-5E	70%				4-5E	77%			
		82%			2-3E	75%				2-3E	82%			
		87%	3/0/X/0	3	5-6E	80%	60s	3/0/X/0	3	5-6E	87%	60s		
C2	Cable Squat to Single Arm Row	77%			4-5E	70%				4-5E	77%			
		82%			2-3E	75%				2-3E	82%			
		87%	3/0/X/0	3	5-6E	80%	60s	3/0/X/0	3	5-6E	87%	60s		

# LARGE DEFICIT SPEED TRAINING

## SUMMER Block 2

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Cook Hip Lift/Supine Active Straight Leg Raise x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	A Skip FW/A Skip BW x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

	Week 1	Week 2
<b>Plyometric</b>	Depth (6") Drop (SL Landing) 5x3E/Horizontal CMJ + Stick 5x3	Linear Bounds 3x3E/Horizontal CMJ Rapid 3x5
<b>Speed DV</b>	Lean Fall Sprint (10y) to Hard Decel (3 Steps) x2	A Run (5y) to Sprint (10y) x2
<b>Speed</b>	Mini Hurdle Run (20y) + 20y Run Out x6	Partner Chases (Pushup Pos) Linear Sprint x4

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1
-------------------	-------------------------------------

### Day 2: Linear - Multi Directional Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Wall Drill SL Hold 2x15sec Each/Wall Drill Singles (3sec Hold) 2x5E	
<b>Neural Activation</b>	A Run FW 3x10y/BW A Run 3x10y	

	Small Deficit	Large Deficit
<b>MB Plyo</b>	Split Stance (Wall Based) Rotational Toss 4x10E	
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	
<b>ESD</b>	Linear Tempo Runs (70%): 14x100y/Rest 60sec	Agility Circuit Four Cone Drills x6, Shuttle Drills x6, Bag Drills x6, Matt Drills x6

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9
-------------------	-------------------------------

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band Lateral Walk/Mini Band Linear Walk FW+BW x10y E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Lateral A Skip x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E	

	Week 1	Week 2
<b>Plyometric</b>	Traveling Lateral Bound (45 Degree) 5x3E/Lateral Hop (Two Foot Landing) 5x3E	Depth Drop to Lateral Jump 3x3E/Rotational (90Degree) Hop 3x3E
<b>Speed DV</b>	MB Shuffle (5y) to Rotational Rip Stop 2x3E	Overhead MB S (1Y Width) Run 2x20y
<b>Speed</b>	W (5y Depth/Width) Drill: Sprint + BP x6, Sprint Shuffle x6	Partner Chases (Point) U Run x2E

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator
-------------------	--

### Day 4: Multi Directional Glycolytic Capacity - Reactionary Agility

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bear Crawl FW/BW x10y	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Hover Half Kneeling Wide Hip Abduction (Flex/Extension) 10x3sec E	
<b>Neural Activation</b>	Carioca x20y/Carioca Short x10y/Carioca Long x30y	

	Week 1	Week 2
<b>MB Plyo</b>	Standing (Wall Based) Rotational Toss 4x10E	
<b>Plyometric</b>	Rudiment Hop (Linear/Lateral/Rotaional) x10y E	
<b>ESD</b>	Slide Board 14x30sec/60sec Rest	Reactionary Agility Circuit: Star Drill x4, 3 Bag Drill x4, Break Away Belt Obstacle x4

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus
-------------------	--

# STRENGTH DEFICIT

## MESOCYCLE

## SUMMER

# LARGE DEFICIT

## MICROCYCLE

## 3-4

DAY 1 TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	Rhythm Hang Power Snatch 3 RDLs + 1 Hang Power Snatch	65%			4	57%				4	65%			
		70%			4	62%				4	70%			
		75%			4	67%				4	75%			
		80%			4	72%				4	80%			
		85%		5	4	77%	180s		5	4	85%	180s		
B1	Heels Elevated Back Squat	67%			4-5	60%				4-5	65%			
		72%			4-5	65%				4-5	70%			
		77%			2-3	70%				2-3	75%			
		82%			2-3	75%				2-3	80%			
		87%	5/0/X/0		2-3	80%	120s		5/0/X/0		2-3	87%	120s	
		90%	5/0/X/0		1-2	82%	120s		5/0/X/0		1-2	90%	120s	
		92%	5/0/X/0		1	85%	120s		5/0/X/0		1	92%	120s	
		90%	5/0/X/0		2-3	82%	120s		5/0/X/0		2-3	90%	120s	
		92%	5/0/X/0		1-2	85%	120s		5/0/X/0		1-2	92%	120s	
		95%	5/0/X/0		1	87%	120s		5/0/X/0		1	95%	120s	
C1	Wide Grip Pull Up	80%			4-5	75%				4-5	80%			
		85%			2-3	80%				2-3	85%			
		90%	5/0/X/0	3	2-3	85%	60s		5/0/X/0	3	2-3	90%	60s	
C2	MB Zercher Single Leg Goodmorning	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
C3	DB Incline Single Arm Bench	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
DAY 2 TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
TEMPO	SETS		REP	WT	REST	TEMPO	SETS	REP	WT	REST				
A1	Rhythm Hang Power Clean 3 RDLs + 1 Hang Power Clean	65%			4	57%				4	65%			
		70%			4	62%				4	70%			
		75%			4	67%				4	75%			
		80%			4	72%				4	80%			
		85%		5	4	77%	180s		5	4	85%	180s		
B1	Fat Grip Low Incline Bench	67%			4-5	60%				4-5	65%			
		72%			4-5	65%				4-5	70%			
		77%			2-3	70%				2-3	75%			
		82%			2-3	75%				2-3	80%			
		87%	5/0/X/0		2-3	80%	120s		5/0/X/0		2-3	87%	120s	
		90%	5/0/X/0		1-2	82%	120s		5/0/X/0		1-2	90%	120s	
		92%	5/0/X/0		1	85%	120s		5/0/X/0		1	92%	120s	
		90%	5/0/X/0		2-3	82%	120s		5/0/X/0		2-3	90%	120s	
		92%	5/0/X/0		1-2	85%	120s		5/0/X/0		1-2	92%	120s	
		95%	5/0/X/0		1	87%	120s		5/0/X/0		1	95%	120s	
C1	Machine Leg Curl (2 Up 1 Down)	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
C2	KB Split Stance Single Arm Row	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
C3	DB Posterior Lateral Lunge	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
DAY 3 TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
TEMPO	SETS		REP	WT	REST	TEMPO	SETS	REP	WT	REST				
A1	BB Rhythm Countermovement Jump 3 1/4 Squats + 1 Countermovement Jump	65%			4	57%				4	65%			
		70%			4	62%				4	70%			
		75%			4	67%				4	75%			
		80%			4	72%				4	80%			
		85%		5	4	77%	180s		5	4	85%	180s		
B1	Snatch Grip Deficit Deadlift	67%			4-5	60%				4-5	65%			
		72%			4-5	65%				4-5	70%			
		77%			2-3	70%				2-3	75%			
		82%			2-3	75%				2-3	80%			
		87%	5/0/X/0		2-3	80%	120s		5/0/X/0		2-3	87%	120s	
		90%	5/0/X/0		1-2	82%	120s		5/0/X/0		1-2	90%	120s	
		92%	5/0/X/0		1	85%	120s		5/0/X/0		1	92%	120s	
		90%	5/0/X/0		2-3	82%	120s		5/0/X/0		2-3	90%	120s	
		92%	5/0/X/0		1-2	85%	120s		5/0/X/0		1-2	92%	120s	
		95%	5/0/X/0		1	87%	120s		5/0/X/0		1	95%	120s	
C1	KB Push Press	80%			4-5	75%				4-5	80%			
		85%			2-3	80%				2-3	85%			
		90%	5/0/X/0	3	2-3	85%	60s		5/0/X/0	3	2-3	90%	60s	
C2	DB Skater Squat	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	
C3	Versa Pulley Standing Single Arm Rotational Row	80%			4-5E	75%				4-5E	80%			
		85%			2-3E	80%				2-3E	85%			
		90%	5/0/X/0	3	2-3E	85%	60s		5/0/X/0	3	2-3E	90%	60s	

# LARGE DEFICIT SPEED TRAINING

## SUMMER Block 3

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Crawl Pos Hip Extension/Mini Band Standing Hip Flexion x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integreation</b>	Pop & Float Skip 2x20y	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

	Week 1	Week 2
<b>Plyometric</b>	Linear Bounds 4x3E/Horizontal CMJ Rapid 4x5	Linear Bounds 5x3E/Horizontal CMJ Rapid 5x5
<b>Speed DV</b>	A Run (5y) to Sprint (10y) x2	A Run (5y) to Sprint (10y) x2
<b>Speed</b>	Partner Chases (Pushup Pos) Linear Sprint x5	Partner Chases (Pushup Pos) Linear Sprint x6

#### Restoration

90-90 Hemi Bridge 60sec/ELDOA L5/S1

#### Corrective

### Day 2: Multi Directional Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

	Week 1	Week 2
<b>ESD</b>	Agility Circuit Four Cone Drills x8, Shuttle Drills x8, Bag Drills x8, Matt Drills x8	Agility Circuit Four Cone Drills x10, Shuttle Drills x10, Bag Drills x10, Matt Drills x10

#### Restoration

Crocodile Breathe/ELDOA T8/T9

#### Corrective

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band Hour Glass 2x10sec	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integreation</b>	Cross Over Run x20y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E	

	Week 1	Week 2
<b>Plyometric</b>	Depth Drop to Lateral Jump 4x3E/Rotational (90Degree) Hop 4x3E	Depth Drop to Lateral Jump 5x3E/Rotational (90Degree) Hop 5x3E
<b>Speed DV</b>	Overhead MB S (1Y Width) Run 2x20y	Overhead MB S (1Y Width) Run 2x20y
<b>Speed</b>	Partner Chases (Point) U Run x3E	Partner Chases (Point) U Run x6E

#### Restoration

90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

#### Corrective

### Day 4: Multi Directional Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

	Week 1	Week 2
<b>ESD</b>	Reactionary Agility Circuit: Star Drill x5, 3 Bag Drill x5, Break Away Belt Obstacle x5	Reactionary Agility Circuit: Star Drill x6, 3 Bag Drill x6, Break Away Belt Obstacle x6

#### Restoration

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

#### Corrective

# STRENGTH DEFICIT

MESOCYCLE

SUMMER

# LARGE DEFICIT

MICROCYCLE

5-6

DAY 1		TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
					TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	Snatch Pull	70%			2-3	65%			2-3	70%			2-3	70%		
		75%			2-3	70%			2-3	75%			2-3	75%		
		80%			2-3	75%			2-3	80%			2-3	80%		
		85%			2-3	80%			2-3	85%			2-3	85%		
		90%	10/0/X/0	6	1	85%	180s	10/0/X/0	6	1	90%	180s				
B1	Front Squat 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
B2	Chinup 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
C1	1 & 1/4 BB Romanian Deadlift	82%			4-5	77%			4-5	82%			4-5	82%		
		92%			2-3	82%			2-3	92%			2-3	92%		
		92%	3/3/X/0	3	2-3	87%	60s	3/3/X/0	3	2-3	92%	60s				
C2	1 & 1/4 DB Neutral Grip Bench	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3/3/X/0	3	2-3	87%	60s	3/3/X/0	3	2-3	92%	60s				
DAY 2		TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
					TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	Clean Pull	70%			2-3	65%			2-3	70%			2-3	70%		
		75%			2-3	70%			2-3	75%			2-3	75%		
		80%			2-3	75%			2-3	80%			2-3	80%		
		85%			2-3	80%			2-3	85%			2-3	85%		
		90%	10/0/X/0	6	1	85%	180s	10/0/X/0	6	1	90%	180s				
B1	Fat Incline Bench 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
B2	Nordic Hamstring Curl 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
C1	1 & 1/4 DB Bent Over Row	82%			4-5	77%			4-5	82%			4-5	82%		
		92%			2-3	82%			2-3	92%			2-3	92%		
		92%	3/3/X/0	3	2-3	87%	60s	3/3/X/0	3	2-3	92%	60s				
C2	Front Foot Elevated 1 & 1/4 DB Split Squat	82%			4-5E	77%			4-5E	82%			4-5E	82%		
		87%			2-3E	82%			2-3E	87%			2-3E	87%		
		92%	3/3/X/0	3	2-3E	87%	60s	3/3/X/0	3	2-3E	92%	60s				
DAY 3		TOTAL BODY		BLOCK %	RI%			90.0%			RI%			100.0%		
					TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1	BB Squat Jump	70%			2-3	65%			2-3	70%			2-3	70%		
		75%			2-3	70%			2-3	75%			2-3	75%		
		80%			2-3	75%			2-3	80%			2-3	80%		
		85%			2-3	80%			2-3	85%			2-3	85%		
		90%	10/0/X/0	6	1	85%	180s	10/0/X/0	6	1	90%	180s				
B1	Snatch Grip Deadlift 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
B2	BB Push Press 3 Pos Yeilding Iso - 1/4x3sec, 1/2x3sec, 3/4x3sec	82%			4-5	77%			4-5	82%			4-5	82%		
		87%			2-3	82%			2-3	87%			2-3	87%		
		92%	3-3-3/0/X/0	6	1	87%	90s	3-3-3/0/X/0	6	1	92%	90s				
C1	Heels Elevated 1 & 1/4 KB Front Squat	82%			4-5	77%			4-5	82%			4-5	82%		
		92%			2-3	82%			2-3	92%			2-3	92%		
		92%	3/3/X/0	3	2-3	87%	60s	3/3/X/0	3	2-3	92%	60s				
C2	Split Stance 1 & 1/4 DB Single Arm Row	82%			4-5E	77%			4-5E	82%			4-5E	82%		
		87%			2-3E	82%			2-3E	87%			2-3E	87%		
		92%	3/3/X/0	3	2-3E	87%	60s	3/3/X/0	3	2-3E	92%	60s				

# LARGE DEFICIT SPEED TRAINING

## SUMMER Block 4

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integration</b>	A Skip FW/A Skip BW x10y E
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2

#### Week 1

#### Week 2

<b>MB Plyo</b>	Test: BW OH MB Toss x3
<b>Plyometric</b>	Test: CMJ x3/NCMJ x3
<b>Speed</b>	Test: 20y (10y Split) x2

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1
-------------------	-------------------------------------

### Day 2: Regeneration

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILS Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
------------------------	---

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9
-------------------	-------------------------------

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E

#### Week 1

#### Week 2

<b>Speed</b>	Test: 60y Shuttle x2/Hop (2) Run x2
--------------	-------------------------------------

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator
-------------------	--

### Day 4: Regeneration

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILS 90/90 Hip External Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
------------------------	---

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus
-------------------	--

# STRENGTH DEFICIT

## MESOCYCLE

## SUMMER

# LARGE DEFICIT

## MICROCYCLE

## 7-8

		BLOCK %	RI%			90.0%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT
<b>DAY 1 TOTAL BODY</b>											
A1	Tsunami Bar Back Squat	30%			4-5	25%			4-5	30%	
		35%			2-3	30%			2-3	35%	
		40%	X/X/X/X	10	2-3	35%	120s	X/X/X/X	10	2-3	40%
C1	Pullup Cluster: 1+15sec+1+15sec+1	75%			4-5	70%			4-5	75%	
		80%			2-3	75%			2-3	80%	
		85%			2-3	80%			2-3	85%	
		90%			2-3	85%			2-3	90%	
		95%	4/0/X/0	3	1+1+1	90%	120s	4/0/X/0	3	1+1+1	95%
D1	kBox Romanian Deadlift	70%			4-5	65%			4-5	70%	
		75%			2-3	70%			2-3	75%	
		80%	4/0/X/0	3	5-6	75%	60s	4/0/X/0	3	5-6	80%
D2	Dips	70%			4-5	65%			4-5	70%	
		75%			2-3	70%			2-3	75%	
		80%	4/0/X/0	3	5-6	75%	60s	4/0/X/0	3	5-6	80%
<b>DAY 2 TOTAL BODY</b>											
A1	Tsunami Bar Bench Press	30%			4-5	25%			4-5	30%	
		35%			2-3	30%			2-3	35%	
		40%	X/X/X/X	10	2-3	35%	120s	X/X/X/X	10	2-3	40%
C1	Overloaded Eccentric Nordic Hamstring Curl Cluster: 1+15sec+1+15sec+1	75%			4-5	70%			4-5	75%	
		80%			2-3	75%			2-3	80%	
		85%			2-3	80%			2-3	85%	
		90%			2-3	85%			2-3	90%	
		95%	4/0/X/0	3	1+1+1	90%	120s	4/0/X/0	3	1+1+1	95%
D1	kBox High Pull	70%			4-5	65%			4-5	70%	
		75%			2-3	70%			2-3	75%	
		80%	4/0/X/0	3	5-6	75%	60s	4/0/X/0	3	5-6	80%
D2	DB Pistol Squat	70%			4-5E	65%			4-5E	70%	
		75%			2-3E	70%			2-3E	75%	
		80%	4/0/X/0	3	5-6E	75%	60s	4/0/X/0	3	5-6E	80%
<b>DAY 3 TOTAL BODY</b>											
A1	Tsunami Bar Push Press	30%			4-5	25%			4-5	30%	
		35%			2-3	30%			2-3	35%	
		40%	X/X/X/X	10	2-3	35%	120s	X/X/X/X	10	2-3	40%
C1	Snatch Grip Deadlift Cluster: 1+15sec+1+15sec+1	75%			4-5	70%			4-5	75%	
		80%			2-3	75%			2-3	80%	
		85%			2-3	80%			2-3	85%	
		90%			2-3	85%			2-3	90%	
		95%	4/0/X/0	3	1+1+1	90%	120s	4/0/X/0	3	1+1+1	95%
D1	Versa Pulley Rotational Pull	70%			4-5E	65%			4-5E	70%	
		75%			2-3E	70%			2-3E	75%	
		80%	4/0/X/0	3	5-6E	75%	60s	4/0/X/0	3	5-6E	80%
D2	MB Triplanar Pivot FW-BW/Lateral/Posterior Lateral-Anterior Medial	70%			4-5E	65%			4-5E	70%	
		75%			2-3E	70%			2-3E	75%	
		80%	X/X/X/X	3	2-3E	75%	60s	X/X/X/X	3	2-3E	80%



# SMALL DEFICIT SPEED TRAINING

## WINTER Block 1

### Day 1: Linear Phospagen Power

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

### Day 2: Linear Phosphogen Capacity

<b>PILLAR PREP:</b>		
Foam Roll: Gastroc/Soleus/Hamstring/Quad		
<b>Foam Roll Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Pillar Prep</b>	Lower Body Deadbug 2x10E/Cook Hip Lift 2x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Half Kneeling (Knee Flexed) Hip Flexion 10x5sec E	
<b>Neural Activation</b>	A March (Hands on Waist) FW 2x10y/A March (Hands on Waist) BW 2x10y	
<b>Restoration</b>		
<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	

### Day 3: Multi Directional Phospagen Power

<b>PILLAR PREP:</b>		
Foam Roll: Gastroc/Soleus/Glute/Adductor		
<b>Foam Roll Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Pillar Prep</b>	Mini Band Clams x10E/Mini Band In-Outs x10E	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Lateral Mini Band (Knee) Walk (Hands on Waist) x10y E	
<b>Neural Activation</b>	Reach Drop Pogo 2x5sec, Reach Drop Hour Glass 2x5sec	
<b>Week 1</b>		
<b>MB Plyo</b>	1/2 Kneeling Rotational Toss 2x3E	1/2 Kneeling Rotational Toss 3x3E
<b>Plyometric</b>	Lateral Bound (Rear Foot Slide) 2x3E	Lateral Bound (Rear Foot Slide) 3x3E
<b>Speed DV</b>	Agility Ladder (Full) Lateral 1inE x2	Agility Ladder (Full) Lateral 1inE x2
<b>Speed</b>	Band Resisted Shuffle (10y) Stop x2E, Shuffle (5y) x2E	Band Resisted Shuffle (10y) Stop x3E, Shuffle (5y) x3E
<b>Restoration</b>		
<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	

### Day 4: Linear Glycolytic Capacity

<b>PILLAR PREP:</b>		
Foam Roll: Gastroc/Soleus/Glute/Adductor		
<b>Foam Roll Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Pillar Prep</b>	Side Plank x15sec E/Glute Bridge (Hold) 30sec	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Quadruped Hip Abduction 10x5sec E	
<b>Neural Activation</b>	Lateral A March 2x10y E	
<b>Restoration</b>		
<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	

# STRENGTH DEFICIT

## SMALL DEFICIT

MESOCYCLE	WINTER
MICROCYCLE	1-2

DAY 1 LOWER BODY		90.0%			100.0%					
BLOCK %	R1%		REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 High Block Power Snatch	60%		2-3	50%				2-3	60%	
	65%		2-3	55%				2-3	65%	
	70%		2-3	60%				2-3	70%	
	75%		2-3	65%				2-3	75%	
	80%	5	3-4	70%	120s	5	3-4	80%	120s	
B1 Heels Elevated Front Squat	67%		4-5	60%				4-5	67%	
	72%		4-5	65%				4-5	72%	
	77%		2-3	70%				2-3	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	5	5-6	80%	120s	2/0/X/0	5	5-6	87%
C1 Machine Prone Leg Curl	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	4	5-6	80%	60s	2/0/X/0	4	5-6	87%
C2 DB Front Foot Elevated Split Squat	77%		4-5E	70%				4-5E	77%	
	82%		2-3E	75%				2-3E	82%	
	87%	2/0/X/0	4	5-6E	80%	60s	2/0/X/0	4	5-6E	87%

DAY 3 LOWER BODY		90.0%			100.0%					
BLOCK %	R1%		REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 High Block Power Clean	60%		2-3	50%				2-3	60%	
	65%		2-3	55%				2-3	65%	
	70%		2-3	60%				2-3	70%	
	75%		2-3	65%				2-3	75%	
	80%	5	3-4	70%	120s	5	3-4	80%	120s	
B1 Mid Block Deadlift	67%		4-5	60%				4-5	67%	
	72%		4-5	65%				4-5	72%	
	77%		2-3	70%				2-3	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	5	5-6	80%	120s	2/0/X/0	5	5-6	87%
C1 Pendulum Squat	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	4	5-6	80%	60s	2/0/X/0	4	5-6	87%
C2 45 Degree Back Extension	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	4	5-6	80%	60s	2/0/X/0	4	5-6	87%

DAY 2 UPPER BODY		90.0%			100.0%						
BLOCK %	R1%		REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Push Press	60%		2-3	50%				2-3	60%		
	65%		2-3	55%				2-3	65%		
	70%		2-3	60%				2-3	70%		
	75%		2-3	65%				2-3	75%		
	80%	5	3-4	70%	120s	5	3-4	80%	120s		
B1 Fat Grip Incline Bench	67%		4-5	60%				4-5	67%		
	72%		4-5	65%				4-5	72%		
	77%		2-3	70%				2-3	77%		
	82%		2-3	75%				2-3	82%		
	87%	2/0/X/0	5	5-6	80%	120s	2/0/X/0	5	5-6	87%	120s
C1 Neutral Grip Lat Pulldown	77%		4-5	70%				4-5	77%		
	82%		2-3	75%				2-3	82%		
	87%	2/0/X/0	4	5-6	80%	60s	2/0/X/0	4	5-6	87%	60s
C2 Powell Raise	77%		4-5E	70%				4-5E	77%		
	82%		2-3E	75%				2-3E	82%		
	87%	2/0/X/0	4	5-6E	80%	60s	2/0/X/0	4	5-6E	87%	60s

DAY 4 UPPER BODY		90.0%			100.0%					
BLOCK %	R1%		REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Landmine Single Arm Push Press	70%		2-3E	60%				2-3E	70%	
	75%		2-3E	65%				2-3E	75%	
	80%	5	3-4E	70%	120s	5	3-4E	80%	120s	
	87%	2/0/X/0	4	5-6E	80%	60s	2/0/X/0	4	5-6E	87%
B1 Neutral Grip Pullup	67%		4-5	60%				4-5	67%	
	72%		4-5	65%				4-5	72%	
	77%		2-3	70%				2-3	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	5	5-6	80%	120s	2/0/X/0	5	5-6	87%
C1 DB Neutral Grip Bench	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/0	4	5-6	80%	60s	2/0/X/0	4	5-6	87%
C2 DB Single Arm Row	77%		4-5E	70%				4-5E	77%	
	82%		2-3E	75%				2-3E	82%	
	87%	2/0/X/0	4	5-6E	80%	60s	2/0/X/0	4	5-6E	87%

# SMALL DEFICIT SPEED TRAINING

## WINTER Block 2

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT 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

**MB Plyo** Kneeling Horizontal Chest Pass 4x5, NCM Snatch 4x5 Jerk Toss 2x5/Snatch Toss 2x5

**Plyometric** Horizontal NCMJ + Stick 4x3 Box Jump (Stick) 2x5

**Speed DV** Partner Resisted (Shoulder Harness - Heavy) March 2x10yards Prowler (Heavy) March 2x10y

**Speed** 1/2 Kneeling Start 5x10y Each Leg Down 2 Point Start 3x10y E

#### Restoration

**Corrective** 90-90 Hemi Bridge 60sec/ELDOA L5/S1

### Day 2: Linear Phosphogen Capacity

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Hamstring/Quad

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT 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

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

Foam Roll: Gastroc/Soleus/Glute/Adductor

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min

#### MOVEMENT 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 4x3E Shot Put Throw 2x3E

**Plyometric** Lateral Bound (Rear Foot Slide) 4x3E Rotational Box Jump (Stick) 2x3E

**Speed DV** Agility Ladder (Full) Lateral 1inE x2 Cross Over Sled Pull (Heavy) 2x10y E

**Speed** Band Resisted Shuffle (10y) Stop x4E, Shuffle (5y) x4E Pro Agility (Shuffle - Sprint - Sprint) x2E/U Run (5y x5y Box) x2E

#### 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: Gastroc/Soleus/Glute/Adductor

**Foam Roll Mobility** Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min

#### MOVEMENT 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



# SMALL DEFICIT SPEED TRAINING

## WINTER Block 3

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band SL Hip Bridge x10Standing Mini Band Psoas Pull Apart x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	A March (Hands Behind Head) 2x10y/A Skip 2x10y	
<b>Neural Activation</b>	Reach Drop Traveling Pogo 2x5y/Reach Drop 2" Run 2x5y	

#### Week 1

#### Week 2

<b>MB Plyo</b>	Jerk Toss 3x5/Snatch Toss 3x5	Jerk Toss 4x5/Snatch Toss 4x5
<b>Plyometric</b>	Box Jump (Stick) 3x5	Box Jump (Stick) 4x5
<b>Speed DV</b>	Prowler (Heavy) March 2x10y	Prowler (Heavy) March 2x10y
<b>Speed</b>	2 Point Start 4x10y E	2 Point Start 5x10y E

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	
-------------------	-------------------------------------	--

### Day 2: Linear Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	SL Leg Lowering 2x10E/Marching Hip Bridge 2x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Hip Mobs + T-Spine Rotation/Supine ASLR x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Half Kneeling (Knee Extended) Hip Flexion 10x5sec E	
<b>Neural Activation</b>	A Run FW 2x10y/BW A Run 2x10y	

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	
-------------------	-------------------------------	--

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip Internal Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band In Outs/Mini Band Squats x10	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Low Lateral Walk x10y E	
<b>Neural Activation</b>	Agility Ladder (Full) 10 Drills	

#### Week 1

#### Week 2

<b>MB Plyo</b>	Shot Put Throw 3x3E	Shot Put Throw 4x3E
<b>Plyometric</b>	Rotational Box Jump (Stick) 3x3E	Rotational Box Jump (Stick) 4x3E
<b>Speed DV</b>	Cross Over Sled Pull (Heavy) 2x10y E	Cross Over Sled Pull (Heavy) 2x10y E
<b>Speed</b>	Pro Agility (Shuffle - Sprint - Sprint) x3E/U Run (5y x5y Box) x3E	Pro Agility (Shuffle - Sprint - Sprint) x4E/U Run (5y x5y Box) x4E

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	
-------------------	--	--

### Day 4: Linear Glycolytic Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs 90/90 Hip External Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Lateral Crawl x10y E	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Lift Off Quadruped Hip Abduction 10x5sec E	
<b>Neural Activation</b>	Lateral A Skip 2x10y E	

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	
-------------------	--	--

# STRENGTH DEFICIT

## SMALL DEFICIT

### MESOCYCLE

### WINTER

### MICROCYCLE

### 5-6

#### DAY 1 LOWER BODY

BLOCK %	R1%		90.0%			R1%			100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Low Block Power Snatch	65%		2-3	60%				2-3	65%		
	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%	5	3-4	80%	120s		5	3-4	85%	120s	
B1 Heels Elevated Back Squat	65%		4-5	57%				4-5	65%		
Bottom Position Isometric Hold	70%		4-5	62%				4-5	70%		
	75%		2-3	67%				2-3	75%		
	80%		2-3	72%				2-3	80%		
	85%	2/3/X/0	5	5-6	77%	120s	2/3/X/0	5	5-6	85%	120s
C1 Snatch Grip RDL	67%		4-5	60%				4-5	67%		
	72%		2-3	65%				2-3	72%		
	77%	2/3/X/0	4	6-8	70%	60s	2/3/X/0	4	6-8	77%	60s
C2 DB Rear Foot Elevated Split Squat	67%		4-5E	60%				4-5E	67%		
	67%		2-3E	65%				2-3E	67%		
	77%	2/3/X/0	4	5-6E	70%	60s	2/3/X/0	4	5-6E	77%	60s

#### DAY 3 LOWER BODY

BLOCK %	R1%		90.0%			R1%			100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Low Block Power Clean	65%		2-3	60%				2-3	65%		
	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%	5	3-4	80%	120s		5	3-4	85%	120s	
B1 Deadlift (Overcoming Isometric)	65%		4-5	57%				4-5	65%		
Knee Height Isometric Hold	70%		4-5	62%				4-5	70%		
	75%		2-3	67%				2-3	75%		
	80%		2-3	72%				2-3	80%		
	85%	2/3/X/0	5	5-6	77%	120s	2/3/X/0	5	5-6	85%	120s
C1 Belt Squat	67%		4-5	60%				4-5	67%		
	72%		2-3	65%				2-3	72%		
	77%	2/3/X/0	4	6-8	70%	60s	2/3/X/0	4	6-8	77%	60s
C2 Machine Prone 2 Up 1 Down Leg Curl	67%		4-5E	60%				4-5E	67%		
	67%		2-3E	65%				2-3E	67%		
	77%	2/3/X/0	4	5-6E	70%	60s	2/3/X/0	4	5-6E	77%	60s

#### DAY 2 UPPER BODY

BLOCK %	R1%		90.0%			R1%			100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Power Jerk	65%		2-3	60%				2-3	65%		
	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%	5	3-4	80%	120s		5	3-4	85%	120s	
B1 Cambered Bar Incline Bench Press	65%		4-5	57%				4-5	65%		
Bottom Position Isometric Hold	70%		4-5	62%				4-5	70%		
	75%		2-3	67%				2-3	75%		
	80%		2-3	72%				2-3	80%		
	85%	2/3/X/0	5	5-6	77%	120s	2/3/X/0	5	5-6	85%	120s
C1 Seated Semi Supinated Grip Row	67%		4-5	60%				4-5	67%		
	72%		2-3	65%				2-3	72%		
	77%	2/3/X/0	4	6-8	70%	60s	2/3/X/0	4	6-8	77%	60s
C2 Seated Alternate DB Overhead Press	67%		4-5E	60%				4-5E	67%		
	67%		2-3E	65%				2-3E	67%		
	77%	2/3/X/0	4	5-6E	70%	60s	2/3/X/0	4	5-6E	77%	60s

#### DAY 4 UPPER BODY

BLOCK %	R1%		90.0%			R1%			100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Versa Pulley Rotational Row	75%		4-5E	70%				4-5E	75%		
	80%		2-3E	75%				2-3E	80%		
	85%	2/3/X/0	5	3-4E	80%	120s		3-4E	85%	120s	
B1 Pullup	65%		4-5	57%				4-5	65%		
Top Position Isometric Hold	70%		4-5	62%				4-5	70%		
	75%		2-3	67%				2-3	75%		
	80%		2-3	72%				2-3	80%		
	85%	2/3/X/0	5	5-6	77%	120s	2/3/X/0	5	5-6	85%	120s
C1 Dips	67%		4-5	60%				4-5	67%		
	72%		2-3	65%				2-3	72%		
	77%	2/3/X/0	4	6-8	70%	60s	2/3/X/0	4	6-8	77%	60s
C2 Chest Supported DB Alternate Row	67%		4-5E	60%				4-5E	67%		
	67%		2-3E	65%				2-3E	67%		
	77%	2/3/X/0	4	5-6E	70%	60s	2/3/X/0	4	5-6E	77%	60s

# SMALL DEFICIT SPEED TRAINING

## WINTER Block 4

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Hamstring/Quad  
Level I Open Chain CARs x3E

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Mvmt Integration A Skip FW/A Skip BW x10y E

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2

#### Week 1

#### Week 2

**MB Plyo** BW Overhead MB Toss x3 Test: BW OH MB Toss x3

**Plyometric** CMJ x3/NCMJ x3 Test: CMJ x3/NCMJ x3

**Speed** 3 Point 20y Sprints x2 Test: 20y (20y Split) x2

#### Restoration

**Corrective** 90-90 Hemi Bridge 60sec/ELDOA L5/S1

### Day 2: Regeneration

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Hamstring/Quad  
Level I Open Chain CARs x3E/PAILS RAILS Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y

#### Restoration

**Corrective** Crocodile Breathe/ELDOA T8/T9

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Glute/Adductor  
Level I Open Chain CARs x3E/PAILS RAILS 90/90 Hip Internal Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Mvmt Integration Lateral A Skip x10y E

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E

#### Week 1

#### Week 2

**Speed** Pro Agility (5y, 10y, 5y) x2/Hoop (1) Run x2 Test: Pro Agility x2/Hoop (1) Run x2

#### Restoration

**Corrective** 90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

### Day 4: Regeneration

#### PILLAR PREP:

**Foam Roll** Mobility Foam Roll: Gastroc/Soleus/Glute/Adductor  
Level I Open Chain CARs x3E

#### MOVEMENT PREP:

Dynamic Stretch Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm

Neural Activation Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y

#### Restoration

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

<b>STRENGTH DEFICIT</b>	<b>MESOCYCLE</b>		<b>WINTER</b>	
	<b>SMALL DEFICIT</b>		<b>7-8</b>	

<b>DAY 1 LOWER BODY</b>		BLOCK %	R1%			90.0%			R1%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1 Power Snatch	70%				2-3	65%				2-3	70%			
	75%				2-3	70%				2-3	75%			
	80%				2-3	75%				2-3	80%			
	85%				2-3	80%				2-3	85%			
	90%			10	1-2	85%	120s		10	1-2	90%	120s		
B1 Chain Back Squat 20% of Weight Chain	50%				4-5	45%				4-5	50%			
	55%				4-5	50%				4-5	55%			
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%	60s			
C1 Glute Ham Raise	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			
C2 BB Split Squat	82%				4-5E	75%				4-5E	82%			
	87%				2-3E	80%				2-3E	87%			
	92%	2/0/X/0	4	2-3E	85%	60s	2/0/X/0	4	2-3E	92%	60s			

<b>DAY 3 LOWER BODY</b>		BLOCK %	R1%			90.0%			R1%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1 Power Clean	70%				2-3	65%				2-3	70%			
	75%				2-3	70%				2-3	75%			
	80%				2-3	75%				2-3	80%			
	85%				2-3	80%				2-3	85%			
	90%			10	1-2	85%	120s		10	1-2	90%	120s		
B1 Mid Block Deadlift 20% of Weight Chain	50%				4-5	45%				4-5	50%			
	55%				4-5	50%				4-5	55%			
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%	60s			
C1 Safety Bar Squat	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			
C2 BB Back Extension	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			

<b>DAY 2 UPPER BODY</b>		BLOCK %	R1%			90.0%			R1%			100.0%		
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST		
A1 Behind Neck Power Jerk	70%				2-3	65%				2-3	70%			
	75%				2-3	70%				2-3	75%			
	80%				2-3	75%				2-3	80%			
	85%				2-3	80%				2-3	85%			
	90%			10	1-2	85%	120s		10	1-2	90%	120s		
B1 Chain Bench Press 20% of Weight Chain	50%				4-5	45%				4-5	50%			
	55%				4-5	50%				4-5	55%			
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%	60s			
C1 Fat Grip Bent Over Row	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			
C2 High Incline DB Neutral Grip Bench Press	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	5	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			
A1 MB Clean	50%				2-3	45%				2-3	50%			
	55%				2-3	50%				2-3	55%			
	60%			10	2-3	55%	60s		10	2-3	60%	60s		
	75%				4-5	70%				4-5	75%			
	80%				4-5	75%				4-5	80%			
B1 Neutral Grip Pullup	85%				2-3	80%				2-3	85%			
	90%				2-3	85%				2-3	90%			
	95%	2/0/X/0	10	2-3	90%	120s	2/0/X/0	10	2-3	95%	120s			
	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
C1 Fat Grip Incline Bench	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			
C2 Bent Over DB Row	82%				4-5	75%				4-5	82%			
	87%				2-3	80%				2-3	87%			
	92%	2/0/X/0	4	2-3	85%	60s	2/0/X/0	4	2-3	92%	60s			

# SMALL DEFICIT SPEED TRAINING

## SUMMER Block 1

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Cook Hip Lift/Supine Active Straight Leg Raise x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	A Skip FW/A Skip BW x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	

#### Week 1

#### Week 2

<b>MB Plyo</b>	Shot Put Throw 2x3E	Shot Put Throw 3x3E
<b>Plyometric</b>	Mini Hurdle Lateral CMJ + Stick 2x3E	Mini Hurdle Lateral CMJ + Stick 3x3E

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	
-------------------	-------------------------------------	--

### Day 2: Linear Phosphogen Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Wall Drill SL Hold 2x1.5sec Each/Wall Drill Singles (3sec Hold) 2x5E	
<b>Neural Activation</b>	A Run FW 3x10y/BW A Run 3x10y	

#### Week 1

#### Week 2

<b>ESD</b>	Battle Rope 20x15sec On/30sec Rest	Battle Rope 20x15sec On/30sec Rest
------------	------------------------------------	------------------------------------

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	
-------------------	-------------------------------	--

### Day 3: Oxidative Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	

#### Week 1

#### Week 2

<b>ESD</b>	Continuous Circuit: MB Chop 5x20, KB Swing 5x20, BW Sled Drag 5x50y, Farmers Walk 5x50y	Continuous Circuit: MB Chop 5x20, KB Swing 5x20, BW Sled Drag 5x50y, Farmers Walk 5x50y
------------	---	---

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	
-------------------	-------------------------------	--

### Day 4: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Mini Band Lateral Walk/Mini Band Linear Walk FW+BW x10y E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Lateral A Skip x10y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E	

#### Week 1

#### Week 2

<b>MB Plyo</b>	Parallel (Wall Based) Rotational Toss (On Command - Set + Throw) 2x3E	Parallel (Wall Based) Rotational Toss (On Command - Set + Throw) 3x3E
<b>Plyometric</b>	Mini Hurdle Rotational (90 Degree) CMJ + Stick 2x3E	Mini Hurdle Rotational (90 Degree) CMJ + Stick 3x3E

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	
-------------------	--	--

### Day 4: Multi Directional Glycolytic Capacity

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor	
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min	

#### MOVEMENT PREP:

<b>Pillar Prep</b>	Bear Crawl FW/BW x10y	
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Mvmt Integration</b>	Passive Range Hover Half Kneeling Wide Hip Abduction (Flex/Extension) 10x3sec E	
<b>Neural Activation</b>	Carioca x20y/Carioca Short x10y/Carioca Long x30y	

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	
-------------------	--	--

# STRENGTH DEFICIT

## SMALL DEFICIT

### MESOCYCLE

### SUMMER

### MICROCYCLE

### 1-2

#### DAY 1 LOWER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Mid Block Power Snatch	62%		2-3	57%				2-3	52%	
	67%		2-3	62%				2-3	67%	
	72%		2-3	67%				2-3	72%	
	77%		2-3	72%				2-3	77%	
	82%		4-5	78%	120s			4-5	82%	120s
	85%		3-4	80%	120s			3-4	85%	120s
	87%		2-3	82%	120s			2-3	87%	120s
	85%		4-5	80%	120s			4-5	85%	120s
	87%		3-4	82%	120s			3-4	87%	120s
	90%		2-3	85%	120s			2-3	90%	120s
B1 Heels Elevated Front Squat	57%		4-5	50%				4-5	57%	
	62%		4-5	55%				4-5	62%	
	67%		2-3	60%				2-3	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%
B2 Prone Machine Leg Curl	67%		4-5	60%				4-5	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%

#### DAY 2 UPPER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Push Press	62%		2-3	57%				2-3	52%	
	67%		2-3	62%				2-3	67%	
	72%		2-3	67%				2-3	72%	
	77%		2-3	72%				2-3	77%	
	82%		4-5	78%	120s			4-5	82%	120s
	85%		3-4	80%	120s			3-4	85%	120s
	87%		2-3	82%	120s			2-3	87%	120s
	85%		4-5	80%	120s			4-5	85%	120s
	87%		3-4	82%	120s			3-4	87%	120s
	90%		2-3	85%	120s			2-3	90%	120s
B1 Fat Grip Low Incline Bench	57%		4-5	50%				4-5	57%	
	62%		4-5	55%				4-5	62%	
	67%		2-3	60%				2-3	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%
B2 Seated Supinated Grip Row	67%		4-5	60%				4-5	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%

#### DAY 3 LOWER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Mid Block Power Clean	62%		2-3	57%				2-3	52%	
	67%		2-3	62%				2-3	67%	
	72%		2-3	67%				2-3	72%	
	77%		2-3	72%				2-3	77%	
	82%		4-5	78%	120s			4-5	82%	120s
	85%		3-4	80%	120s			3-4	85%	120s
	87%		2-3	82%	120s			2-3	87%	120s
	85%		4-5	80%	120s			4-5	85%	120s
	87%		3-4	82%	120s			3-4	87%	120s
	90%		2-3	85%	120s			2-3	90%	120s
B1 RDL	57%		4-5	50%				4-5	57%	
	62%		4-5	55%				4-5	62%	
	67%		2-3	60%				2-3	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%
B2 Pendulum Squat	67%		4-5	60%				4-5	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%

#### DAY 4 UPPER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Jammer	62%		2-3	57%				2-3	52%	
	77%		2-3	72%				2-3	77%	
	82%		4-5	78%	120s			4-5	82%	120s
	85%		3-4	80%	120s			3-4	85%	120s
	87%		2-3	82%	120s			2-3	87%	120s
	85%		4-5	80%	120s			4-5	85%	120s
	87%		3-4	82%	120s			3-4	87%	120s
	90%		2-3	85%	120s			2-3	90%	120s
B1 Neutral Grip Lat Pulldown	57%		4-5	50%				4-5	57%	
	62%		4-5	55%				4-5	62%	
	67%		2-3	60%				2-3	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%
B2 DB Neutral Grip Bench	67%		4-5	60%				4-5	67%	
	72%		2-3	65%				2-3	72%	
	77%	2/0/X/0	5	6-8	70%	60s	2/0/X/0	5	6-8	77%

# SMALL DEFICIT SPEED TRAINING

## SUMMER Block 2

### Day 1: Linear Phospagen Power

<b>PILLAR PREP:</b>	
<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
<b>Pillar Prep</b>	Cook Hip Lift/Supine Active Straight Leg Raise x10E
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integreation</b>	A Skip FW/A Skip BW x10y E
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2
<b>Week 1</b>	
<b>MB Plyo</b>	Shot Put Throw 4x3E
<b>Plyometric</b>	Mini Hurdle Lateral CMJ + Stick 4x3E
<b>Speed DV</b>	
<b>Speed</b>	Step and Shot Put Throw 2x3E/Over the Shoulder Clean 2x3E
<b>Week 2</b>	
<b>ESD</b>	1/2 Kneeling Lateral Start (5y) x2E
<b>Speed</b>	Sled (25% BW) Push 3x10y
<b>Restoration</b>	
<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1

### Day 2: Linear - Multi Directional Phosphogen Capacity

<b>PILLAR PREP:</b>	
<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integreation</b>	Wall Drill SL Hold 2x15sec Each/Wall Drill Singles (3sec Hold) 2x5E
<b>Neural Activation</b>	A Run FW 3x10y/BW A Run 3x10y
<b>Week 1</b>	
<b>ESD</b>	Battle Rope 20x15sec On/30sec Rest
<b>Week 2</b>	
<b>ESD</b>	Agility Circuit Four Cone Drills x6, Shuttle Drills x6, Bag Drills x6, Matt Drills x6
<b>Restoration</b>	
<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9

### Day 3: Oxidative Capacity

<b>PILLAR PREP:</b>	
<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
<b>Pillar Prep</b>	Bilateral Deadbug/Crawl Pos to Inchworm 2x10
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integreation</b>	
<b>Neural Activation</b>	
<b>Small Deficit</b>	
<b>ESD</b>	Continuous Circuit: MB Chop 5x20, KB Swing 5x20, BW Sled Drag 5x50y, Farmers Walk 5x50y
<b>Large Deficit</b>	
<b>Restoration</b>	
<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9

### Day 4: Multi Directional Phospagen Power

<b>PILLAR PREP:</b>	
<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
<b>Pillar Prep</b>	Mini Band Lateral Walk/Mini Band Linear Walk FW+BW x10y E
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integreation</b>	Lateral A Skip x10y E
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E
<b>Week 1</b>	
<b>MB Plyo</b>	Parallel (Wall Based) Rotational Toss (On Command - Set + Throw) 4x3E
<b>Plyometric</b>	Mini Hurdle Rotational (90 Degree) CMJ + Stick 4x3E
<b>Speed DV</b>	
<b>Speed</b>	Perpendicular (Wall Based) Step and Rotational Toss 2x3E
<b>Week 2</b>	
<b>ESD</b>	Cross Over Sled Pull 2x20y E
<b>Speed</b>	Hoop (1) Run x2E
<b>Restoration</b>	
<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator

### Day 5: Multi Directional Glycolytic Capacity - Reactionary Agility

<b>PILLAR PREP:</b>	
<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min
<b>MOVEMENT PREP:</b>	
<b>Pillar Prep</b>	Bear Crawl FW/BW x10y
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E
<b>Mvmt Integreation</b>	Passive Range Hover Half Kneeling Wide Hip Abduction (Flex/Extension) 10x3sec E
<b>Neural Activation</b>	Carioca x20y/Carioca Short x10y/Carioca Long x30y
<b>Week 1</b>	
<b>ESD</b>	
<b>Week 2</b>	
<b>ESD</b>	Strong Man Circuit: Tire Flips 4x20y, BW Sled to Sprint Farmers Carry 4x30y E, Low Sled Push 4x30y
<b>Restoration</b>	
<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus

# STRENGTH DEFICIT

## SMALL DEFICIT

### MESOCYCLE

### SUMMER

### MICROCYCLE

### 3-4

#### DAY 1 LOWER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 2 Snatch Pulls + 2 Power Snatch	60%		2+2	55%				2+2	60%	
	65%		2+2	60%				2+2	65%	
	70%		2+2	65%				2+2	70%	
	75%		2+2	70%				2+2	75%	
	80%	5	2+2	75%	120s	5		2+2	80%	120s
B1 Saftey Bar Chain Inertia Squat 15Degree Knee Bend 20% of Weight Chain	75%		4-5	70%				4-5	75%	
	80%		4-5	75%				4-5	80%	
	85%		2-3	80%				2-3	85%	
	95%		2-3	85%				2-3	95%	
	100%	2/0/X/1	2-3	90%	120s	2/0/X/1	10	2-3	100%	120s
C1 45 Degree Back Extension	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/1	5-6	80%	60s	2/0/X/1	3	5-6	87%	60s
C2 FW Sled Drag	100%		3	50m	60s		3	50m	100%	60s

#### DAY 3 LOWER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 2 Clean Pulls + 2 Power Clean	60%		2+2	55%				2+2	60%	
	65%		2+2	60%				2+2	65%	
	70%		2+2	65%				2+2	70%	
	75%		2+2	70%				2+2	75%	
	80%	5	2+2	75%	120s	5		2+2	80%	120s
B1 Chain Trap Bar High Handle Deadlift 20% of Weight Chain	75%		4-5	70%				4-5	75%	
	80%		4-5	75%				4-5	80%	
	85%		2-3	80%				2-3	85%	
	95%		2-3	85%				2-3	95%	
	100%	2/0/X/1	2-3	90%	120s	2/0/X/1	10	2-3	100%	120s
C1 Belt Squat	77%		4-5	70%				4-5	77%	
	82%		2-3	75%				2-3	82%	
	87%	2/0/X/1	5-6	80%	60s	2/0/X/1	3	5-6	87%	60s
C2 BW Sled Drag	100%		3	50m	60s		3	50m	100%	60s

#### DAY 2 UPPER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 2 Jerk Dips + 2 Power Jerks	60%		2+2	55%				2+2	60%	
	65%		2+2	60%				2+2	65%	
	70%		2+2	65%				2+2	70%	
	75%		2+2	70%				2+2	75%	
	80%	5	2+2	75%	120s	5		2+2	80%	120s
B1 Saftey Bar Chain Inertia Bench Press 15Degree Elbow Bend 20% of Weight Chain	75%		4-5	70%				4-5	75%	
	80%		4-5	75%				4-5	80%	
	85%		2-3	80%				2-3	85%	
	95%		2-3	85%				2-3	95%	
	100%	2/0/X/1	2-3	90%	120s	2/0/X/1	10	2-3	100%	120s
C1 Fat Grip Deadstop Row	75%		4-5	70%				4-5	77%	
	80%		2-3	75%				2-3	82%	
	85%	2/0/X/1	5-6	80%	60s	2/0/X/1	3	5-6	87%	60s
C2 Sandbag Zercher Carry	100%		3	50m	90%		3	50m	100%	60s

#### DAY 4 UPPER BODY

BLOCK %	R1%		90.0%			R1%		100.0%		
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Tire Flip	75%		2-3	70%				2-3	75%	
	80%		2-3	75%				2-3	80%	
	85%	5	2-3	80%	120s	5		2-3	85%	120s
B1 Chinup	70%		4-5	65%				4-5	70%	
	75%		4-5	70%				4-5	75%	
	80%		2-3	75%				2-3	80%	
	85%		2-3	80%				2-3	85%	
	90%	2/0/X/1	2-3	85%	120s	2/0/X/1	10	2-3	90%	120s
C1 BB L Sit Overhead Press	75%		4-5	70%				4-5	77%	
	80%		2-3	75%				2-3	82%	
	85%	2/0/X/1	5-6	80%	60s	2/0/X/1	3	5-6	87%	60s
C2 Torpedo Farmers Carry	100%		3	50m	90%		3	50m	100%	60s

# SMALL DEFICIT SPEED TRAINING

## SUMMER Block 3

### Day 1: Linear Phospagen Power

<b>PILLAR PREP:</b>		
<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling (Knee Flexed) Hip Extension 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Pillar Prep</b>	Crawl Pos Hip Extension/Mini Band Standing Hip Flexion x10E	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Pop & Float Skip 2x20y	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	
<b>Week 1</b>		
<b>MB Plyo</b>	Step and Shot Put Throw 3x3E/Over the Shoulder Clean 3x3E	Step and Shot Put Throw 4x3E/Over the Shoulder Clean 4x3E
<b>Speed DV</b>	1/2 Kneeling Lateral Start (5y) x2E	1/2 Kneeling Lateral Start (5y) x2E
<b>Speed</b>	Sled (25% BW) Push 4x10y	Sled (25% BW) Push 5x10y
<b>Restoration</b>		
<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1	

### Day 2: Multi Directional Phosphagen Capacity

<b>PILLAR PREP:</b>		
<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad Level I Open Chain CARs x3E/PAILs RAILs Sidelying Knee Flexion 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	
<b>Week 1</b>		
<b>ESD</b>	Agility Circuit Four Cone Drills x8, Shuttle Drills x8, Bag Drills x8, Matt Drills x8	Agility Circuit Four Cone Drills x10, Shuttle Drills x10, Bag Drills x10, Matt Drills x10
<b>Restoration</b>		
<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9	

### Day 3: Multi Directional Phospagen Power

<b>PILLAR PREP:</b>		
<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor Level I Open Chain CARs x3E/PAILs RAILs Frog Hip Internal Rotation 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Pillar Prep</b>	Mini Band Hour Glass 2x10sec	
<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm	
<b>Mvmt Integration</b>	Cross Over Run x20y E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E	
<b>Week 1</b>		
<b>MB Plyo</b>	Perpendicular (Wall Based) Step and Rotational Toss 3x3E	Perpendicular (Wall Based) Step and Rotational Toss 4x3E
<b>Speed DV</b>	Cross Over Sled Pull 2x20y E	Cross Over Sled Pull 2x20y E
<b>Speed</b>	Hoop (1) Run x3E	Hoop (1) Run x4E
<b>Restoration</b>		
<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator	

### Day 4: Multi Directional Phosphagen Capacity

<b>PILLAR PREP:</b>		
<b>Foam Roll Mobility</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor Level I Open Chain CARs x3E/PAILs RAILs Half Kneeling Wide Hip Abduction 2min/10sec/10sec/1min	
<b>MOVEMENT PREP:</b>		
<b>Dynamic Stretch</b>	Shin Grabs/Lateral Squat + T-Spine Rotation/Step Behind Rev Lunge x5E	
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2	
<b>Week 1</b>		
<b>ESD</b>	Strong Man Circuit: Tire Flips 50x20y, BW Sled to Sprint Farmers Carry 5x30y E, Low Sled Push 5x30y	Strong Man Circuit: Tire Flips 6x20y, BW Sled to Sprint Farmers Carry 6x30y E, Low Sled Push 6x30y
<b>Restoration</b>		
<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus	

# STRENGTH DEFICIT

## SMALL DEFICIT

### DAY 1 LOWER BODY

B1	Chain Front Squat 20% of Weight Chain	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			2-3	65%					2-3	70%					
		75%			2-3	70%					2-3	75%					
		80%			2-3	75%					2-3	80%					
		85%			2-3	80%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 3 LOWER BODY

A1	Power Clean 15sec Cluster	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			2-3	65%					2-3	70%					
		75%			2-3	70%					2-3	75%					
		80%			2-3	75%					2-3	80%					
		85%			2-3	80%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 3 LOWER BODY

B1	Chain Deadlift 20% of Weight Chain	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			4-5	62%					4-5	70%					
		75%			4-5	67%					4-5	75%					
		80%			2-3	72%					2-3	80%					
		85%			2-3	77%					2-3	85%					
		90%		1	82%	60s	2/0/X/0			1	90%	60s					
		82%	2/0/X/0		5-6	75%	60s	2/0/X/0			5-6	82%	60s				
		92%	2/0/X/0		1	85%	60s	2/0/X/0			1	92%	60s				
		85%	2/0/X/0		5-6	77%	60s	2/0/X/0			5-6	85%	60s				
		95%	2/0/X/0		1	87%	60s	2/0/X/0			1	95%	60s				
		87%	2/0/X/0		5-6	80%	60s	2/0/X/0			5-6	87%	60s				
		100%	2/0/X/0	6	2-3	90%	60s	2/0/X/0	6		2-3	100%	60s				

### DAY 3 LOWER BODY

B2	Nordic Hamstring Curl	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			2-3	65%					2-3	70%					
		75%			2-3	70%					2-3	75%					
		80%			2-3	75%					2-3	80%					
		85%			2-3	80%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 3 LOWER BODY

B1	Chain Deadlift 20% of Weight Chain	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			4-5	62%					4-5	70%					
		75%			4-5	67%					4-5	75%					
		80%			2-3	72%					2-3	80%					
		85%			2-3	77%					2-3	85%					
		90%		1	82%	60s	2/0/X/0			1	90%	60s					
		82%	2/0/X/0		5-6	75%	60s	2/0/X/0			5-6	82%	60s				
		92%	2/0/X/0		1	85%	60s	2/0/X/0			1	92%	60s				
		85%	2/0/X/0		5-6	77%	60s	2/0/X/0			5-6	85%	60s				
		95%	2/0/X/0		1	87%	60s	2/0/X/0			1	95%	60s				
		87%	2/0/X/0		5-6	80%	60s	2/0/X/0			5-6	87%	60s				
		87%	2/0/X/0	6	5-6E	80%	60s	2/0/X/0	6		5-6E	87%	60s				

### DAY 3 LOWER BODY

B2	DB Step Up	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			2-3	65%					2-3	70%					
		75%			2-3	70%					2-3	75%					
		80%			2-3	75%					2-3	80%					
		85%			2-3	80%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 2 UPPER BODY

A1	Power Jerk 15sec Cluster	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			2-3	65%					2-3	70%					
		75%			2-3	70%					2-3	75%					
		80%			2-3	75%					2-3	80%					
		85%			2-3	80%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 2 UPPER BODY

B1	Chain Multigrip Bar Incline Bench 20% of Weight Chain	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			4-5	62%					4-5	70%					
		75%			4-5	67%					4-5	75%					
		80%			2-3	72%					2-3	80%					
		85%			2-3	77%					2-3	85%					
		90%		1	82%	60s	2/0/X/0			1	90%	60s					
		82%	2/0/X/0		5-6	75%	60s	2/0/X/0			5-6	82%	60s				
		92%	2/0/X/0		1	85%	60s	2/0/X/0			1	92%	60s				
		85%	2/0/X/0		5-6	77%	60s	2/0/X/0			5-6	85%	60s				
		95%	2/0/X/0		1	87%	60s	2/0/X/0			1	95%	60s				
		87%	2/0/X/0		5-6	80%	60s	2/0/X/0			5-6	87%	60s				
		87%	2/0/X/0	6	5-6	80%	60s	2/0/X/0	6		5-6	87%	60s				

### DAY 2 UPPER BODY

B2	BB Prone Supported Row	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			4-5	62%					4-5	70%					
		75%			4-5	67%					4-5	75%					
		80%			2-3	72%					2-3	80%					
		85%			2-3	77%					2-3	85%					
		90%		5	1+1+1+1+1	85%	120s			5	1+1+1+1+1	90%	120s				

### DAY 2 UPPER BODY

B1	Pullup	BLOCK %	R1%			90.0%			R1%			100.0%					
			TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
		70%			4-5	62%					4-5	70%					
		75%			4-5	67%					4-5	75%					
		80%			2-3	72%					2-3	80%					
		85%			2-3	77%					2-3	85%					
		90%		1	82%	60s	2/0/X/0			1	90%	60s					

# SMALL DEFICIT SPEED TRAINING

## SUMMER Block 4

### Day 1: Linear Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Mvmt Integration</b>	A Skip FW/A Skip BW x10y E
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, 3 Point Starts (5y) x2

#### Week 1

#### Week 2

<b>MB Plyo</b>	Test: BW OH MB Toss x3
<b>Plyometric</b>	Test: CMJ x3/NCMJ x3
<b>Speed</b>	Test: 20y (10y Split) x2

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/ELDOA L5/S1
-------------------	-------------------------------------

### Day 2: Regeneration

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Hamstring/Quad
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILS RAILS Half Kneeling (Knee Extended) Hip Flexion 2min/10sec/10sec/1min

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
------------------------	---

#### Restoration

<b>Corrective</b>	Crocodile Breathe/ELDOA T8/T9
-------------------	-------------------------------

### Day 3: Multi Directional Phospagen Power

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
<b>Neural Activation</b>	Accelerate/BW Run/Shuffle/Shuffle/Carioca/Carioca x20y, Shuffle Stop 5y E

#### Week 1

#### Week 2

<b>Speed</b>	Test: Pro Agility x2/Hoop (1) Run x2
--------------	--------------------------------------

#### Restoration

<b>Corrective</b>	90-90 Hemi Bridge 60sec/Fascial Stretch Hip Adductor, Fascial Stretch Hip Internal Rotator
-------------------	--

### Day 4: Regeneration

#### PILLAR PREP:

<b>Foam Roll</b>	Foam Roll: Gastroc/Soleus/Glute/Adductor
<b>Mobility</b>	Level I Open Chain CARs x3E/PAILS RAILS 90/90 Hip External Rotation 2min/10sec/10sec/1min

#### MOVEMENT PREP:

<b>Dynamic Stretch</b>	Knee Grabs/Ankle Grabs/Toe Touch/Shin Grabs/Worlds Greatest Stretch/Inverted Hamstring/Lunge + Twist/Inchworm
------------------------	---

#### Restoration

<b>Corrective</b>	Adductor Pull Back Breathe x60sec/Resting Postures Pancake, Resting Postures Lotus
-------------------	--

<b>STRENGTH DEFICIT</b> <b>SMALL DEFICIT</b>	<b>MESOCYCLE</b>	<b>SUMMER</b>
	<b>MICROCYCLE</b>	<b>7-8</b>

<b>DAY 1 LOWER BODY</b>		90.0%			100.0%						
BLOCK %	R1%		R1%			100.0%					
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Snatch Pull	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%		2-3	80%				2-3	85%		
	90%	10		2-3	85%	120s	10		1-2	90%	120s
B1 Band Back Squat	50%		4-5	45%				4-5	50%		
	55%		2-3	50%				2-3	55%		
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%	60s
	70%		4-5E	65%				4-5E	70%		
C1 Machine Prone Single Leg Curl	75%		2-3E	70%				2-3E	75%		
	80%	2/0/X/0	4	5-6E	75%	60s	2/0/X/0	4	5-6E	80%	60s

<b>DAY 3 LOWER BODY</b>		90.0%			100.0%					
BLOCK %	R1%		R1%			100.0%				
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST
A1 Clean Pull	70%		2-3	65%				2-3	70%	
	75%		2-3	70%				2-3	75%	
	80%		2-3	75%				2-3	80%	
	85%		2-3	80%				2-3	85%	
	90%	10		2-3	85%	120s	10		1-2	90%
B1 Mid Block Band Deadlift	50%		4-5	45%				4-5	50%	
	55%		2-3	50%				2-3	55%	
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%
C1 Band Pendulum Squat	70%		4-5	65%				4-5	70%	
	75%		2-3	70%				2-3	75%	
	80%	2/0/X/0	4	5-6	75%	60s	2/0/X/0	4	5-6	80%

<b>DAY 2 UPPER BODY</b>		90.0%			100.0%						
BLOCK %	R1%		R1%			100.0%					
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Push Press	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%		2-3	80%				2-3	85%		
	90%	10		2-3	85%	120s	10		1-2	90%	120s
	95%			4-5	45%				4-5	50%	
B1 Band Bench Press	50%		2-3	50%				2-3	55%		
	55%		2-3	50%				2-3	55%		
	60%	X/X/X/X	10	2-3	55%	60s	X/X/X/X	10	2-3	60%	60s
C1 DB Single Arm Row	70%		4-5	65%				4-5	70%		
	75%		2-3	70%				2-3	75%		
	80%	2/0/X/0	4	5-6E	75%	60s	2/0/X/0	4	5-6E	80%	60s

<b>DAY 4 UPPER BODY</b>		90.0%			100.0%						
BLOCK %	R1%		R1%			100.0%					
	TEMPO	SETS	REP	WT	REST	TEMPO	SETS	REP	WT	REST	
A1 Tire Flip	70%		2-3	65%				2-3	70%		
	75%		2-3	70%				2-3	75%		
	80%		2-3	75%				2-3	80%		
	85%		2-3	80%				2-3	85%		
	90%	10		2-3	85%	120s	10		1-2	90%	120s
	95%			4-5	70%				4-5	75%	
B1 Neutral Grip Pullup	80%		4-5	75%				4-5	80%		
	85%		2-3	80%				2-3	85%		
	90%		2-3	80%				2-3	85%		
	95%		2-3	85%				2-3	90%		
C1 DB Neutral Grip Incline Bench	100%	2/0/X/0	10	1	95%	120s	2/0/X/0	10	1	100%	120s
	70%		4-5	65%				4-5	70%		
	75%		2-3	70%				2-3	75%		
	80%	2/0/X/0	4	5-6	75%	60s	2/0/X/0	4	5-6	80%	60s