

Week 0: Eval. Weightroom organization, Flow	
Day 1:	Weights (bodyweight Relative strength)
Movement prep:	
Upper	
Perfect pull	bands once athletes can scap
Perfect push	modified if needed
Shoulder push up	mod feet distance from hands
plate row	
test push and pull in groups of 2	
Lower	
hip hinge from kneeling	mark jump or rock back
air squat	mark depth and heel placement
air lunge	
arm swing, jump, land	
test broad jump and max high jump box version	

Week 0 eval. Transitioned to week 1 due to weightroom availability

Phase 1A lifts/week; Establish Weightroom management and key movement patterns; move toward Push and Pull Alternating; Olympics in sections and after school

Weeks 1-2; Day 1:	
Movement prep:	3x10 of each
OH air squat	
plate shoulder prep	
Shoulder scap (pull up mobility)	
bulldogs and hip rotations	
Pull Lift:	
Pull Ups	3xfail
RDL variations	3x10
Hang high pull	3x10
snatch grip dead (Shrug at top)	sets of 5 DRM

Weeks 1-2; Day 2:	
Movement prep:	3x10 of each
sprinter scissors (high and low)	
kneeling hip hinges	
perfect push up and shoulder press	

Push Lift:	
push ups	30, 20, 10 (x3) second intervals
squat variations (eccentric/iso)	3x5-10 (pause on coach)
hip drive variations	3x10 work on downward force
squat to overhead press variations	3x10 work on body position and force

Weeks 1-2; Day 3: (Track)	
Band circuit	
push up	
high pull	
squat and press	
RDL	
Lunge scissors	

Outside Stations	
Core Strength	
leg lifts	sets, reps, exercise choice, and intervals at coach's discretion
planks	
core stability	
Agility	
Jump ropes	sets, reps, and timing all at coach's discretion
any style, any variation	
Explosive Power	
scissor jumps	10 sec intervals (mimic short sprint time and effort)
tuck jumps	or serieses of 5-10 working on huge output at high intensity
stationary vertical jump training of any kind	

Same stations both days until athletes catch on to system

Other Coach Led Stations	
Core Strength - Kenney	
leg lifts	sets, reps, exercise choice, and intervals at coach's discretion
planks	
core stability	
Agility/Mobility - Rathke	
Hurdle Drills	
Movement patterns	
other drills of coach's choice	
Speed and Explosion Pollack	
wickets	
plyometrics	
form running	

After School Auxiliary:	
Olympic movement:	3x3
Snatch/clean lift off	
snatch/clean pulls	
** Snatch/clean power	(move to this position only IF athlete shows proper
Strength	
Banded hip flexors	3x10-20
squat variations	3x5-8
Assisted Hams	3x5-8

After School Auxiliary:	
Olympic movement:	3x3-5 each
Snatch/clean power pull	
snatch/clean power (power)	
power clean/jerk hands/	progress slowly through all stages (15 min tops for this
push press	
Strength	
Bench press	on the chart
shoulder up and overs	3x10 over and back
Bar squat variations	on the chart