

Phase 2A: Preseason prep (Before Winter Break, 3 weeks to install expectations, baseline test, and model workout format for spring) - One main Lift, auxiliary lifts for support; overtime lift for motivation to compete and excel

Weeks 16-18; Day A:	
Movement Prep	
Lift	
PC Variations	
Deadlift Variation	Athletes are now on the Conjugate Chart for Preseason.
Auxiliaries: 2-3 max	
Post Chain and Hamstring focus	
Explosive jump focus	higher reps for these when lower reps in core lifts; 3 - 4
Stability and mobility focus	sets; choose a variety, but focus on all three categories

Weeks 16-18; Day B:	
Movement Prep	
Lift	
Squat Variation	
Bench Variation	Athletes are now on the Conjugate Chart for Preseason.
Auxiliaries: 2-3 max	
Upper body post chain strength	
Upper body strength	higher reps for these when lower reps in core lifts; 3 - 4
multi rep explosion	sets; choose a variety, but focus on all three categories
full ROM while performing powerful multi chain movements	

OVERTIME	
Circuit Format - Athletes can use the time they have at the end of the workout in order to compete with the clock to see if they can complete the overtime workout	
3-4 lifts in succession	
10 reps each	
4-5 sets max	
Usually body weight only	
reinforce the idea that in the spring, the weight workout is the OVERTIME for many of them, but if they use good time management, 15 min at the end of and intense workout is very doable...BUILD CULTURE!	

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	10 sec intervals (mimic short sprint time and effort)
scissor jumps	or serieses of 5-10 working on huge output at high intensity
tuck jumps	
stationary vertical jump training of any kind	

****Same stations both days until athletes catch on to system****

Alternate Day A and B each week adjusting when intensities will adjust based on Pure speed sprint days on the track

After School Auxiliary: Event Coaches in control of all post-practice training	
Jumping even training increases to 3 days a week	
Extra plyos for other events still optional	