

MONDAY

S trength

S peed & Pitch
'S nake & Bake'

Session 1					
	Activity	Volume	Notes	Rest	Alternative exercise (if lacking equipment)
A1.	Tempo Ring / BB Inverted Row	3-4 sets of 6-10 reps	5-7 sec eccentric lower	Rest as needed	Banded or DB Rows
A2.	SA Banded Hammer Curls ea.	3-4 sets of 15-18 reps		Rest as needed	
B.	Tempo Pull Ups	Accumulate 15-20 reps	5 sec eccentric lower	break up as needed	
C1.	Wall Facing Handstand hold against wall	3 sets of 20-30s hold	Aggressive lockout	rest 30s	
C2.	Max deficit Press ups <i>*add wtd if possible</i>	3 sets of AMRAP	<i>*add wtd if possible</i>	rest 90s	
D.	Single Arm DB Kneeling Strict Press	3 sets of AMRAP	Keep TALL & trunk BRACED	rest to recovery	Use KB or heavy object
E1.	Farmers SA DB Hold	3 sets of 30s hold	Stand tall	Rest as needed	Use Band
E2.	Side Plank Hold	3 sets of 30s hold	Hard Contraction	Rest as needed	
E3.	<u>Tuck ups</u>	3 sets of 10-12		Rest as needed	
E4.	Low to high Wood chops	3 sets of 8 reps e/s		Rest as needed	*Hit an object or throw a ball into a wall

Exercise	Video Link
Tuck Ups	https://www.youtube.com/watch?v=NBwz02SXI6Q
Low to High Wood Chops	https://www.youtube.com/watch?v=wmoZ57AwjF4

Monday's Speed

Exercise	Reps	Sets	Rest	Notes
Technique / Priming movements				
Wall posture marches	10 each leg	2 sets	As needed keep perfect form without fatigue.	Queus: Stay tall with tight glute & abs, Toes up, High knee drive, Force through the floor (spin the earth).
Wall double exchange	5 each leg	2 sets		
Incline Double exchange	20m	2 sets		
Incline A-Skips	20m	2 sets		
Skill intensification				
A-Skip bound	10m each leg	2	As needed keep perfect form without fatigue.	Same queus as a above. However only go as fast as your technique allows. Build week to week.
Incline SL bounds	20m	3		
Incline Build up drives	20m	3		
Maximal work				
Incline Staggered stance falling start	10m	6 (3 each side)	As needed keep perfect form without fatigue.	Maximal intent! Decellerate after 10m mark

Conditioning - 'Snake & Bake'

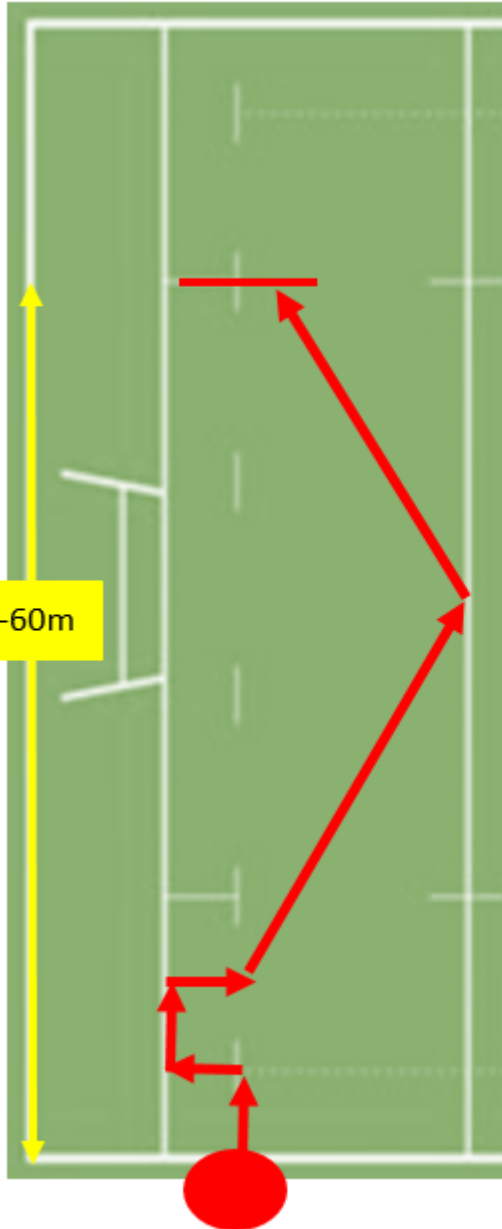
3 sets of 8 reps
on a
30s rolling clock
(i.e. go every 30s)

90-120s rest
between sets

1 set =

Every ODD rep:
Perform 1x sandwich ground work
& then snake run

Every EVEN rep:
Perform intense footwork into clear-out crawl
& then snake run



Conditioning - 'Snake & Bake' Notes

Snake run = 3m zig zag footwork path before a curved run to the finish line as represented by the red arrow pathway.

Sandwich ground work = Ball carry and hit the deck, protect imaginary ball, crawl and present at 90-180 degrees, get up, accelerate to snake path.

Clear-out Crawl – Short footwork, hit low bear crawl position and crawl 3m then accelerate into snake path.

TUESDAY

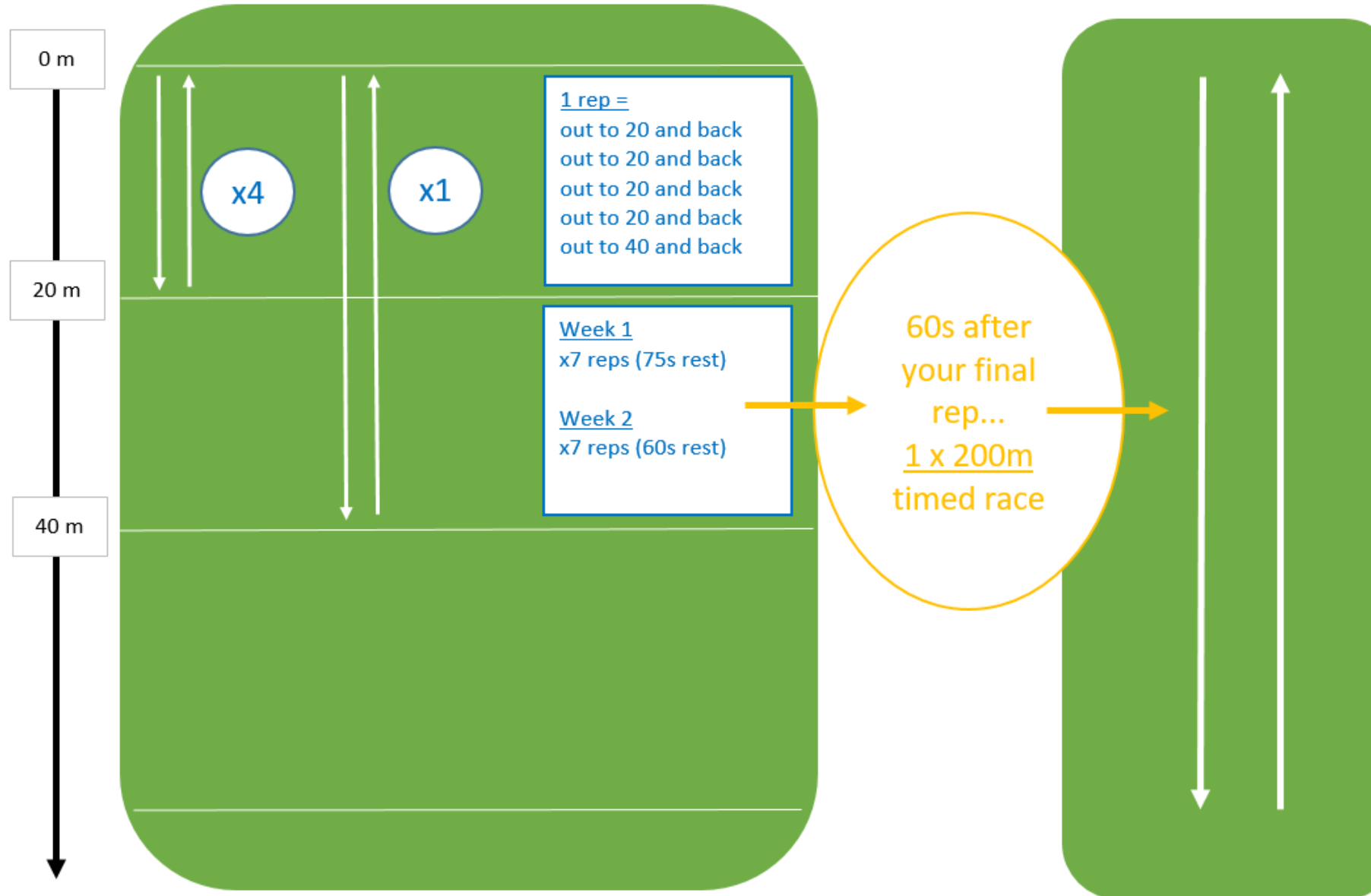
Strength &
'Finisher'

Sport Time

Session 2					
	Activity	Volume	Notes	Rest Needed	Alternative exercise (if lacking equipment)
Part A					
A1.	Tempo BB Squat @2222	4 sets of 8-10 reps	Keep 5-6 reps in the tank	Rest Needed	Tempo Narrow Stance Goblet Squats@2222
A2.	2-DB Step ups	4 sets of 10 reps		Rest Needed	BB or objects 20-30kg each
A3.	2-DB Front Rack Walking Lunge	4 sets of 15m		Rest Needed	BB or objects 20-30kg each
B1.	SL Cross-Body DB/KB RDL	4 sets of 12 reps each side		Rest Needed	
B2.	SL DB Hip Thrust *shoulders on a bench	4 sets of 14 reps each side	Add wtd if possible	Rest Needed	Use Band
B3.	SA KB Swings	4 sets of 8 reps each side		Rest Needed	Band or Db or object 20-30kg
Part B - High Respiratory / Low Rest					
C1.	90s Hard Cardio	3 Rounds	Why - ability to express explosive power & fast movements while under fatigue	Rest 90s after each round	400m Row / 1km Bike / 100 DU or Skips
C2.	15 Sandbag ground to Shoulder				Use a heavy object e.g BB or DB Clean
C3.	10 DB Facing Burpees				

Exercise	Video Link
SL Cross-Body RDL	https://www.youtube.com/watch?v=yRCGDGT993w
SL Hip Thrust	https://www.youtube.com/watch?v=l18uDjh0Bg
Sand Bag Ground to Shoulder`	https://www.youtube.com/watch?v=MzfDYzVI5hw

'Mother Bucker'



WEDNESDAY

Strength

Power & Pitch
'Mother Bucker'

Session 3					
	Activity	Volume	Notes	Rest	Alternative exercise (if lacking equipment)
A1.	Unloaded Frog Pumps	3 sets of 20 reps			
A2.	Alt D-Ball Kneeling Get ups	3 sets of 10 reps			Use a heavy object >40kg
A3.	Pallof hold each way	3 sets of 30s each side			Side Plank
A4.	D-ball Bear Hug Hold	3 sets of 60s			Hold partner in Bear hug
B1.	20 Pull ups	Complete As Fast As Possible (AFAP)	No Rest		Accumulate 2.30 mins of hang time from bar
B2.	30 Dips				use chairs
B3.	40 Inverted Rows				Ring / bar / table / DB SA Rows
B4.	50 Press Ups				
B5.	60 V-sits				Tuck ups
B6.	*after each exercise complete 50 DU or 100 skips				30s of Pogo jumps

Exercise	Video Link
D-Ball Kneeling Get Ups	https://www.youtube.com/watch?v=Jfj1RSJRftU
Frog Pumps	https://www.youtube.com/watch?v=KvdJEqifOLk

Wednesday Savage Power:

Do a minimum of 3 rounds each
otherwise as many rounds as possible in
maximum of 15 mins! After you
complete the circuit rest a minimum of
60s before repeating

8min **warm up** (to be done as a circuit)

- 1a) Knee to wall 2x 10 reps
- 1b) inch worms 2x 6 reps
- 1c) Cossack squats 2x10 reps

- 2a) Calf pumps 2x 10 reps
- 2b) Walking spider mans 2x 10 reps
- 2c) Pogo's 2x 10 reps

Power jumps (10-15 mins max)

- 1a) Banded overspeed pogos x10 reps
- 1b) Banded overspeed squat jumps x5 reps

- 2a) Depth jumps (HIGH BOX) x3 reps.
- 2b) Depth jump to hurdle jumps x 4 reps
- 2c) Single leg banded overspeed jumps x4 each leg

FRIDAY

Strength

Speed & Pitch
'Defence EMOM'

Session 4

	Activity	Volume	Notes	Rest	Alternative exercise (if lacking equipment)
A	Tempo BB Squat 3131	5 sets of 3-5 reps *last set AMRAP -1	Load Guide - Use 70-75% of 1RM Keep 1 rep in the tank for last set	Rest as needed	10-15 Tempo Goblet Squat 3s down, 1 sec pasue, 3 sec up, 1 sec pause
B1.	Weighted Wall Sit	2-3 sets of 30s hold		Rest as needed	
B2.	SL DB RDL	2-3 sets of 8 reps each side		Rest as needed	
B3.	50m Heavy bearhug carry	2-3 sets of 50m		Rest as needed	
B4.	Shrimp Squat	2-3 sets of 10 reps each side	Can use table etc to hold onto	Rest as needed	
C1.	Bench Press	4 sets of 10-15 reps	Keep 1 rep in the tank	60s rest	BB or Single arm DB options
C2.	Shoulder Press	4 sets of 10-15 reps	Keep 1 rep in the tank	60s rest	BB or Single arm DB options
D	Wtd Press ups	2 sets AMRAP	Add wtd if possible	Rest as needed	
E1.	Alt Russian Twists (L+R = 1 rep) *add weight if possible	AMRAP 8 mins		No Rest	
E2.	10 V-Ups				
E3.	20 Alt Shoulder Taps in Front Plank Position				

Exercise

Shrimp Squat

Video Link

<https://www.youtube.com/watch?v=xfl7SDj0Gzs>

Thursday's Speed Week 3&4

Exercise

Reps

Sets

Rest

Notes

Technique / Priming movements

Banded double exchange	10 each leg	2 sets	As needed keep perfect form without fatigue.	Queus: Stay tall with tight glute & abs, Toes up, High knee drive, Force through the floor (spin the earth).
Banded A-Skips	15m	2 sets		
Dowel over head A-switches	15m	2 sets		
Ankling	15m	2 sets		

Skill intensification

Ankling Dribbling	15m	3	As needed keep perfect form without fatigue.	Same queus as above. Start short / slow and build to fast and long. However only go as fast as your technique allows. Build week to week.
Knee step overs	15m	3		
SL bound for distance	20m	3		

Maximal work

Decline Sprint	10m	4	As needed keep perfect form without fatigue.	Maximal intent! Decellerate after 10m mark, Walk back slowly minimum 120s rest
Top end sprint	40m	4		

‘Defence EMOM’

4 circuits
in total =
16
minutes
of work.



EMOM (every minute, on the minute)	
Minute 1 (& 5, 9, 13)	Activity 1
Minute 2 (& 6, 10, 14)	Activity 2
Minute 3 (& 7, 11, 15)	Activity 3
Minute 4 (& 8, 12, 16)	Activity 4
Session = 16 minutes	

ACTIVITIES	
1	8x Ground-to-feet and 5 metre 180° backpedal
2	18x vertical jumps @ 75% effort
3	Max press-ups for 40 seconds <i>(if fail before 40s, supplement with sit-ups)</i>
4	3x 3m linespeed accelerations and backpedal realign into 20m sprint and jog back

SATURDAY

Power

Sport Time

Saturday Savage Power:

Do a minimum of 3 rounds each
otherwise as many rounds as possible in
maximum of 15 mins! After you
complete the circuit rest a minimum of
60s before repeating

8min **warm up** (to be done as a circuit)

- 1a) Knee to wall 2x 10 reps
- 1b) inch worms 2x 6 reps
- 1c) Cossack squats 2x10 reps

- 2a) Calf pumps 2x 10 reps
- 2b) Walking spider mans 2x 10 reps
- 2c) Pogo's 2x 10 reps

Power jumps (10 -15 mins max)

- 1a) Depth single leg jumps x4 each leg
- 1b) Depth drop to alternating bounds (2 bounds each side)
- 1c) Decline double leg bounds x3 reps

- 2a) Concentric only single leg jump
- 2b) Banded over speed Single leg squat jump
- 2c) Explosive step up