


### WINTER & SPRING TRAINING

	SPEED/EXPLOSIVE STRENGTH	EXPLOSIVE MOVEMENT/ STRENGTH	SPEED/EXPLOSIVE STRENGTH	EXPLOSIVE MOVEMENT/ STRENGTH
				
TIME	MONDAY	TUESDAY	THURSDAY	FRIDAY
8 min.	Speed Warm-up	Power Warm-up	Speed Warm-up	Power Warm-up
45-60 min.	Core (Upright Med Ball) Agilities (Ladder, Ropes, Cones) Speed (Upright: 6x50 yards)	Core (Ground-Based) Plyometrics (Vertical) Med Ball Throw (Vertical: 3x5)	Core (Ground Med Ball) Agilities (Ladder, Ropes, Cones) Speed (Starts: 6x25 yards)	Core Board (Stabilization) Plyometrics (Horizontal) Med Ball Throw (Lateral: 3x5)
45-60 min.	Hang Snatch 3 X (3 - 4) @ (30% - 50%)	Squat 4 - 5 X (1 - 10) @ (60% - 105%)	Push Jerk 3 X (3 - 4) @ (55% - 70%)	Squat 4 X (4 - 8) @ (60% - 80%)
	Clean Pull / Power Clean 4 - 5 X (1 - 4) @ (60% - 105%)	Front Squat 3 X (2 - 5) @ (60% - 90%)	Hang Clean 4 X (2 - 3) @ (50% - 80%)	Bench 4 X (1 - 8) @ (65% - 105%)
	Single-Leg Squat 3 X 5 @ (55% - 65%)	RDL 3 X 5 @ (50% - 65%)	Clean Pull 3 X 4 @ (50% - 105%)	Alt DB Incline 3 x (8-10)
	Back / Bicep Circuit	Bench 4 X (2 - 8) @ (65% - 90%)	Box Step-up 3 X 5 @ (50% - 65%)	Glute Ham/Hamstring Curl 2x10
	Specific Skills Hand Fighting- Martial Arts Lineman Punch Drills	Alt DB Incline 3x (8-10)	Back/Bicep Circuit	Shoulder/Tricep Circuit
Shoulder/Tricep Circuit		Specific Skills Hand-Eye with tennis balls Foot Drills	Machine Neck	
	Manual Neck			
10-30 min.	Specific Conditioning	Flexibility- Static Stretching	Specific Conditioning	Flexibility- Static Stretching
	Flexibility- Static Stretching		Flexibility- Static Stretching	

The numbers within the parenthesis refer to the progression. For instance, Tuesday's squat routine, 4-5 x (1-10) @ (60%-105%) means that the athlete begins with 4 sets of 10 repetitions at 60% and gradually works towards 5 sets of 1 repetition at 105% over an eight-week period. Off on Wednesday.