

Athletic Program Sampler

- I. Speed Work- emphasis on acceleration
 1. A) Warm up (2-3x progressive hill runs)
 - B) 6 Hill runs with approximately 2 minutes recovery in between. (active recovery/mobility)

II. Power and Lower Push Strength

1. A) Warm Up (bar hang cleans and front squats)
- B) Clean to Front Squats approximately 60% Max. 3-5 reps of Cleans and 1 rep of Front Squats. Work up to 70% Max for 2-3 sets.
2. A) Front Squat @ 90% 1RM 1 rep for 1 set
3. A) Partial FS @ 110% 1RM for 2 reps and 2 sets
4. A) Front Squat @ 90% 1RM 1 rep for 1 set

III. Lower Body Hypertrophy and Upper Power

1. A) Back Squat 65-70% 3 sets of 8-10 reps
- B) Med Ball Chest Pass 3-5 reps for 4 sets
8lb, 10lb, 12lb, and 20lb
2. A) Wide Push Up Claps
- B) Active Recovery/Mobility filler
3. A) Close Grip Bench 3 sets of 8-10 reps
- B) Active Recovery/Mobility filler