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The Influence of Strength and Power Training on the Performance of U.S. Marines

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CONCORDIA UNIVERSITY, ST. PAUL

ST. PAUL, MINNESOTA

COLLEGE OF KINESIOLOGY

The Influence of Strength and Power Training on the Performance of U.S. Marines

A GRADUATE PROJECT

SUBMITTED TO THE GRADUATE FACULTY

in partial fulfillment of the requirements

for the degree of

MASTERS OF EXERCISE SCIENCE

by

KRISTOPHER J. KLEIN

St. Paul, Minnesota

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Dedications

My wife, Becky and my children, Logan and Savannah, who have been with me through so much fun along with so much frustration.

Abstract

U.S. Marine Infantry conducts a job that requires strength, speed, and endurance; however military fitness training relies mainly on the endurance aspect. With numerous studies showing the correlation between an endurance mainstay within military organizations, and musculoskeletal and joint overuse injuries, this study seeks to understand the performance value in training the anaerobic energy systems. Specifically, we aim to determine whether strength and power training may be more beneficial to the tactical athlete than traditional training. Over a period of 12 weeks, 150 members of the U.S. Marine Infantry will participate in training five days a week with three days focused on strength and power and two days focused on active recovery/conditioning. Marine Corps fitness testing consisting of the Physical Fitness test and Combat Fitness Test will be conducted during the final week. Significant potential outcomes involve increased strength and power, an increase in anaerobic capacity, improved score on two Marine Corps physical performance tests, and improved movement under an external load. The physical performance tests are directly related to both job performance and career progression, while movement under an external load is directly related to combat related job and task performance.

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Chapter 1: Introduction

Members of the Infantry are at the forefront of combat in all types of environments and terrain. They must move swiftly and efficiently. Their job requires speed, strength, and endurance under high stress and external loads. It is well accepted that these individuals need to be healthy and possess high levels of physical conditioning, yet there remains a significant and singular reliance on endurance training. This high-volume training has been shown to correspond with overuse injuries (Jensen et al., 2019; Ojanen et al., 2020) while negatively impacting the strength and speed of military athletes (Drain et al., 2015; Vaara et al., 2015).

Previous studies, such as Ojanen et al. (2020) and Jensen et al. (2019), have recorded the deleterious effects endurance training can have when it is used as the primary tool for conditioning military personnel. These studies have highlighted the nature of a servicemember's job consisting of carrying heavy loads for extended periods of time with circumstances requiring repeated occurrences of both strength and speed. Research was further supported when strength training was implemented into periods of military training cycles. When given a pretest and post-test in strength protocols, it was found that gains in strength were limited due to conflicting exercise that called for higher aerobic demands (Drain et al., 2015; Vaara et al., 2015). Again, Whittle (2020), found the running distance that military recruits covered during basic training was a considerable risk factor for lower body injuries. However, overuse injuries are not only limited to the lower limbs. Waterman et al. (2016) noted anterior shoulder injuries were at a higher risk within military populations due to a combination of young age, high activity level and contact/collisions. The risk factor was documented at 3% of the military population per year and can imply a possible need for strengthening of the shoulder joint to reduce the likelihood of anterior shoulder injuries (Waterman et al., 2016).

United States Marines are required to run a three-mile fitness test which factors into their promotions and evaluations from superiors. Among the occupational specialties, Infantry is regarded as

physically demanding, as it requires hiking long distances while under heavy load and continuing to perform various aspects of their job. Some examples of their job include setting up a defense, obtaining a target objective, patrols, or entering buildings. Each of these scenarios involves a risk of combat with an enemy force, which requires swift action that includes repeated efforts of running and moving the body into a kneeling or prone position and returning to the feet. Even when Infantry has the luxury of riding in a transport vehicle, exiting the vehicle is often done at a sprint as they transition to performing a task similar to the above-mentioned aspects of their job. Marine infantry is a prime example of needing strength, power, and endurance, leaving individuals repeatedly exposed to highly intense physical exertion. This is highlighted by Stein et al. (2022), which evaluated the importance of these factors as they relate to susceptibility to enemy fire. Stein et al. (2022) noted that a servicemember who is able to move with speed, while under a load, is able to decrease both their exposure to enemy fire and risk of being wounded in combat.

Muscle fibers are split into two main categories: Type I and Type II muscle fibers; Type II muscle fibers then have two sub-categories: fast glycolytic and fast oxidative. The fast oxidative type II muscle fibers are more fatigue resistant than their glycolytic counterparts. Picard et al. (2012) explored whether the different muscle fiber types, Type I slow twitch and Type II fast twitch, can co-adapt when required to perform functions with different energy demands. Additionally, Polczyk and Marek (2015), found biochemical improvements that resulted in an increase in power output and work capacity of soccer players after conducting training that stressed the anaerobic energy systems. They noted that during the soccer game, the soccer players performed endurance activities in conjunction with repeated bouts of sprinting. Here, the focus was on the muscles ability to train for capacity and perform repeated high intensity movements over time and distance. During the study the author noted the shortest distance covered in the final post-test was 300% further than the shortest distance during the initial test. Amateur endurance runners have also been seen to benefit from training that targeted the work capacity of Type II muscle fibers (Marek & Michalik, 2015). The significance of this co-adaptation in regards to Infantry

personnel lies in long slow movements such as a patrol, that suddenly necessitates the ability to repeatedly perform explosive muscle actions for an undetermined amount of time during enemy contact.

Previous research has explored the importance of strength within a military program. Kollock et al. (2016) evaluated whether overuse knee injuries could be reduced through strengthening the muscles surrounding the knee joint. However, these studies do not tackle the issue of whether or not high-volume endurance training could be replaced by low volume, high-intensity (anaerobic) training while maintaining or improving the performance in more aerobic centric training evolutions. Is it possible that strength and power training could produce the desired results on performance of US Marine Infantry? The purpose of this study is to conduct a 12-week program exploring performance benefits of strength, power, and muscular work capacity of U.S. Marines with the infantry occupation, aboard Marine Corps Base Camp Lejeune, compared to traditional endurance focused methods. It is the hypothesis of this study that a program focused on the Marine's necessity for anaerobic conditioning and work capacity would improve performance and effectiveness to a higher degree than the standard approach. The major significance of the expected outcome is in the life and death situation of combat when members of a unit must be able to move and function under load in a high stress environment.

This study was designed for data collection to determine if a strength and power focused program translates into higher performance of U.S. Marine Infantry personnel in the Physical Fitness Test (PFT) and Combat Fitness Test (CFT). These two tests are the standard markers for which the U.S. Marine Corps (USMC), has set to determine an individual Marine's physical fitness for duty. Every Marine has performed each test once a year since 2009, and the USMC has been performing the PFT for more than two decades. The PFT is an endurance test, and the CFT is an anaerobic endurance test.

For this study, the participants will report to the Human Performance Center on Marine Corps Base Camp Lejeune five days a week for 12 weeks. Prior to Day 1, the participating Marines will be given a brief of the program they will be following, in addition to expectations of the study, and nutritional recommendations. The participants will be encouraged to ask questions at any time to stimulate trust, motivation, and their best effort. As an agreement with the participating command to help ensure compliance, during the Marine's designated session time, the Human Performance Center is their appointed place of duty. Each Monday, Wednesday, and Friday session will cover acceleration, upper and lower body strength and power, and a work capacity circuit. Each Tuesday and Thursday session will be an active recovery workout. All efforts during each workout will be conducted with a rate of perceived exertion (RPE) method on a scale of one to ten and recorded to track progress and provide information concerning the participant's performance levels.

Participants:

One hundred fifty Marines within the Military Occupational Specialty (MOS) field of 0300 (Infantry) from 6th Marine Regiment will be enrolled in this study. Because Marines come from various backgrounds and are expected to perform their skill set, experience with resistance training will not be a deciding factor for inclusion. Criteria for inclusion is (a) 'Full Duty' status who do not report medical conditions that would hinder their participation in the study, (b) 0300 MOS field, (c) minimum PFT and CFT scores of 200, and (d) has a current PFT and CFT score from within the last year. Exclusion criteria will be (a) any restrictions in exercise 'Light Duty' or 'Limited Duty' status, (b) a Marine assigned to the

command's Body Composition Program (c) currently undergoing legal processes, and (d) need of counseling or other services that would prevent or disrupt their compliance with the program. All subjects will be voluntary participants and approved to participate in the study by the United States Marine Corps. This research will be conducted with the approval of an International Review Board.

Instruments:

Materials required for testing the PFT are digital stopwatches, Concept 2 row ergometer, pull-up bars, space for abdominal plank tests, measured 1.5-mile run route (run down and back) that is outdoors and relatively level, recording sheets with roster, pens, and sharpie markers. Materials required for testing the CFT are digital stopwatches, measured 400m running track, space for ammunition can overhead press, a 100-yard level field to conduct the 300 yd shuttle, (60) disc cones, measuring wheel, dummy grenades, (25) 5.56mm ammunition cans filled with sand weighing 30 pounds, scale, recording sheets with roster, pens, and sharpie markers.

Procedures:

Programming. The screening and selection process will begin six weeks out from the beginning of the study and will be finalized no later than ten days from the start of the study. During this time, each participant's most recent PFT and CFT scores from within the last year will be collected from the command training section. The Friday before the research begins, the participants will be introduced to the program and what will be expected from them. Weeks 1, 2, 4, 6, 8, and 10 are build weeks with Weeks 3, 5, 7, 9, and 11 as de-load weeks. Week 12 is the testing week with the PFT tested on Monday, a recovery and activation day on Wednesday, and the CFT conducted on Friday. There is no standardized time of day for testing the PFT or CFT; however, it is usually conducted in the mornings. Tests will be administered to no more than 50 participants at a time and will be administered in three 2-hour blocks beginning at 6 am.

Workouts on Monday, Wednesday, and Friday are designed with five sections beginning with a general warm-up with dynamic exercises, such as lunge variations, and ballistic exercises, such as skips, for approximately 10 minutes. Following the warm-up is the acceleration and change of direction (COD) portion consisting of sprints, cone, ladder, and hurdle drills. The third section will focus on strength and power movements for the upper and lower body. The fourth section is the most exhaustive focusing on work capacity. The final section is cool down and recovery, consisting of diaphragmatic breathing, self-myofascial release, and stretching variations. Tuesday and Thursday's active recovery workouts are designed with a similar layout, however, with four sections. These include a general warm-up for approximately 10 minutes, an acceleration and COD section, a cardiovascular portion consisting of lower impact/intensity training such as row ergometers, swimming, and light resistance. Tuesdays and Thursdays are completed with a cool down portion. Total time of each exercise session is approximately 60 minutes.

A 12-week program, shown in Enclosure 1, is used to move beyond neurological adaptations and highlight physiological adaptations to the greatest extent possible as discussed in Haff and Triplet (2016) and Sif (2003). The 12 weeks will be broken down into three 4-week blocks of progression:

Block 1 (Weeks 1-4): This will consist of basic acceleration and change of direction drills and will have an eccentric focus on the strength portion during weeks one and two (Dietz & Peterson, 2012), paired with light load power exercises. The strength focus will change to isometric contractions for Weeks Three and Four (Dietz & Peterson, 2012). Acceleration distance will be no more than 20 yards in a single repetition and incorporate only simplistic COD drills with the sprints. Tuesday and Thursday are the primary COD drills during this block. Strength work tempo will be 4:0:0 and 6:0:0 twice a week during the eccentric contractions, and 0:4:0 and 0:6:0 twice a week during the isometric contractions. The work capacity sections will have several longer active rest periods with work to rest intervals at a 1:1 ratio, and progress to 2:1 work to rest ratios.

- Block 2 (Weeks 5-8): The acceleration drill volume will increase; however, the maximum acceleration distance of 20 yards in a single repetition remains the same. COD drills will become more complex in combination with acceleration drills. Strength exercises will begin to focus on the reactive portion of the lift with a tempo of 0:0:0 (Dietz & Peterson, 2012). Power exercises will increase in intensity and complexity. The work capacity will have shorter rest periods of less than 1:1 work to rest ratio.
- Block 3 (Weeks 9-12): The acceleration drills continue to be combined with the COD drills, such as shuttle run variations, and zigzag drills as examples. Each acceleration set will not exceed 200 total yards. Power exercises will become more intense and may be more complex based on individual competency. Strength tempo will remain at 0:0:0. The work capacity section will continue to have short rest periods with a less than 1:1 work to rest ratio.

Week 12, testing. Monday of Week 12 will be the PFT. Testing will be conducted/monitored by the command's Training Shop that conducted the initial test. Coaches will be present to conduct warmups, collect scores and verify compliance. Testing attire will be a t-shirt, shorts, socks, and running shoes. The participants will begin with a general warm-up. The PFT will be conducted in accordance with the procedures already established by the USMC (MCO 6100.3A, 2018). A PFT is divided into three events to be completed within two hours of starting the first event. Each event is individually scored with a maximum combined score for all three events of 300 points. The participants will be well rested the night prior to testing. The participants begin with pull-ups where the elbow reaches full extension between repetitions. Kipping is not allowed. The goal is to have 23/12 repetitions for males/females. This is an event score of 100 points. The next event is the abdominal exercise. This will be a plank with a goal time of 3 minutes, 45 seconds for both male and female, which is an event score of 100 points. When performing the plank, the participant's toes, forearms, and palms or fists always remain in contact with the ground. The back, buttocks, and legs must remain straight and in line throughout the test. The third event of the PFT is the 3-mile run or 5km row. The run is conducted by

the participant running 1.5miles out, and 1.5miles back on a relatively level course. The goal times for the run are 21/23 minutes male/female. This is an event score of at least 81-83 points depending on age for males, and 88-89 points depending on age for females. The time for maximum points (100) is 18/21 minutes male/female. The 5km row goal times are 19 minutes 45 seconds/22 minutes 45 seconds. Which is an event score of 81-92 points depending on age for both male and female. Concerning the row and run, the participant will perform the exercise that they performed on their initial PFT with their command. The 3-mile run times are scored in 10 second intervals and round up to the nearest 10 seconds. Row times are scored in five second intervals and rounded up to the nearest five seconds.

No exercises will be conducted on Tuesday or Thursday of Week 12. Wednesday will consist of a general warm-up lasting approximately 20 minutes followed by self-myofascial release and stretching variations. The total time should be no longer than 45 minutes.

Friday of week 12 will be when the CFT takes place. The attire for the CFT is the Marine combat utility uniform. The participants will begin with a general warm-up. The CFT will be conducted in accordance with the procedures already established by the USMC (MCO 6100.3A, 2018). A CFT is divided into three events to be completed within two hours of starting the first event. Each event is individually scored in accordance with the USMC scoring procedures (MCO 6100.3A, 2018) with a maximum combined score for all three events of 300 points. The participants will be well rested the night prior to testing. The first event is the 800m run conducted in a t-shirt, utility trousers, and boots, on a course without sharp turns/turnarounds. The goal time is 2 minutes 38-41 seconds/3 minutes 10-19 seconds male/female depending on age, which is an event score of 100 points. The times are scored on the second, with fractions of a second not used and time rounded to the nearest second. The second event is the ammunition can overhead lift. This portion is conducted with a 5.56mm ammunition can weighing 30 pounds. The elbows must be fully extended at the top of the lift and the ammunition can must break the plane of the participant's chin at the bottom of the lift. The participant is allowed to use their legs in a push press manner during this portion of the test. The goal repetitions are 106-120/66-75 male/female

depending on age, which is an event score of 100 points. During the ammunition can press participants will wear t-shirt, utility trousers, and boots. The final event of the CFT is the maneuver under fire. The participant wears the utility jacket, trousers, and boots. This is a 300-yard shuttle conducted on a smooth and level surface free of excess debris. Prior to beginning this portion of the test, the participant being tested is paired with a partner within 10 pounds weight and within six inches height. This person is designated as the "buddy" and is placed at the 75-yard line seated upright and facing away with legs straight and forearms clasped within their hands. Also prior to beginning the last event a dummy grenade is placed at the 75-yard line and two 30-pound ammunition cans used from the previous event are placed at the starting line. Cones are set to mark the course as shown in Figure 1 along with a visual breakdown of the event. (MCO 6100.3A, 2018). The participant being tested begins in the prone position with their chest on the ground. Staggered feet are permitted. The participant conducts the 300-yard shuttle in the following manner:

- The participant will begin with a 25-yard sprint that ends with a forward facing "J-hook" in a clockwise direction around the cone.
- The participant executes a 10-yard high-crawl with elbows, knees, and torso maintaining ground contact.
- The participant executes a 15-yard 'modified' high crawl with six points of contact on the ground (hands, knees, and feet).
- Upon reaching the 50-yard line, the participant gets to their feet and zigzags around the outside of each cone to the "buddy" at the 75-yard line.
- The participant approaches the "buddy" from behind and conducts a casualty drag by reaching under the "buddy's" arms, grasping the "buddy's" forearms, lift, and drags him/her around the first two cones as shown in Figure 1. From here, the monitor tells the "buddy" to stand, and the participant lifts the "buddy" into the fireman's carry position. The participant carries the "buddy" straight back to the start line and releases him/her.

- The participant picks up the two ammunition cans, (one in each hand) and retraces the initial path back down the course conducting the zigzag through the cones as shown in Figure 1.
- At the 75-yard line the participant sets down the ammunition cans and picks up the dummy grenade. From a standing position, the subject throws the grenade to a five-by-five yard square 20 yards away and immediately conducts five push-ups.
 - An observer will verbally and physically signal the monitor if the grenade throw was a hit or miss. In the case of a hit, five seconds will be removed from the final time. In the case of a miss, five seconds will be added to the final time.
- After the push-ups, the participant picks up his two ammunition cans and reverses his route back to the starting line (as shown in Figure 1) completing both the event and the CFT.

The goal time for the 300-yard shuttle will be 2 minutes 4-10 seconds/2 minutes 42-55 seconds male/female depending on age, which is an event score of 100 points.

17 JAN 2018 Ammo Can Car -MANUF Layout. Enclosure (1)

Figure 1

Set up and execution of 300-yard shuttle event during the CFT (MCO 6100.3A, 2018).

Data Collection:

When performing the tests, each participant will be monitored during the individual events and their results recorded on a roster/event sheet to be compiled and scored. The participants will be immediately aware of their performance on each event. Specifically for the run portions, the participants will be monitored at the start and finish. During the 3-mile run, monitors will be at the turnaround point with sharpie markers to place a mark on the right arm of each participant before they begin their run back. One monitor per ten participants will be placed at the turnaround point so no participant's progress will be inhibited during the run. The 800m run will be conducted on a track in groups of no more than 25 at a time. The participants will conduct the PFT and CFT in their respective training groups they were placed in during the 12-week program. No more than 50 participants will perform a test at a time.

Quantitative Analysis:

Means and standard deviations, will be calculated for each dependent variable broken down into overall PFT and CFT scores, and individual events. This will be done for both the pretest consisting of collected scores from the command and the post-test. Data will be compared overall using one paired T-test, then divided based on the independent variables of overall participants, an age category, and a gender category. If applicable, the data will be evaluated for statistical significance using a factorial ANOVA. A P-Value of 0.05 will be used to identify statistical significance.

Ethical Considerations:

Informed consent will be collected during the initial briefing, screening, and selection process prior to beginning the 12 weeks. The informed consent form will be approved by the IRB prior to use. Each session will be supervised by a Certified Strength and Conditioning Specialist (CSCS) with 3-5 other coaches assisting. The assistant coaches will have a minimum certification of Certified Personal Trainer. At least one assistant coach will be a CSCS. There will be no more than 50 participants per session. During the 12-week program, the participants will report verbally to a coach on how they feel before and after each session so any physical issues or concerns can be assessed. Any reports that result in

a participant missing a session will be recorded with the name, date, and a description of the participant's issue/concern. These notes are kept for tracking and comparison purposes in case of repetitive complaints from one participant or similar complaints from multiple participants. If necessary, athletic trainers or physical therapists will be made available to the participant. Participants also have full access to their command's medical team and should report any issues that impact their participation in the study. Any electronic communication involving personally identifiable information will be encrypted. All hard-copy records will be stored in a file cabinet and locked. Anyone meeting exclusion criteria will not be required to disclose any information since that individual's command is able to withhold their names as potential participants. Data collected will be kept anonymous and only shared with members of that participant's immediate command and medical team. Video will not be taken; however, use of photographs will require a separate consent form collected along with the informed consent.

The biggest risk to the participants comes from overreaching during prescribed active recovery and de-load sessions of the workouts. This stems from a learned behavior that more is better. The mitigations include implementation of RPE, the briefing of expectations prior to starting the 12-week program, and supervision from the coaches and athletic trainers. With the implementation of the risk mitigations, the overall risk for the participants should be less than normal based on previous literature (Jensen et al., 2019; Kollock, 2016; Waterman et al., 2016; Whittle, 2020).

Expected findings are based on the body's use of energy systems when stressed through high intensity exercises and the aerobic demands of repeated efforts. The 12-week program the participants will go through is designed to elicit specific adaptations. These include an increase of overall strength, the ability to move faster under a load, an increase in work capacity which will allow for longer sustained efforts (Haff & Triplett, 2016; Siff, 2003). It is expected to see similar results to the increased work capacity in the soccer players studied by Polczyk, M. and Marek Z. (2015), which also allowed for greater distances to be covered by soccer athletes within a set time limit. Additionally, we expect to find results similar to Marek and Michalik (2015) that show positive effects in performance during movements over a long distance or duration. Due to the primary measurement of this study consisting of the two fitness tests, a contradiction of the hypothesis could be found if the PFT/CFT scores have no significant change. A contradiction may be found if there was a decrease in scores. In the case of either outcome, the important next steps would concern injuries and body composition in order to determine if the increase in strength, power, work capacity can reduce the likelihood of overuse/overtraining injuries commonly found in military populations.

Practical Applications:

The overall conclusion could be that participants are better prepared, physically, to meet the demands of their training. The intent is to show progressive programming of the anaerobic energy systems can improve the performance of U.S. Marines. If the hypothesis is supported, the following training recommendations should be incorporated into regular training activities:

- Deliberate movements in ballistic exercises ranging from sprints, plyometrics, and external loads.
- 2. Movement in multiple plains.
- 3. Strength exercises for trunk stability and anti-rotation.
- 4. Bilateral and unilateral strength exercises for legs and arms.
- 5. Interval circuits stressing the anaerobic energy system.

Limitations:

A PFT/CFT score of 285 is generally considered, among the USMC population to be a high score. An awareness must be made in the case of any participant with a score already close to the maximal score of 300 which leaves little room for improvement from any exercise program. The participants will receive a nutritional brief during the program introduction; however, they will ultimately control their diet. Some adaptations, positive or negative may be due to an individual participant's eating habits. A participant whose eating habits closely resemble recommended nutritional guidelines for athletes may have better results than a participant whose eating habits are further from the recommended guidelines. Due to individual response and/or training age, there may still be some neurological adaptations taking place in an individual who has experienced little to no training of this type prior to this program.

Recommendations for future research:

There are multiple avenues to continue researching other possible benefits from an anaerobic focused conditioning program among military personnel. Some possibilities are as follows:

- To understand the participant's own perceptions on how capable they feel when performing their job, conduct surveys of RPE during combat training exercises pre and post program. Feedback in this context will provide insight into what areas the combat athlete personally sees or does not see improvement specifically when performing their job tasks.
- Track body composition pre and post program to gauge change in fat mass and fat-free mass. The maintenance of body composition within certain standards is an important aspect of a professional military life that all branches of service are concerned with. Data concerning changes in body composition will help to apply the integration of scientifically based training programs with military training and lifestyle.

- Track number and type of reported injuries before, during, and after a strength and power program among participants. This can expand on previous literature concerning overuse/overtraining injuries.
- Track injury recovery time of trained and untrained personnel. Injuries can happen during intense and/or extremely fast paced combat training evolutions. We would be able to further understand the response to injuries in the military population of a strength/power focused conditioning routine versus the normal endurance conditioning routine.

Conclusion:

Based on previous literature (Dietz & Peterson, 2012; Drain et al., 2015; Haff & Triplett, 2016; Siff, 2003), it is hypothesized that the musculoskeletal system will be strengthened, and the body will be prepared to absorb, create greater force production, and handle higher loads in a manner that advances an individual's ability to move more efficiently. It is expected the overall physical performance of Marine personnel to improve and be quantified in their fitness testing. It is possible the occurrence of the injuries discussed in previous research (Jensen et al., 2019; Kollock, 2016; Waterman et al., 2016; Whittle, 2020) would be reduce with the proposed training. Future research will be needed to determine its impact on injury prevalence in this population.

Enclosure 1:

12 Week Program

	Warm-up		MONDAY,	WEDNESDAY, FRIDAY FLEXIBILITY (Cool Down 1)
ı	novement prep		EXERCISES	Notes: 2 Sets of each exercise. Hold for 30 sec
EXERCISES	SETS	distance	Hamstring/Calf Stretch	each.
unge w/ T-Spine Rotation	1	10 yards	Quad/Hip Flexor Stretch	
Shoe Swipes	1	10 yards	Glute/Piriformis Stretch	
Alternating Lateral Lunges	1	10 yards	Chest Stretch	
A-March	1	10 yards	Back Stretch	
Close the Gate	1	10 yards		
Open the Gate w/ Backwards Skip	1	10 yards		
High Kicks	1	10 yards	TUES	SDAY, THURSDAY FLEXIBILITY (Cool Down 2)
Lateral Shuffle w/ Arm swing	2	10 yards	EXERCISES	NOTES: 2 Sets of each exercise. Hold for 30 sec. each
Cario ca w/ Knee Drive	2	10 yards	Band Hamstring PNF Stretch	sec. each
Power Skip (height)	1	15 yards	Distracted Hip M obility	
3 ackward Skip	1	15 yards	Cross Body Stretch Lower Body	
Power Skip (distance)	1	15 yards		
Power Skip (distance) NOTES: Exercises with 2 sets = 1 set g coming back in the opposite direction	oing in one direction and	· ·		

Wasi	Acceleration	- Day 1			WOLK	COD COD			WOLK	Acceleration	- Day s			CCD/Acceleration	Day 4			Weak	Acceleration		
EXERCISES A-Lock w/MB		ETS ea leg)	DIST	REST 30s	EXERCISES	SETS 4	DIST	REST 30 sec	EXERCISES Hardin Ster-overs	2	ETS 4	DIST	REST 30s	EXERCISES SET Harde Crossover Step 6	rs	DIST	REST 30 sec	EXERCISES Ford Resisted States	SETS	DIST	REST
A-Skip		2	Dyda		Ladder Ickey Shuffle	4	1	30 sec	Single Hurdle Step-Over & Sprint		2	Dyds	301	Single Hundle Crossover step to Sprint 3		10 yards	30 sec	Sprint	3	10yds	
Sprint Tible Foam Roll		2	Dyds	P/W														Tibis Foam Roll	2		50s
NOTES: Exercises 1 & 2 performe Foam Roll Shins. RPE 8	d individual	2 ly; Exercise 3	paired wit	60s h (P/W)	NOTES: To be performed as stand-	alone exercises. RPE8			NOTES: Speed drills can be performe	d as a circuit	t or stand-alo	se exercises.	RPE 9	NOTES: Conduct exercise each way with the corresp	ponding numbe	r of sets.	RPE 8	NOTES: Exercises 1 performed in Roll Shins. RPE 9	dividually; Exercise	2 paired with (P/W) Foam
Foam Roll Shins. RPE 8																		Roll Shins. RPE 9			
	itrength and po	wer			Cardiox	sacular/Endurance POOL				frength and pos	wer			Cardio vas cular/Endura	ance			1	strength and power		
EXERCISES		REPS	TME	REST	EXERCISES	SETS	Reps/Time	REST	exercises	SETS	REPS	TIME	REST	EXERCISES SET		lsps/Time		EXERCISES	SETS RE		REST
Hurde Hops (§ 0:0:0 Clean High-Pull (knees)	4	5		50sec 50sec	Side Stroke (ex. Side) Sresst Stroke	1 2	50m 100m	30sec 30sec	Sand Assisted Vertical Jump Clean Start Position Lift-off	3	5		60sec 60sec	TRX Ts 2 45/45 Mini March 2	-	10	30sec 30sec	Hurdle Hop to Box Jump Power Clean (power Pox.)	4 2		60sec 90sec
Front Squat 90°@ 4.0:0	4	3		P/W	Trend Water	1	3min		Trap Bar Deadlift	- 4	4		P/W	Scap Push-up 2		10	30sec	Back Squat 90°@ 60:0	5 2		P/W
Pull-ups (reverse PFT grlp) Tip Toe Walks	3	10	30s	2min 30s					Gench Press 110 Farmer's Carry (Go Heavy)	4	4	30s	2min 30s	Scap Pull-ups 2		10	30sec	DS Incline Sench Press Sanded Lateral Shuffle	4 2	30s	2min Sa
DB/KB Strict Press	3		30s	301					Double-Arm KS Row	3		30s	30s	4,000m 1		goal 2	10-22min	DS Reverse Flex	4	30s	tie
Glute/Ham Bridges (Feet far from glutes)	3		30s	301	NOTES: Exercises should be conduct	ed individually RPE: 7			lice Skaters	3		30s 30s	30s	NOTES: Shaded exercises should be conducted	as a circuit. R	low at RP	E 7	Hamstring Curis Knee Bent Culf Baines	4 gos	10 30s	To To
NOTES: Complete all sets of the fire exercises. The first and second exer	1 3 exercises sices are pe	prior to mov rformed indivi	ing on to the	e shaded hird exercise					NOTES: Complete all sets of the fire exercises. The first and second exer	3 exercises sices are per	prior to movi	ng on to the s dually, the this	shaded rd exercise	1				NOTES: Complete all sets of the first exercises. The first and second exer	t 3 exercises prior to sices are performed	moving on to ti	he shaded third exercise
is paired with (P/W) the fourth exerci exercises are to be conducted as a c	se and is per ircuit and pe	formed conse rformed after	cutively. The	e shaded of all sets of					is paired with (P/W) the fourth exercises are to be conducted as a ci	e and is perf rcuit and per	formed conse rformed after	cutively. The completion of	shaded fall sets of					is paired with (P/W) the fourth exercises are to be conducted as a c	se and is performed ircuit and performed	onsecutively. T after completio	he shaded n of all sets of
Pull Thoughs NOTES: Complete all sets of the fire senecies. The first and second ease is palred with (P/W) the fourth earch senecies are to be conducted as a c the primary exercises. A subjective in workout using the Rate of Percleved	Exertion Sc	ale (RPE: 8).	iken through	tout the					Flutter Kicks NOTES: Commission all sets of the first associates. The first and second exer is paired with (PIW) the fourth exerci- exercises are to be conducted as a ci- the primary services. A subjective of workout using the Rate of Percleved	Exertion Sca	ale (RPE: 5).	ken througho	ut the					Knee Bent Call Raises NOTES: Complete all sets of the fire reseries. The first and second exer is palled with (P/W) the fourth exerci- esseriases are to be conducted as a c- the primary esseries. A subjective morkout using the Rate of Parcleved	Exertion Scale (RPS	: 8).	nout the
Week	2 - Eccentri	- Day 1			Week :	- Eccentric - Day 2			Week	2 - Eccentric	- Day 3			Week 2 - Eccentric -	Day 4			Work	2- Eccentric - Day 5		
EXERCISES	Acceleration	ETS	DIST	REST	exercises	COD SETS	DIST	REST	exercises	Acceleration	ETS	DIST	REST	COD/Acceleration EXERCISES SET		DIST	REST	EXERCISES	Acceleration SETS	DIST	REST
A-Lock w/ MB	2 (ea leg)	TOyds	30s	Ladder Skiers	6	1	30 sec	Hurdie Step-overs		4		30s	Hurde Crossover Step 6		- 1	30 sec	B and Resisted Starts	6	10yds	50s
A-Skip Sprint	-	4	Dyds Dyds	30s P/W	Ladder Ickey Shuffle	6	1	30 sec	Single Hurdle Step-Over & Sprint	-	4	Dyds	30s	Single Hurdle Crossover step to Sprint 6	-	10 yards	30 sec	Sprint Tible Foam Roll	5	10yds	P/W 60s
Tibia Foam Roll	<u> </u>	3		60s																	1
NOTES: Exercises 1& 2 performed in Shins. RPE 8	iowidually; E	xercise 3 pain	ea with (P/W	r) roam Roll	NUIES: To be performed as stand-al	one exercises. RPE 8			NU I ES: Speed drills can be performe	o as a circuit	t or stand-alo	ne exercises.	KPE 9	NUI ES: Conduct exercise each way with the corresp	ponding numbe	r of sets.	KPE 8	NU : E3: Speed drills can be performe	a as a circuit or star	o-arone exercis:	s. RPE 9
EXERCISES	trength and po	REPS	TME	REST	Card	ovascular/Endurance SETS	Reps/Tirre	REST	EXERCISES	frength and pos	REPS	TIME	REST	Cardovas cular Endura EXERCISES SET	ance	leps/Time	REST	EXERCISES	strength and power	'S TIME	REST
Hurde Hope @ 0:00	- 4	- 5	. Amb	60sec	Air Squat		thin	30sec	Sand Assisted Vertical Jump (§ 0.0.0	5	5		60sec	Straight Ann Band Pull-Downs 2	1	10	30sec	Hurdle Hop to Box Jump	4 4		60xec
Clean High-Pull (knees) Front Squat 90°@ 4.00	3	3		60sec P/W	Shoulder Taps Echo Báxe		fmin fmin	30sec 30sec	Clean Start Position+Lift-off Trap Bar Deadlift	3 5	5		60sec P/W	Air Squats 2 TRX SLRDL 2		10	30sec 30sec	Power Clean (power Pox.) Back Squat 90° (\$ 6.00	4 2 5 3		90sec P/W
Puli-ups Tip Toe Walks	3	2		2min	TRX Split Files	,	tnin	30sec	Bench Press 110	4	5		2min	X-Band Walk 2		10	30sec	DB Incline Bench Press	4 1		2min
Tip Toe Walks DB/KB Strict Press	3		30s 30s	30s 30s					Farmer's Carry (Go Heavy) Double-Arm KB Row	3		30s 30s	30s 30s	1 200 mars		goal 1	D Their	B anded Lateral Shuffle DB Reverse Files	4	30s	Ta Ta
Chris/Ham Bridges (East for form chrise)	3		30+	301					ice Skaters	3		30s	30s	Jacobs Pools	_	goar s	1	Hamatring Curls	4 gos	30s 10 30s	To
Pull Throughs	3	prior to mov	30s	30s	NOTES: Exercises should be conduct	ed as a circuit RPE: 7			Flatter Kicks	3 3 amerikan	prior to movi	30s	30s shaded	NOTES: Shaded exercises should be conducted as a	a circuit. Rowa	t RPE: 7		Knee Bent Call Raises	4		
Pull Throughs NOTES: Complete all sets of the fire exercises. The first and second esset is pailed with (P/W) the fourth exercises exercises are to be conducted as a c the primary exercises. A subjective or workout using the Rate of Percieved	sices are pe se and is per	rformed indivi	idually, the t	hird exercise e shaded					Flatter Kicks NOTES: Complete all sets of the fire exercises. The first and second exer is paired with (PIW) the fourth exercise exercises are to be conducted as a ci the primary exercises. A subjective m workout using the Rate of Percleved	sices are per se and is perf	rformed indivi formed conse	dually, the this cutively. The	rd exercise shaded					Knee Bent Call Raises NOTES: Complete all sets of the first associate. The first and second exer is paired with (P'W) the fourth exercise exercises are to be conducted as a c the primary exercises. A subjective or workout using the Rate of Percleved	sices are performed se and is performed	individually, the onsecutively. T	third exercise he shaded
exercises are to be conducted as a c the primary exercises. A subjective n	rcult and po easurement	rformed after of effort is ta	completion ken through	of all sets of hout the					exercises are to be conducted as a ci the primary exercises. A subjective m	rcult and per easurement	of effort is ta	completion of ken througho	fall sets of ut the					exercises are to be conducted as a c the primary exercises. A subjective m	rcuit and performed easurement of effor	after completion is taken through	n of all sets of phout the
workout using the Kate of Percieved	Exertion Sc	am (KPE: 0).							workout using the Rate of Percieved	Exertion Sca	HE (KPE: S).							Workout using the Rate of Percieved	Exertion Scale (RPS	: 0).	
Week	Acceleration	- Day 1			Week	COD/Agilty			Week	Acceleration				Week 3 - Isometric -	Day 4	_		Wook	Acceleration		
EXERCISES Band Resisted Broad Jumps		ETS 4x2	DIST	REST	exercises Open	SETS	DIST	REST	exercises dack Pedal	2	ETS	DIST	REST 30Sec	EXERCISES SET		DIST 30 yards	REST P/W	EXERCISES Fast Claw Series	SETS Seach drill	DIST	REST
Broad Jump to Sprint		3	Dyds	60s 60s	M Dell	1		30 sec 30 sec	Back Pedal to Forward Sprint	_	3	5 yards 5,10 yards	305ec 305ec	Liberal Shume Shume 6	-	30 yards	P/W	Sprints	14ach oris	20	P/W
Sprint		3	Dyds															Tibia Foam Roll	4		60s
TibiaFoam Roll NOTES: Exercises 1 & 2 performed in Shina. RPE 9	idividually; E	2 xercise 3 pain	ed with (P/W	60s f) Foam Roll	NOTES: Cone drills to be performed a movement 2 times in each direction.	s stand-alone exercises.	Perform eac	h cone	NOTES: Speed drills can be performe	d as a circuit	t or stand-alo	ne exercises.	RPE 8	NOTES:Perform the first exercise 3 sets each way.	RPE 8			NOTES: Exercises 1 performed indivi Shins. RPE 2	dually; Exercise 2 pa	red with (P/W) F	oam Roll
Shins. KPE 9					movement 2 times in each direction.	CPES												Snins. KPE 9			
	strength and po	wer			Cardiox	sacular/Endurance POOL				irength and pov	wer			Cardio vas culari Endura	ance				thength and power		
EXERCISES	SETS	REPS	TME	REST	EXERCISES	SETS	Reps/Time		exercises	SETS	REPS	TIME		EXERCISES SET			REST	EXERCISES	SETS RE		REST
Lateral Bounds (ea leg) Power Clean (power Position)	4	3		50sec 2min	Side Stroke (ex. Side) Bresst Stroke	2	50m 100m	30sec 30sec	BoxJump Clean Lift-off	4	5		60sec 60sec	TRX Ts 2 45/45 M ini March 2	-	10	30sec 30sec	Broad Jump Clean Pull (Soor)	4 4		50xec 90xec P/W
Front Squat 90°@ 0.4.0	4	3		P/W	Tread Water	1	3min		Trap Bar Deadlit Bench Press 10:0	- 4	4		P/W	Scap Push-up 2		10	30sec	Back Squat 90° (§ 0:50 DS Incline Sench Press	5 3		P/W
Pul-ups Pul-ups Goal is 8-10	3	10	30s	2min 20s					Bench Press 10:0 OB/KB Shrugs (Relax the jaw)	4	4	30s	2min 20s	Scap Pull-ups 2		10	30sec	DS Incline Bench Press Pull-ups Goal is 8-10	4 2	30s	2min Ea
Feet elev. Push-ups	3		30s	20s					TRX Row @ 6:16	3		30s	20s	4,200m Row 1		goal 2	12-23min	BWiso Split Squat (first heel 92" off floor)	4	30s	Tie .
Glute/Ham Bridge (feet set naturally) Knee bent Calf Raises	3		30s 30s	20s 20s	NOTES: Exercises should be conduct	ed individually RPE: 7	l	l	Superman Isotonic High to Low Planks	3		30s 30s	20s 20s	NOTES: Shaded exercises should be conducted as a	a circuit. Rowa	t RPE: 7		Glubs/Ham Walk-outs Plate Push	4	30s 30s	Ta Ta
	l Lavarcisas sices are pe	prior to mov rformed indivi	ing on to the idually, the t		1					3 averrises sices are per	prior to movi	op on to the study, the this	shaded. rd exercise	1					1 3 exercises prior to sices are performed	moving on to ti individually, the	third exercise
NOTES: Complete all vats of the fire grecines. The first and second ease is paired with (P/W) the fourth exerci esercises are to be conducted as a c the primary esercises. A subjective in workout using the Rate of Percieved	rcuit and pe	rormed conse rformed after of effort is *-	completion ken through	of all sets of nout the					NOTES: Complete all sets of the fire reprecise. The first and second exer is paired with (PJW) the fourth exercise exercises are to be confuced as a ci- ths primary exercises. A subjective or workout using the Rate of Percisved	rcuit and per easurement	rormed conse rformed after of effort is **	cutively. The completion of	snaded fall sets of ut the					NOTES: Complete all sais of the fire recreives. The first and second exer is paired with (P/W) the fourth exerci- exercises are to be conducted as a ci- the primary exercises. A subjective many exercises of Percieved	se and is performed incuit and performed easurement of affer	onsecutively. T after completion is taken thro	ne shaded n of all sets of shout the
workout using the Rate of Percieved	Exertion Sc	ale (RPE: 5).							workout using the Rate of Percieved	Exertion Sca	ale (RPE: 5).							workout using the Rate of Percieved	Exertion Scale (RPS	: 8).	,
Week	4 - Isometri	- Day 1			Week	- Isometric - Day 2 COD/Agilty			Week	4 - Isometric	- Day 3			Week 4- Isometric -	Day 4			Work	4 - Isometric - Day 5		
EXERCISES			DIST	REST	exercises		DIST	REST	EXERCISES	53	ETS	DIST	REST	exercises set	rs	DIST	REST	EXERCISES	Acceleration SETS	DIST	REST
Sand Resisted Sroad Jumps		4o4		60s	X Delli	4		30 sec	Sack Pedal		5	5 yards	305ec	Lateral Shuffle Shuttle 6		20 yards	P/W	Fast Claw Series	Seach drill		
Broad Jump to Sprint Sprint	-	4	Dyds Dyds	60s P/W	M Dell	4		30 sec	place Pegal to Forward Sprint			5,10 yards	30Sec		-+			Sprints Tibia Foam Roll	5	20	P/W 60s
Tibia Foam Roll	duident -	2		60s	NOTES Committee to be as a				NOTES: Speed drills can be performe				DDF A	NOTES A SECOND DE LA COMPANSA DE LA				NOTES Services de la company	Landa Farmer -		
NOTES: Exercises 1& 2 performed in Shins. RPE 9	nurriousny; E	Au-Cise a pain	en with (s)/W	,, roam Koli	NOTES: Come drills to be performed a movement 2 times in each direction.	RPES	- wnorm eac		AU . 2. Speed drills can be performe	was a circuit	. or stand-alo	** ***********	A/E 8	NOTE OF WHOM THE THE EXERCISE 2 Bets each way.	nr 4 8			NOTES: Exercises 1 performed indivi Shins. RPE 9	минну; вхегстве 2 ра	www with (P/W) I	Oad Roll
DERCEES	trength and po	REPS	TAKE	REST	Card EXERCISES	ovascular/Endurance SETS	Reps/Time	REST	EXERCISES	trength and pov	RIDS	TIME	REST.	Cardiovas cular Endur EXERCISES SET	ance IS m	leps/Time	REST	EXERCISES	strength and power SETS RE	'S TIME	REST
Lateral Bounds (ea leg) Power Clean (power Position)	4	4		60sec 2min	Air Squat		tein	30sec 30sec	BoxJump	5	5		60sec	Straight Ann Band Pull-Downs 2		10	30sec	Broad Jump	5 4		60sec
Power Clean (power Position) Front Squat 90*(\$0.4.0	4	3		2min P/W	Shoulder Taps Echo Báxe		fmin fmin	30sec 30sec	Clean Lift-off Trap Bar Deadlift	3 5	5		60sec P/W	Air Squats 2 TRX SLRDL 2		10	30sec 30sec	Clean Pull (floor) Back Squat 90° (§ 0:50	4 2		90sec P/W
Pull-ups	3	2		2min	TRX Split Files		min min	30sec	Sench Press 10:0	4	5		2min	X-Band Walk 2		10	30sec	DB Incline Bench Press	4 1		2min
Puli-ups Goal is 8-0 Feet elev. Push-ups	3		30s 30s	20s 20s					DS/KS Shrugs (Relax the jaw) FRX Row (\$ 6:16	3		30s 30s	20s 20s	4000-	-T	goal 2	1	Pull-ups Goal is 8-10 BWiso Split Squat (first heel 92" off floor)	4	30s 30s	To To
Chair Man Balden (final and makes \$10)			70+	224					Superman Isotonic	3		30s	20s								
NOTES: Complete all sets of the fire searches. The first searches. The first and second ease is paired with CPW the fourth easect ease class are to be conducted as a che point searches. The primary searches. A subjective neorhout using the Rate of Perclaved	3 1 3 exercitor	prior to may	30s ing on to ***	20s e shaded	NOTES: Exercises should be conduct	ed as a circuit RPE: 7			High to LowPlanks NOTES: Complete all sets of the first	3 3 exercises	prior to may			NOTES: Shaded exercises should be conducted as a	a circuit. Rowa	t RPE: 7		Cater New York-outs Plate Plan Post NOTES: Complete all sets of the fire associate. The first and second sur- is parled with (PW) the fourth easect associates are to be conducted as a c- the primary searches. A subjective m workout using the Rate of Percleved	4 3 exercises print to	30s moving on to 10	Tie he shaded
exercises. The first and second exert is paired with (P/W) the fourth exerci	sices are pe	rformed indivi	idually, the t	hird exercise e shaded					Nigh to Low Planks NOTES: <u>Complete all note of the first</u> <u>exercises</u> . The first and second exer is paired with (P/W) the fourth exerci- arrecties are to be confuced as a ci- the primary exercises. A subjective m workout using the Rate of Perclaved	sices are per	rformed indivi	dually, the this cutively. The	rd exercise shaded					exercises. The first and second exer is paired with (P/W) the fourth exercis	sices are performed se and is performed	individually, the onsecutively. T	third exercise he shaded
the primary exercises. A subjective n	rcuit and pe easurement Exerting F-	rrormed after of effort is ta ale (RPπ-π)	completion iken through	of all sets of hout the					exercises are to be conducted as a ci the primary exercises. A subjective m workout using the Para of Paratonal	rcuit and per easurement Exertire 5	of effort is ta	completion of ken througho	r all sets of ut the					exercises are to be conducted as a c the primary exercises. A subjective m workout using the Pate of Parcing	rcult and performed easurement of effor Exertion Scale (PRO	arter completion is taken through : 8).	n of all sets of phout the
					J]				Nate of Parcieved	June (KP)		

William	SAQ	аут			Weak	SAQ			Week	Acceleration	- Day s			WIOK	COD COD			Work	SAQ		
EXERCISES	SETS	5	DIST		EXERCISES	SETS	DIST		EXERCISES	9	ETS	DIST		EXERCISES	SETS	DIST		EXERCISES	SETS	DIST	
X-Oniii Extended Z-Run	3x1 3		N/A Toyds	60s P/W	BoxDrill 90°Cuts to sprint @ 75% effort	4	5,10 yards	30 sec	High Knees		4	Dyds Dyds	P/W 60s	T- Drill Pro-Agility	4		30 sec 60 sec	p & q Sprints (ess. Way)	6	5,5,10yds	90s
AnkleRocks	3xDea	leg	N/A	60s	and Colle to Aprilla Sg 10 Metros.	,	J, D yarus		april .			Liptus		e so regany			00 800				+-1
NOTES: Exercise 1 performed individ																		NOTES: Perform 3 sprints turning ear			
RPE 8	usity; Exercise 2	is paired v	with (P/W) da	sercise 3.	NOTES: Cone drills to be performed a movement 2 times in each direction.	RPE 8	Perrorm ea	en cone	NOTES: Exercises 1 & 2 perfor	rmed cons	secutively 1	or 20 yards	s total.	NOTES: Cone drills can be performed each cone movement 2 times in each	direction. RPE 8	se exercises	. Periorm	NOTES: Perform 3 sprints turning each	in way. KPE 9		
	strength and power				Cardov	sscular/Endurance POOL				strength and pov	wer			Card	iovasculas@ndurance				frength and power		
EXERCISES Clean Pull (floor)		REPS 3	TME	REST 60sec	EXERCISES Side Stroke (ex. Side)	SETS 1	Reps/Time 50m		EXERCISES TrapEar Deadlift	SETS 4	REPS 3	TIME	REST P/W	EXERCISES Bird Dogs (ea. Way)	SETS 2	Reps/Time 10	REST 30sec	Power Clean (floor)	SETS REPS	TIME	REST 2-3min
Front Squat @ 000	4	4		P/W	Breast Stroke	2	200m		Squat Jump	4	3		90sec	Band Pull-Apris	2	10	30sec	Barbel Push-Press	4 3		2-amin
Split Squat Jump (ea. Leg	4	4		90sec	Tread Water	1	Smin		Bench Press @ 000	4	4		P/W	SL RDLs (es. leg)	2	10	30sec	Back Squat @ 000	6 3		P/W
The Control of Control			5					Pendisy Rows Glute Bridges (Feet Close to Glutes)	4 3	4	30	90sec B	Overhead Carry	2	40 yards	30sec	Sraod Jump Kettlebell Swing	6 2		9Osec 20	
	3		30	5					Alternating Lateral Lunges	3		30	5	4,500m Row	1	goal	22-23min	TRX inverted Row (get low)	4	40	20
			30	5					DS Reverse Files	3		30	5					Russian Twist	4	40	20
Pull-up (goal 8-10)	3		30	5	NOTES: Exercises should be conduct	ed individually RPE: 7			Isometric Band Pull-Down	3		30	5	NOTES: Shaded exercises should be o	conducted as a circuit. Ro	wat RPE:	7	Med ball Slams	4	40	20
exercises. The first exersice is perfo	rmed individual	ly, the sec	ond exercise	is paired					exercises. The first exercise is paire	d with (P/W)	the second e	sercise and th	he third					exercises. The first and second exer	sices are performed indi	vidually, the t	third exercise
to be conducted as a circuit and perf exercises. A subjective measuremen	ormed after cor t of effort is tak	npletion of en through	fall sets of t	he primary kout using					NOTES: Complete all sets of the fire parcises. The first exersice is paire exercise and is P/W the fourth exerci exercises are to be conducted as a c the primary exercises. A subjective m workout using the Rate of Percieved	ircuit and per	rformed after of effort is to	completion o ken througho	of all sets of out the	1				NOTES: Complete all sets of the first swercises. The first and second exer is paired with (PIW) the fourth exercise exercises are to be conducted as a ci the primary exercises. A subjective workout using the Rate of Percisved	rcult and performed afte easurement of effort is	r completion taken through	of all sets of hout the
the Rate of Percieved Exertion Scale	(RPE: 8).								workout using the Rate of Percieved	Exertion Sca	ale (RPE: 8).							workout using the Rate of Percleved	Exertion Scale (RPE: 8)		
Week	6 - Reactive - D	ay 1			Work	6 - Reactive - Day 2 SAQ			Week	6 - Reactive Acceleration	- Day 3			Week	6 - Reactive - Day 4			Week	6 - Reactive - Day 5 SAO		
EXERCISES			DIST	REST	EXERCISES		DIST	REST	exercises	Acceleration		pr	ST	exercises	SETS	DIST	REST	EXERCISES	SAQ SETS		REST
X-Dell			N/A	60s	BoxDell	6		30 sec	High Knees		6	Dyds	P/W	T-Drill	4		30 sec	p & q Sprints (es. Wayfrom prone start)		5,5,10yds	
Extended Z-Run	4		Tyds	P/W	90°Cuts to sprint @ 75% effort	6	5,10 yards	60sec	Sprint		6	Dyds	50s	Pro-Agilty (from Prone start)	4		60 sec				
Ankle Rocks	3xD ea	leg	N/A	60s	 			-	1					1	<u> </u>	-	_	+		1	+
NOTES: Exercise 1 performed individ	ually; Exercise 2	is paired v	with (P/W) as	sercise 3.	NOTES: Cone drills to be performed a movement 3 times in each direction.	I is stand-alone exercises.	Perform ea	ch cone	NOTES: Exercises 1 & 2 perfor	rmed cons	secutively t	or 20 yards	s total.	NOTES: Cone drills can be performed each cone movement 2 times in each	l as a circuit or stand-alor	ne exercises	. Perform	NOTES: Perform 4 sprints turning ea	th way. RPE 10	1	
Dr.E.B					movement a times in each direction.				RPE 9					was come movement 2 times in each	westion, RPE 8			I			
	strength and power	_	_		Cod	iovascular Endurance				iteenath and no	w			Card	iovasculas Endurance				french and power		
EXERCISES	SETS	REPS	TME	REST	EXERCISES	SETS	Reps/Time		exercises	SETS	REPS	TIME	REST	exercises	SETS	Reps/Time		EXERCISES	SETS REPS	TIME	
Clean Pull (Soor) Power Clean (Knees)	4	-1		60sec	Alternating Reverse Lunge	4	terin	30sec	Trap Bar Deadlift	4	3		P/W	45/45 M ini March	2	10	30sec	Power Clean (floor)	4 3		2-3min
		5		P/W	SLRDL (one leg per round) Battle Ropes		terin terin	30sec 30sec	Squat Jump Sench Press (\$10.00	4 5	3		90sec P/W	TRX Spit Fly (single count) Pallof Press (ex. Way)	2 2	10	30sec 30sec	Sack Sout 8 000	4 3		2min P/W
wyna wyddie Jerrip (ein. Leg	4	5		90sec	Battle Ropes Sandbag Zercher Carry	- 1	tesin tesin	30sec 30sec	Bench Press (\$000 Penday Rows	4	6		P/W 90sec	Pallof Press (es. Way) Walking Lunge (es. Leg)	2	10	30sec 30sec	Back Squat @ 00:0 Brand Jump	6 4		P/W 90sec
Banded Lateral Shuffle	3		30	5	High Plank w/ Knee Drive	4	terin	30sec	Glute Bridges (Feet Close to Glutes)	3		30	5					Kettlebell Swing	4	40	20
	3		30	5					Albemating Lateral Lunges	3		30	5	4,000m	1	goal :		TRX Inverted Row (get low)	4	40	20
Feet Elev Push-up	3		30	5	NOTES: Exercises should be conduct	ed as a circuit RPE: 7			DB Reverse Files Isometric Band Pull-Down	3		30	5	NOTES: Shaded annulance shaded by	conducted as a circuit. Ro	DDE-	7	Rossian Twist Med hall Shore	4	40	20
NOTES: Complete all sets of the fire	t 3 exercises or	or to mov	ing on to the	shaded.					NOTES: Complete all sets of the fire	12 exercises	prior to may	ing on to the	shaded	NOTES: SHADED EXERCISES SHOULD BE O	conducted as a circuit. Ro	Wat RFE.	,	NOTES: Complete all sets of the first	3 exercises prior to mo	ving on to th	e shaded
exercises. The first exercise is perfo with (P/W) the third exercise and is p	rmed individual erformed conse	ly, the sec cutively. T	ond exercise he shaded ex	is paired sercises are					exercises. The first exersice is paire exercise and is P/W the fourth exerci	d with (P/W) se and perfor	the second e	sercise and the	he third haded					exercises. The first and second exer is paired with (P/W) the fourth exercise	sices are performed indi se and is performed con	vidually, the t secutively. Th	hird exercise to shaded
exercises. A subjective measuremen	ormed after cor t of effort is tak (DDE: 0)	en through	out the work	kout using					isometric Band Pal-Down NOTES: Complete all sets of the first specials. The first exercise is paire exercises and is P/W the fourth exerci- exercises are to be conducted as a c- the primary exercises. A subjective or workout using the Rate of Percleved	rcuit and per reasurement Exertion Sca	of effort is to	ken througho	out the					the primary exercises. A subjective m	easurement of effort is Exertion Scale (PPE-8)	taken through	hout the
the Rate of Percieved Exertion Scale	(RPE: 8).								workdut dating the Kate of Parcierad	Essenio- sca	an (KFE. 2).							Rossino Test Med hall Slams NOTES: Complete all sets of the fire speciese. The first and second sars is paired with (PM) the fourth exerci- sarciese are to be conducted as a ci- the primary secricies. A subjective m workout using the Rate of Percisved	EMILION SCAN (KFE. 0)		
Week 7 -	Acceleration	r - Day 1			Week 7 -	CCO			Week 7 -	Acceleration	wer - Day 3			Week 7 - 5	Strength/Power - Day 4			Week 7 -	Strength/Power - Day 5		
EXERCISES	SETS		DIST	REST	EXERCISES	SETS	DIST	REST	exercises	- 2	ETS	DIST	REST	exercises	SETS	DIST	REST	EXERCISES	SETS	DIST	REST
A-Lock w/ M B	2 (en le		10yds	30s	Band Res. Lateral Crossover Skip (es side)	3	Dyds	60s	Hurdie Hops (forward)		3	N/A	30 sec	Zig Zag Drill @ 50-75%speed	4	SxSyds	60s	Band Res A-Skip	4	10yds	50s
A-Skip	2		1Dyds	30s P/W	Ladder in & Outs Forward Scissor Switch (es side)	3	N/A	60s 60s	B and Resisted Spraints		3	Dyards	60 Sec	Ladder in & Out. Sideways (ex. Way)	4	N/A	60s	Resisted Sprint Prone Start	4	10yds	
Tible Foam Roll	3		1Dyds	97W 60s	SCREET SWEET (68 RIDS)	,	N/A	60s									_	Prone scart	-	1Dyds	60s
NOTES: Exercises 1 & 2 performed in Shins. RPE 9	dividually; Exer	cise 3 pain	ed with (P/W	Foam Roll	NOTES: Perform eac exercise individ	lually. RPE 8			NOTES: Speed drills can be performe	d as a circuit	t or stand-alc	ne exercises.	.RPE 8	NOTES: Perform each exercise indivi-	dually. RP E 8			NOTES: Perform eac exercise individ	fuelly.RPE 9		
	strength and power				Cardiov	sscular/Endurance POCL			1	strength and pov	wer			Card	iovasculas Endurance				frength and power		
EXERCISES	SETS	REPS	TME		EXERCISES	SETS	Reps/Time		EXERCISES		REPS	TIME	REST	exercises	SETS	Reps/Time		EXERCISES	SETS REPS	TIME	REST
Power Clean (floor) Front Squat 90" @ 0:00	4	2		2min	Side Stroke (ex. Side) Breast Stroke	1	100m		Trap Bar deadlift High Box Jump	4	3			Bird Dogs (ex. Way) Band Pull-Apris	2	10	30sec	Power Clean + Front Squat Sack Squat 901@ 0.00	5 2		2-3min P/W
Front Squat 90° (§ 0:00 Box.Jump (med height)	3	3		P/W 90sec	Breast Stroke Tread Water	í	200m Smin	adsec	High Box Jump Bench Press (\$000	4	3 4		90sec P/W	Band Pull-Aprix SL RDLs (es. leg)	2	10	30sec 30sec	Back Squat 90°@ 0:00 Band Assisted Vertical Jump	4 5		P/W 90sec
Alternating DS Strict Press	4	6		60sec					Sent Over Sarbell Rows	4	4		90sec	Overhead Carry	2	40 yards	30sec	Psil-ups (weighted)	4 4		60sec
Tip Toe Walks	3		30						Sent Over KB Row	3		30						Sear Crawl	4	30	20
Farmer's Carry High Plank	3		30	20 20	-	 	-		Front Rack Carry Plate Around the World	3		30	20	4,000m Row	<u> </u>	goal	-4min	TRXTs OH Carry	4	30	20
Pull-ups (soal 5-10)	3		30	20	NOTES: Exercises should be conduct	ed Individually RPE: 7			Chetar Kirks			- 22	- 20	NOTES: Shaded exercises should be o	conducted as a circuit. Ro	wat RPE:	7	SI BDI (one les permund)		30	- 20
NOTES: Complete all sets of the fire exercises. The first exersice is perfo	rmed individual	lor to mov ly, the sec	ing on to the ond exercise	is paired	1				NOTES: Complete all sets of the fire exercises. The first exersice is paire	d with (P/W)	the second e	ing on to the sercise and th	shaded he third					NOTES: Complete all sets of the first exercises. The first exersice is perfo	T exercises prior to me rmed individually, the se	cond exercise	e shaded.
NOTES: Complete all sets of the fire exercises. The first exercise and is p to be conducted as a circuit and perf exercises. A subjective measuremen	erformed conse ormed after cor	cutively. T npletion of	he shaded ex fall sets of t	eercises are the primary					NOTES: Complete all sets of the first exercises. The first exercise is paire exercise and in P/W the fourth exerci- exercises are to be conducted as a ci- tar primary exercises. A subjective morkout using the Rate of Percieved	se and perfor ircuit and per	rmed consecutor of the consecu	tively. The sit completion o	haded of all sets of	,				NOTES: Complete all sets of the first sorciose. The first exercice is perfor with (P NV) the third searcise and is p performed individually. The shaded ex performed after completion of all set measurement of effort is taken throw	rformed consecutively. sercises are to be condu	The fourth ex cted as a circ	sercise is suit and
the Rate of Percieved Exertion Scale	(RPE: 8).	en through	hout the work	kout using					the primary exercises. A subjective m workout using the Rate of Percieved	Exertion Sca	of effort is to ale (RPE: 8).	ken througho	out the					performed after completion of all set measurement of effort is taken throu	s of the primary exercise ghout the workout using	s. A subjecti the Rate of I	ve Percieved
																		Exertion Scale (RPE: 8).			
Week 8 -	Acceleration	- Usy1			Week 8 -	COO			Weak 8 -	SAQ.	bay 5			Week 8 - 5	COD COD			Week 8 -	Acceleration		
EXERCISES	SET		DIST	REST	EXERCISES	SETS	DIST		EXERCISES	9	ETS	DIST		exercises	SETS	DIST		EXERCISES	SETS	DIST	REST
Band Resisted Sprint	4		10yds	60s	Band Res. Lateral Crossover Skip (easide)	3	Dyds	60s	Zig Zag Drill @ 50-75% speed		4	5x5x5yds	60s	Zig Zag Drill @ 50-75%speed	4	SxSyds	60s	Sand Resisted A-Skips	5	10yds	50s
Sprint	4		10yds	60s	Ladder in & Outs Forward Scissor Switch (ea side)	3	N/A N/A		Ladder In & Out Sideways (ex. Way)	<u> </u>	4	N/A	60s	Ladder in & Out: Sideways (ex. Way)	4		60s	Prone Starts Bland Assisted Sprints	5	10yds 10yds	60s
				<u> </u>		<u> </u>	nin.										 		<u> </u>	oyat	+
NOTES: Perform each exercise indiv	idually. RPE 8			•	NOTES: Perform eac exercise individ	lually. RPE 6			NOTES: Perform each exercise indivi	idually. RPE	9			NOTES: Perform each exercise indivi-	dually. RPE 8			NOTES: Perform each exercise indivi	dually. RPE 9		$\neg \neg$
																		1			- 1
	strength and power	_			Cardiov	ssculat/Endurance POCL				strength and pov	wer			Card	iovasculas@ndurance				frength and power		
EXERCISES	SETS		TME		EXERCISES	SETS	Reps/Time		EXERCISES	SETS		TIME		EXERCISES	SETS	Reps/Time		EXERCISES	SETS REPS	TME	
Power Clean (floor) Front Squat 90°@ 0:00	4	2		2min P/W	Side Stroke (ex. Side)		50m	30sec	Trap Bar deadift	5	3		90sec	45/45 Mini March	2	10	30sec	Power Clean + Front Squat Sack Squat 901gg 0:00	5 2		2-3min P/W
Front Squat 90° (\$0.00 Box Jump (med height)	-	4		P/W 90sec	Breast Stroke Tread Water	1	200m Smin	30sec	High Box Jump Bench Press (\$ 0.00	- 5	5		90sec P/W	TRX Spit Fly (single count) Pallof Press (ex. Way)	2 2	10	30sec 30sec	Back Squat 90°@ 0:00 Band Assisted Vertical Jump	5 5		P/W 90sec
Alternating DB Strict Press	4			60sec				L	Bent Over Barbell Rows	4	5		90sec	Walking Lunge (ex. Leg)	2	10	30sec	Pull-ups (weighted)	4 6		60sec
Lateral Box Step Overs	3		30	20					KB Swing	3		30	20					Farmer's Carry	4	30	20
TRX inverted Row Mountain Climbers	3		30	20 20			-	-	Bear Crawl Pull Throughs	3		30	20	4,000m	1	goal :	20-22min	Overhead Carry Front Rack Carry	4	30	20
Bird Dogs	3		30	20	NOTES: Exercises should be conduct	ed Individually RPE: 7	·			3		30	20	NOTES: Shaded exercises should be o	L conducted as a circuit. Ro	wat RPE:	7		4	30	20
MOTES. Complete all cate of the fire		lor to mov		- shouled	1				Feet Dev. Push-ups NOTES: Complete all sats of the fire exercises. The first exercice is paire	4.3	prior to mov		-baded			_		Sanded Face Pulls NOTES: Complete all sets of the first exercises. The first exercice is perfo	1		a abaded
exercises. The first exercise is perfor with (P/W) the third exercise and is p to be conducted as a circuit and perf	erformed conse	cutively. T	he shaded ex	sercises are the primary					exercises. The first exercise is paire exercise and is P/W the fourth exerci exercises are to be conducted as a c	se and perfor	rmed consecutor rformed after	tively. The si completion o	haded of all sets of					exercises. The first exercise is perfo with (P/W) the third exercise and is po performed individually. The shaded ex-	rformed consecutively. sercises are to be condu	The fourth ex	corcise is
exercises. A subjective measuremen the Rate of Percieved Exertion Scale	t of effort is tak	en through	nout the work	kout using	Ī				the primary exercises. A subjective m workout using the Rate of Percieved	Exertion Sca	of effort is to ale (RPE: 9).	ken througho	out the					performed after completion of all set measurement of effort is taken throu	s of the primary exercise ghout the workout using	s. A subjecti the Rate of I	ve Percieved
Nate of Percieved Exemion Scale	,/u == 0).]													Exertion Scale (RPE: 8).	-		
		_		_					-	_				· · · · · · · · · · · · · · · · · · ·		_	_	· ·			_

Was	k 2 - Paskinn	- David			Wank	9 - Pasking, Day 2			West	9 - Panklen	- Day 3			West	9 - Pasking - Day 4			West	9 - Panking - D	av 5	
	Acceleration					coo				Acceleration	1				coo				Acceleration	,	
EXERCISES		ETS 3	DIST	REST P/W	EXERCISES Sox Dell'(ex. Way)	SETS 4	DIST N/A	REST 50s	EXERCISES SO'out to soriet			DIST 5.20 yards	REST P/W	EXERCISES	SETS 6	DIST 5x5 yards		EXERCISES Hurde Step-over to Sorint	567	5	DIST REST 20yds 60s
Band Assisted Starts Half Kneel Lateral Start (3 ea side)		5	10yds 15yds	90s	BoxDrill (ex. Way) Z Drill	4	N/A N/A	50s	90°cut to sprint Tibia Roam Roll		5	5,20 yards N/A	P/W ROSec	180° cuts 45745" banded mini march Fwda/backward)		5x5 yards 5 yards	D/W 00 sec	Hurdle Step-over to Sprint			20yds 60s
, , , , , , , , , , , , , , , , , , , ,	1		Ujus		T-Drill (2 ea. Way)	4	N/A	50s				nun.	- COURT	,	-	Jjaco	OU SEC				
NOTES: Exercise 1 is paired with (P/	W) exercise 2	. RPE 9			NOTES: Cone drills to be performed a movement 2 times in each direction	is stand-alone exercises.	Perform ea	ch cone	NOTES: The first exercise is conduc exercise. RPE 8	ted 3 each wa	sy & paired with	(P/W) the s	second	NOTES: Cone drills can be performe each cone movement 3 times in each	d as a circuit or stand-alo h direction. Exercise one is	e exercises paired with	. Perform (P/W)	NOTES: RPE 9			
														exercise two							
	strength and po	wer			Card	ovascular/Endurance				strength and pos	WEE			Can	diovasculariEndurance				strength and power		
EXERCISES	SETS	REPS	TME	REST	EXERCISES	SETS	Reps/Time		EXERCISES	SETS	REPS	TME	REST	EXERCISES	SETS		REST	EXERCISES	SETS	REPS	TIME REST
Clean (floor) @RPE5	4	2		2-3min	Alternating Lateral Lunge	5	1min	30sec	Trap bar Clean Puli @ RPE 7	- 5	3		2min	Overhead Walking Lunge (single count)	2		30sec		4	3	
KB Split Squat (§ 0.0.0 (ex. Leg) Axcending Hundle Hops	-	5 4		P/W	SL RDL (one leg per round) Ski Erg		fmin fmin	30sec 30sec	Front Squate BoxJump (S) medium height		3		P/W 3min	Scap Pull-ups SL RDL	2	10		KB Split Squafa (§ 0:0:0 (ea. leg) Band Assisted Vertical Jumps	4	5	90sec
Ascending Hurde Hope	5	4		90sec	Front Rack Carry	- :	Smin Smin	30sec	BoxJump og medium neight	5	3		3min	SC RDC X-Band Walks	2 2	10	30sec	Band Assasso Vertical Jumps	4	5	90sec
KS Swings	3		30	- 5			-		DS Push Press	3		30	5				-	Pull-Ups (reverse PFT grip, goal 5-10)	4		40 15
Laying MS Throw	3		30	15					Plate Around the worlds	3		30	2	5,000m Row	1	901	i 25min	ice Skaters	4		40 15
Battle Ropes	3		30	5	NOTES: Exercises should be conduct	ed as a circuit RPE: 7			M S Rotational Starn TRX Siceps Curis	3		30	15	NOTES: Shaded exercises should be			<u></u>	Glute Bridge w/ Straight Arm Band Pull-over Mountain Climbers	4		40 15
Bent Over KB Row NOTES: Complete all sets of the fire	at 3 exercises	prior to movi	30 no on to the	to shaded	NOTES: EMICANI AND DE CONSECT	OU SE S CIICUIT RP E. 7			NOTES: Complete all sets of the first	3 t 3 exercises	prior to movin	30 on to the	thaded	NOTES: Shaded exercises should be	conducted as a circuit. R	wat RPE		NOTES: Complete all sets of the first	4 t 3 exercises pr	ior to moving	40 15 on to the shaded
exercises. The first exersice is perf with (P/W) the third exercise and is p	formed individual	lually, the seconsecutively. Th	ond exercise he shaded ex	is paired xercises are					exercises. The first exersice is perfo with (P/W) the third exercise and is p	rmed individ erformed con	dually, the secon naecutively. The	d exercise i	is paired sercises are					exercises. The first exersice is perfo with (P/W) the third exercise and is p	rmed Individua erformed conse	lly, the second cutively. The s	l exercise is paired shaded exercises a
NOTES: Complete all sets of the fire surcises. The first exercise is perf with (P/W) the third exercise and is p to be conducted as a circuit and per exercises. A subjective measurement the Rate of Percieved Exertion Scal	formed after nt of effort is	completion of taken through	all sets of t out the work	the primary kout using					NOTES: Complete all sets of the fire exercises. The first exercise is performed, the first exercise and is performed to be conducted as a circuit and performed exercises. A subjective measurement the Rate of Percieved Exertion Scale	ormed after o	completion of a taken througho	Il sets of th at the works	he primary cout using					NOTES: Complete all sets of the first exercises. The first exercise is perfectly for the first exercise and is perfectly for the conducted as a circuit and perfectly exercises. A subjective measurement the Rate of Percieved Exertion Scale	ormed after con t of effort is tal	mpletion of all en throughout	sets of the primary t the workout using
the Rate of Percieved Exertion Scal	e (RPE: 6).								the Rate of Percieved Exertion Scale	(RPE: 8).								the Rate of Percieved Exertion Scale	(RPE: 6).		
Weet	k 10 - Peaking	- Day 1			Week	10 - Peaking- Day 2			Week	10 - Peaking	2- Day 3			Week	10 - Peaking - Day 4			Week	10 - Peaking - C	ay 5	
EXERCISES	Acceleration	ETS	DIST	2000	EXERCISES	CCD SETS	DIFF	REST	precess	Acceleration	SETS	DIST	REST	exercises	SETS	DIET	REST	exercises	Acceleration SET		DIST REST
Ladder Step-over Run	1	4	N/A		BoxDril (ex. Way)	4	N/A	REST 60s	90"cut to sprint	1		5,20 yards	P/W	100" cuts @ 75% effort	4	Sx5 yards		Mountain Climber Starts	4		DIST REST
Three Hop Start		4	Dyds	50s	Z Dell	4	N/A	50s	Tibia Roam Roll		3	N/A	505ec					Prone Start	4		Dyds 50s
					T- Drill (2 ea. Why)	4	N/A	50s													
NOTES: Parform each ever-in- indi-	vidually Bar			1	NOTES: Come drille to be performed	s stand-alone ever-	Parform	rh cons	NOTES: The first everying in a	lad 1 anch	ay & paired year	PIW the -	second	NOTES: Parlorm each con-	ant 3 times in each discour			NOTES: Parform each aver-1 1-dis-	dually PPF *		
The same of the sa					NOTES: Cone drills to be performed a movement 2 times in each direction				NOTES: The first exercise is conduc exercise. RPE 9		, - pwu with										
1					I				1									1			
	strength and po	wer			Cardiov	sscular/Endurance POOL				strength and pov	wer			Cse	diovasculari Endurance				strength and power		
EXERCISES	SETS		TME	REST	EXERCISES	SETS	Reps/Time		EXERCISES	SETS		TME	REST	DERCISES	SETS	Reps/Time		Push-Press RPE5		REPS	TIME REST
Clean (Soor) + (\$ RPE 5 KB Split Squat (\$ 0.00 (ex. Leg)	3	5		2-3min P/W	Side Stroke (ex. Side) Sreant Stroke	2	50m 100m	30sec 30sec	Trap bar Clean Pull @ 7 Front Souat	4	3		2min P/W	Pallof Press (ex. Side)	2 2	10	30sec		3	3	2min P/W
Band Resist Broad Jump	3	3		90sec	Tread Water	1	3min	3,000	BoxJump @ medium height	- 1	3		3min	Overhead Carry	2		30sec	Band Assisted Vertical Jumps	3	5	90sec
					1			L						Air Squat	2		30sec				
Lateral Lunges	3		30						KB Swings	3			20					SL RDL (one leg per round)	4		40 20
DS Strict Press	3		30	20					KS Upright Row	3		30	20	4,500m Row	1	gos	il 22min	TRXTs	4		40 20
Bird Dogs Tin Toe Walks	3		30	20	NOTES: Exercises should be conduct	ed Individually RPE: 7			Lungs w/ KB hand to hand pass Cohlet Conv	3	-	30	20	NOTES: Shaded exercises should be	and the second R	PDE-	7	M S Slams Mountain Climbers	4		40 20
NOTES: Complete all sets of the fire	at 3 exercises	prior to movi	ng on to the	shaded					NOTES: Complete all sets of the fire	t 3 exercises	prior to movin	on to the	shaded	NOTES: SHADING ELECTRIC SHOULD DE	COMMUNICATION AND A CITICAL RO		•	NOTES: Complete all sets of the fire	1 3 exercises pr	ior to moving	on to the shaded
NOTES: Complete all sets of the fin exercises. The first exercise is perf with (P/W) the bind exercise and is p to be conducted as a circuit and per exercises. A subjective measuremen	formed individ performed co	lually, the seconsecutively. The	nd exercise he shaded ex	is paired xercises are					Gobiet Carry NOTES: <u>Complete all sets of the fire exercises</u> . The first exercise in perfudit in first exercise and is perfudit in first exercise and is perfudit in the conducted as a circuit and perfudit exercises. A subjective measurement	rmed individ erformed con	dually, the secon nsecutively. The	d exercise i shaded exe	is paired sercises are					Mortals Climbers Nortals Complete all sets of the first exercises. The first exercise is perfectly with (P/W) the third exercise and is per to be conducted as a circuit and perfectly exercises. A subjective measurement	rmed individual erformed conse	lly, the second cutively. The r	l exercise is paired shaded exercises a
to be conducted as a circuit and per exercises. A subjective measuremen	formed after nt of effort is	completion of taken through	all sets of t out the work	the primary kout using					to be conducted as a circuit and peri exercises. A subjective measuremen	ormed after of t of effort is	completion of a taken througho	Il sets of th at the works	he primary cout using					to be conducted as a circuit and perf exercises. A subjective measuremen	ormed after cor t of effort is tal	mpletion of all sen throughout	sets of the primary t the workout using
the Rate of Percieved Exertion Scal	e (RPE: 6).								the Rate of Percieved Exertion Scale	(RPE: 9).								the Rate of Percleved Exertion Scale	(RPE: 6).		
Week	k 11 - Peaking	- Day 1			Week	11 - Peaking-Day 2			Week	11 - Peaking	- Day 3			Week	t 11 - Peaking - Day 4			Week	11 - Peaking - D	ay S	
EXERCISES	SAQ	ETS	DIST	REST	EXERCISES	SETS	DIST	REST	EXERCISES	SAQ	ETS	DIST	REST	exercises	COD	DIST	REST	exercises	Acceleration		DIST REST
lckey Shuffle		6	1	P/W	Lateral Shuffle to Sprint (ea. Way)	3	5,5,10yds	30 sec	p & q Sprints (ea way)	7		5,5,10yds	50s	BoxDrill (ex. Way)	4	N/A	50s	Extended Z Sprint (Prone Start)	3		5,5, Dyds 90s
3rd start to J-Hook Reverse to Sprint								_		_	_						_		_		
-y or or normal or opinit		9	Dyds	60s										Z Drill (Z ex. Way)	4	N/A	50s				
- A STRUCK NAME OF SPINS		6	Dyds	60s										Z Drill (2 ex. Way) T- Drill (2 ex. Way)	4	N/A N/A	60s				
NOTES: Exercises 1&2 performed o		C RPE 8	Dyds	601	NOTES: Perform 3 sprints right shuff	e & 3 sprints left shuffle.	the first exe	rciae ia	NOTES: RPE 10					T-Drill (2 ea. Way)	4			NOTES: Perform 5 sprints turning ea	ch way, RPE 9		
			Dyds	60s	NOTES: Perform 3 aprints right shuff paired with (P/W) the second exercise	e & 3 sprints left shuffle,	the first exe	rcise is	NOTES: RPE 19						4			NOTES: Perform 5 sprints turning ea	ch way. RPE 9		
			Dyds	60s	NOTES: Perform 3 sprints right shuffi paired with (P/W) the second exercise	e & 3 sprints left shuffle,	the first exe	rcise is	NOTES: RPE 19					T-Drill (2 ea. Way)	4			NOTES: Perform 5 sprints turning ea	ch way. RPE 9		
	consecutively strength and po	RPE S			NOTES: Perform 3 aprints right shuff paired with (P7W) the second exercise Cad	iovascular/Endurance	the first exe	rcise is	NOTES: RPE 19	alrength and pov	vent			T-Drill (2 ea. Way)	d as a circuit or stand-alor h direction	N/A se exercises	60s s. Perform		strength and power		
	consecutively strength and po	RPE 8		REST	NOTES: Perform 3 aprints right shuff paired with (PYW) the second exercise Card Card Card Card Card Card Card Card	ie & 3 sprints left shuffle, ovasculariEndurance SETS 5	Repairime		NOTES: RPE 19 DAMROISES Trace Bar Clean Pull Of RPE 9	attength and por	REPS	TME	REST	T-Drill (2 ea. Way)	4	N/A se exercises Reps/Time	60s s. Perform	DERCEES	thength and power	REPS	TIME REST
NOTES: Exercises 1.5.2 performed of	consecutively strength and po	RPE S			Card	iovascular/Endurance	Repa/Time	REST 30sec 30sec	DERCISES	afrength and por	REPS 3	TME	REST 2min P/W	T- Drill (2 ex. Way) NOTES: Come drills can be performe each cone movement 2 times in each case movement 2 times	d as a circuit or stand-alor h direction	N/A se exercises	60s s. Perform	DERCEES	strength and power		TIME REST
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NOTES: Exercises 18.7 performed of CARACTES Comments 18.7 performed of CARACTES 18.7 performe	alrength and possible 5 5 5 5 5	REPS		REST 2-3min P/W 2min	Card DERCOSS Alternating Lateral Lunge St. RDL (pres leg per round) Ski Eng	iovascular/Endurance	fmin fmin fmin	30sec 30sec 30sec	EXERCISES Trap Bar Client Pull @ RPE 9 Front Squata	5 5 5	3	30	2min P/W 3-5min	T-Drid (2 as Wiley) NOTES: Cons drills can be parforme each cone movement 2 (lines in each cone movement 2 (lines in each cone movement 2 (lines in each cone) Constant Wildling Lunge (pingle count) San Philase S. RDL	d d as a circuit or stand-alor direction direction SETS	N/A Repulline 10 10	COs Perform REST Sinec Sinec Sinec	EXERCISES Push-Press RPES NO Spit Squate @ 000 (ex. leg) Hurdle hope	SETS 3 4 4 4	3	2min P/W 2min 40 15
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