

WORKOUT 1: DONE 2x/week on non-consecutive days
 Mesocycle 2, Microcycles 1-4

Name: _____

!P UP WITH YOUR TRAINING AND BE READY TO COMPETE IN JANUARY...DON'T GET LEFT BEHIND!!

*Start w/upper body foam roller circuit

*All strength exercises performed as super/tri-set with NO REST between!!

		Week 1			Week 2			Week 3			Week 4		
Plyometric	Tempo	wt	rep	wt	rep	wt	rep	wt	rep	wt	rep		
Jump and Stick	Exp		2x15		2x15		2x20		2x20		2x20		
Olympic	Tempo	wt	rep	wt	rep	wt	rep	wt	rep	wt	rep		
Liftoff to Power Shrug	Exp		6		6		6		6		6		
			6		6		6		6		6		
			6		6		6		6		6		
Strength													
Squat	1/0/2		12		12		10		10		10		
			12		12		10		10		10		
			12		12		10		10		10		
DB Chest Press	1/0/2		12		12		10		10		10		
			12		12		10		10		10		
			12		12		10		10		10		
Plate Chop	1/0/2		15ea		15		20		15		15		
			15		15		20		15		15		
			15		15		20		15		15		
DB Romainan Deadlift	2/0/2		12		12		10		10		10		
			12		12		10		10		10		
			12		12		10		10		10		
Cable Low Row (SET YOUR BACK!)	2/0/2		12		12		10		10		10		
			12		12		10		10		10		
			12		12		10		10		10		
Cable Holds (athletic stance, press in/out)	2/0/2		30s (ea)		30s		45s		1min		1min		
			30s		30s		45s		1min		1min		
			30s		30s		45s		1min		1min		
DB Overhead Press (Athletic Stance)	2/0/2		12		12		10		10		10		
			12		12		10		10		10		
Close Grip Push Up (shoulder width)	2/0/2		FTG		FTG		FTG+3		FTG+3		FTG+3		
			FTG		FTG		FTG+3		FTG+3		FTG+3		
Russian Hamstring (or SB Hamstring Curl)	2/0/2		FTG		FTG		FTG+3		FTG+3		FTG+3		
			FTG		FTG		FTG+3		FTG+3		FTG+3		
Corrective/Core													
SB X-Change Crunch			2xFTG		2xFTG		3xFTG		3xFTG+3		3xFTG+3		
Shoulder External Rotation (db on side)			2xFTG		2xFTG		3xFTG		3xFTG+3		3xFTG+3		
SB Knee Tuck (on feet or toes)			2xFTG		2xFTG		3xFTG		3xFTG+3		3xFTG+3		

FUNCTIONAL WORKOUT 2: DONE 1x/week, alternate with W/O 1 on non-consecutive days (see example below)

Mesocycle 2, Micorcycles 1-4

Name: _____

"TRAIN LIKE A CHAMPION AND YOU WILL BE A CHAMPION!!!!"

*Start w/upper body foam roller circuit

*All strength exercises performed as super/tri-set with NO REST between!!

Plyometric	Tempo	Week 1		Week 2		Week 3		Week 4	
		wt	rep	wt	rep	wt	rep	wt	rep
Jump up to box, Stick 1-leg	Exp		2x8ea		2x10		2x12		2x12

Strength										
1-Leg Squat	1/0/2		FTG		FTG		FTG		FTG+2	
			FTG		FTG		FTG		FTG+2	
Unstable Push Up <i>(on ball or balance discs)</i>	1/0/2		FTG		FTG		FTG		FTG+2	
			FTG		FTG		FTG		FTG+2	
Seated Twist (w/weight) <i>(keep back STRAIGHT!!)</i>	1/0/2		FTG		FTG		FTG		FTG	
			FTG		FTG		FTG		FTG	

1-Leg Stiff Leg Deadlift	2/0/2		12ea		12		12		10
			12		12		12		10
Horizontal Pull Ups	2/0/2		12		12		12		10
			12		12		12		10
Lateral Planks <i>(Top arm and leg elevated)</i>	2/0/2		30s (ea)		30s		45s		1min
			30s		30s		45s		1min

Corrective/Core Lateral Hand Walk 1-Leg Balance on toes Clamshells			2xFTG		2xFTG		3xFTG		3xFTG
			2x30s		2x40s		2x50s		2x1min
			2xFTG		2xFTG		3xFTG		3xFTG

EXAMPLE WORKOUT SCHEDULES:

	M	T	W	Th	F	Sa	Su
Sample 1	W/O 1	off	W/O 2	off	W/O 1	off	off
Sample 2	W/O 2	off	W/O 1	off	W/O 2	off	off
Sample 3	off	W/O 1	off	W/O 2	off	off	W/O 1