



# MINNESOTA



Matsen, Taylor

WARM-UP	
Dynamic Warmup Level 1B	
Dynamic Jogging	
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	
Proprioceptive Enhancement	

STRENGTH PREP	
Strength Prep Leg 1	
Agility Drills	
Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits	

WARM-UP	
Dynamic Warmup Level 1B	
Dynamic Jogging	
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	
Proprioceptive Enhancement	

STRENGTH PREP	
Strength Prep Leg 10	
Agility Drills	
Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits	

WARM-UP	
Short Hurdle Workout	
Dynamic Jogging	
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	
Proprioceptive Enhancement	

STRENGTH PREP	
Strength Prep Leg 5	
Agility Drills	
Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits	

100%	MONDAY	100.0%				100.0%			
		6-Jun-11		13-Jun-11		6-Jun-11		13-Jun-11	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
550	BACK SQUAT	3	305 - 330	Roll I-band		3	305 - 330	Roll I-band	
		2	360 - 385	Spine Rolls		2	360 - 385	Spine Rolls	
		1	440 - 455	Coach Watch		1	440 - 455	Coach Watch	
	Pair Below	3	400 - 425	6:0:0:0		3	400 - 425	6:0:0:0	
	Pair Below	3	400 - 425	6:0:0:0		3	400 - 425	6:0:0:0	
	Pair Below	3	400 - 425	6:0:0:0		3	400 - 425	6:0:0:0	
	French Contrast	3	400 - 425	6:0:0:0		3	400 - 425	6:0:0:0	
	Hurdle Hop	4		4	Height	4		4	Height
	Pair w/NO REST								
	SQ Jump Weighted	4		4	0:2:0:0	4		4	0:2:0:0
	Pair w/NO REST								
	Acc Band Jump Pause	4		4		4		4	
	4 way neck	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
	PW / 45 rest/BB/RT				10 sec 2-way				10 sec 2-way
	Wrist Flexion	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110	10sec E-Limb		Set - Hr	110	10sec E-Limb
	ANT TIB BND	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
220	DB Walking Lunge	T	145 - 155	3	Bands	T	145 - 155	3	Bands
	PW / 45 rest/BB/RT				0:2:0:0:20:20				0:2:0:0:20:20
	Cuban PRSS INC F8	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110	Each Leg		Set - Hr	110	Each Leg
	Ankle Band Work	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
550	Glute Bar Lift	T	415 - 440	3	3:0:0:0:20:20	T	415 - 440	3	3:0:0:0:20:20
	PW / 45 rest/BB/RT								
	Hip FLX BND Pulls	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110			Set - Hr	110	
	Iso Ball Grion Squeeze	T		3	0:9:0:2:20:20	T		3	0:9:0:2:20:20
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath
	Pair w/				No Rest				No Rest
	Partner Leg Walks								
	Pair w/				No Rest				No Rest
	GH HANG	60S		1	Relax Mouth	60S		1	Relax Mouth

MONDAY NOTES

100%	WENDESDAY	100.0%				100.0%			
		8-Jun-11		15-Jun-11		8-Jun-11		15-Jun-11	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Hormonal Strain Release	T		1	0:6:0:0:6:10	T		1	
550	BACK SQUAT	3	305 - 330	Roll I-band		3	305 - 330	Roll I-band	
		2	360 - 385	Spine Rolls		2	360 - 385	Spine Rolls	
		1	440 - 455	Coach Watch		1	440 - 455	Coach Watch	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Death Ground	1	480 - 510	Rest 1:00		1	480 - 510	Rest 1:00	
	Iso Release L Press	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT				Single Leg				Single Leg
605	RDL	T	485 - 515	3	0:5:0:0:5:10	T	485 - 515	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT				Same Leg				Same Leg
	Hip FLXor ISO Pull	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	SNGL LG ISO Deadlift	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT								
	Nordic HAM Curls	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT		Set - Hr	105	Iso		Set - Hr	105	Iso
	90 90 Grion ISO Hold	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
550	Glute Bar Lift	T	525 - 550	3	0:5:0:0:5:10	T	525 - 550	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT								
193	SL Reverse Hyper	T	185 - 195	3	0:5:0:0:5:10	T	185 - 195	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT		Set - Hr	105			Set - Hr	105	
	90 90 Glute ISO Hold	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	PRTNR Abs	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	Hip Traction	180S		1	belly Breath	180S		1	belly Breath
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Relax Mouth								Relax Mouth
	Relax Mouth								Relax Mouth

WENDESDAY NOTES

100%	FRIDAY	100.0%				100.0%			
		10-Jun-11		17-Jun-11		10-Jun-11		17-Jun-11	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
440	FRONT SQUAT	3	240 - 265	Roll I-band		3	240 - 265	Roll I-band	
		2	285 - 310	Spine Rolls		2	285 - 310	Spine Rolls	
		1	350 - 365	Coach Watch		1	350 - 365	Coach Watch	
		3	285 - 310	6:0:0:0		3	285 - 310	6:0:0:0	
		3	285 - 310	6:0:0:0		3	285 - 310	6:0:0:0	
		3	285 - 310	6:0:0:0		3	285 - 310	6:0:0:0	
	Hurdle Hop	3		4	Distance	3		4	Distance
	PW / no Rest								
	USSR Plyo Box	3		4	Pause	3		4	Pause
	PW / no Rest				Rest				
	Acc Band Jump Pause	3		4	Rest HR 110	3		4	Rest HR 110
	Iso Ball Grion Squeeze	T		3	0:25:0:0:25:30	T		3	
	PW / 35 rest/BB/RT								
	Laying ext rotation	T		3	0:0:5:0:25:20	T		3	0:0:5:0:25:20
	PW / 35 rest/BB/RT		Set - Hr	115			Set - Hr	115	
	Ankle Band Work	T		3	5:0:0:0:25:25	T		3	5:0:0:0:25:25
248	DB RDL Shrug	T	125 - 135	3	5:0:0:0:25:30	T	125 - 135	3	5:0:0:0:25:30
	PW / 35 rest/BB/RT								
	Hip Flex Iso Prone	T		3	0:25:0:0:25:30	T		3	0:25:0:0:25:30
	PW / 35 rest/BB/RT		Set - Hr	115			Set - Hr	115	
	SQ ISO SNGL LG	T		3	0:0:0:0:25:30	T		3	0:0:0:0:25:30
360	BENCH PRESS	FFF	235 - 125	4	0:0:0:25:35	FFF	235 - 125	4	0:0:0:25:35
	PW / 120 rest/BB/RT				OC				OC
90	DB Shoulder Press	FFF	65 - 35	3	0:0:0:0:25:35	FFF	65 - 35	3	0:0:0:0:25:35
	PW / 120 rest/BB/RT								
180	Rev Grip Tri Push	FFF	125 - 70	3	0:0:0:0:25:35	FFF	125 - 70	3	0:0:0:0:25:35
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	
	Pair w/								
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath

FRIDAY NOTES







# MINNESOTA



WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 3
	Delt Lat Rebound Drop 2x15
	Part Balance Fighting 2x 6S
	Cuban PRSS F8 2 x 6
	Pre-Partner Balance Stick Fighting 2 X 6. Pre Squat
	Roller Iband Post-Shake Fish oil and Vits

WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 1
	EXT Rot Part Shock 2 x 12
	Face Band Pull Apart 2 x 6
	BCK EXT W/ TW 2x6 E-Way
	Pre-Partner Balance Stick Fighting 2 X 6. Pre Squat
	Roller Iband Post-Shake Fish oil and Vits

WARM-UP	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	

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100%	Tuesday	100.0%				100.0%			
		7-Jun-11				14-Jun-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
360	BENCH PRESS	5	160 - 200	1	P/w-2 Neck	5	160 - 200	1	P/w-2 Neck
	Pair w/								
360	BENCH PRESS	3	210 - 235	1	P/w-2 Neck	3	210 - 235	1	P/w-2 Neck
	Pair w/								
360	BENCH PRESS	1	280 - 290	1	P/w-2 Neck	1	280 - 290	1	P/w-2 Neck
360	BENCH PRESS	1,1,1,1	215 - 235	4	Chain	1,1,1,1	215 - 235	4	Chain
	Pair w/rest 30				0:1:0:10				0:1:0:10
360	BENCH PRESS	T	70 - 90	4	2oc+1	T	70 - 90	4	oc+1
	Pair w/rest 30				0:0:0:7:10				0:0:0:7:10
	Delt BO OH Reb Drop	10		4	0:0:0:7:10	10		4	0:0:0:7:10
126	DB INCLINE BENCH	T	100 - 105	4	0:0:0:7:10	T	100 - 105	4	0:0:0:7:10
	Pair w/rest 30								
234	Bar Bent Over Row	T	185 - 200	4	0:0:0:7:10	T	185 - 200	4	0:0:0:7:10
	Pair w/rest 30								
	Delt BO OH Reb Drop	T		4	0:0:0:7:10	T		4	0:0:0:7:10
288	Dips	T	230 - 245	3	0:0:0:7:10	T	230 - 245	3	0:0:0:7:10
	Pair w/rest 30				2oc+1				2oc+1
216	Chin up	T	175 - 185	3	0:0:0:7:10	T	175 - 185	3	0:0:0:7:10
	Pair w/rest 30				Bottom 1/2				Bottom 1/2
	ANT TIB BND	T		3	0:0:0:7:10	T		3	0:0:0:7:10
108	JM DB Press	T	85 - 90	3	0:0:0:7:10	T	85 - 90	3	0:0:0:7:10
	Pair w/rest 30								
144	BAR CURL	T	115 - 120	3	0:0:0:7:10	T	115 - 120	3	0:0:0:7:10
	Pair w/rest 30								
	Plate Pincher	T		3	0:0:0:7:10	T		3	0:0:0:7:10
216	Gripper	T	175 - 185	2	0:0:0:7:10	T	175 - 185	2	LS Failure
	Pair w/rest 30								
	Pike SWB Abs	T		2	0:0:0:7:10	T		2	
	Pair w/rest 30								
	SWB Down TW	T		2	0:0:0:7:10	T		2	
	Chest Rev Grip Iso	180s	60% -	1	7 on 23 off	180s	60% -	1	7 on 23 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s	60% -	1	7 on 23 off	180s	60% -	1	7 on 23 off

Tuesday NOTES

100%	Thursday	100.0%				100.0%			
		9-Jun-11				16-Jun-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
360	BENCH PRESS	5	160 - 200	1	P/w-2 Neck	5	160 - 200	1	P/w-2 Neck
	Pair w/no Rest								
360	BENCH PRESS	3	210 - 235	1	P/w-2 Neck	3	210 - 235	1	P/w-2 Neck
	Pair w/no Rest								
360	BENCH PRESS	1	280 - 290	1	P/w-2 Neck	1	280 - 290	1	P/w-2 Neck
360	BENCH PRESS	1,1	305 - 315	4	0:0:0:20	1,1	305 - 315	4	0:0:0:20
	Pair w/ Rest 30								
	Med Ball Chest Pass	T		4	one arm	T		4	one arm
	Pw/ Rest 30/ SR 180				0:0:0:5:10				0:0:0:5:10
	Delt BO Lat Reb Drop	T		4	0:0:0:5:10	T		4	0:0:0:5:10
126	DB INCLINE BENCH	T	100 - 105	3	0:0:0:5:10	T	100 - 105	3	0:0:0:5:10
	Pair w/ Rest 45				OC+1/UL				OC/UL
126	DB BO Row	T	100 - 105	3	0:0:0:5:10	T	100 - 105	3	0:0:0:5:10
	Pw/ Rest 30/ SR 180				OC				OC/BL
90	DB Shoulder Press	8	70 - 70	3	0:0:0:5:10	8	70 - 70	3	0:0:0:5:10
288	Close Grip Bench	T	260 - 275	3	0:0:0:5:10	T	260 - 275	3	0:0:0:5:10
	Pair w/ Rest 45				3 Board				3 Board
216	Chin up	T	195 - 205	3	0:0:0:5:10	T	195 - 205	3	0:0:0:5:10
	Pw/ Rest 30/ SR 180				Bottom 1/2				Bottom 1/2
	Stiff Leg Ankle Hops	T		3	0:0:0:5:10	T		3	0:0:0:5:10
288	Dips	T	260 - 275	3	0:0:0:5:10	T	260 - 275	3	0:0:0:5:10
	Pair w/ Rest 45				Oc + 1				Oc + 1
144	BAR CURL	T	130 - 135	3	Iso	T	130 - 135	3	Iso
	Pw/ Rest 30/ SR 180				0:0:0:5:10				0:0:0:5:10
	Plate Hold	T		3	0:0:0:5:10	T		3	0:0:0:5:10
216	Gripper	T	195 - 205	3		T	195 - 205	3	
		T	90% - 95%	3		T	90% - 95%	3	
					each side				each side
	SWB Up TW	T		3	0:0:0:5:10	T		3	0:0:0:5:10
	Chest Rev Grip Iso	180s	60% -	1	5 on 20 off	180s	60% -	1	5 on 20 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s		1	5 on 20 off	180s		1	5 on 20 off

Thursday NOTES

100%	Olympic optional	100.0%				100.0%			
		11-Jun-11				18-Jun-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Optional Clean								
	Day 1 workout								
320	Power Clean	5	145 - 175	1		5	145 - 175	1	
320	Power Clean	3	190 - 210	1		3	190 - 210	1	
	Pair w/								
320	Power Clean	1	250 - 255	1		1	250 - 255	1	
320	Power Clean	1,1,1	255 - 265	4		1,1,1	255 - 265	4	
	Optional Clean								
	Day 2 workout								
320	Power Clean	5	145 - 175	1		5	145 - 175	1	
320	Power Clean	3	190 - 210	1		3	190 - 210	1	
	Pair w/								
320	Power Clean	1	250 - 255	1		1	250 - 255	1	
320	Power Clean	1,1	270 - 280	4		1,1	270 - 280	4	

Olympic optional NOTES





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BENCH PRESS									BENCH PRESS										
BENCH PRESS									BENCH PRESS										
BENCH PRESS									BENCH PRESS									Day 1 workout	
BENCH PRESS									BENCH PRESS									Power Clean	
BENCH PRESS								Med Ball Chest Pass										Power Clean	
Delt BO OH Reb Drop								Delt BO Lat Reb Drop										Power Clean	
DB INCLINE BENCH								DB INCLINE BENCH										Power Clean	
Bar Bent Over Row								DB BO Row											
Delt BO OH Reb Drop								DB Shoulder Press										Day 2 workout	
Dips								Close Grip Bench										Power Clean	
Chin up								Chin up										Power Clean	
ANT TIB BND								Stiff Leg Ankle Hops										Power Clean	
JM DB Press								Dips										Power Clean	
BAR CURL								BAR CURL											
Plate Pincher								Plate Hold											
Gripper								Gripper											
Pike SWB Abs																			
SWB Down TW								SWB Up TW											
Chest Rev Grip Iso								Chest Rev Grip Iso											
Shr Sho Bi Cav Iso								Shr Sho Bi Cav Iso											





# MINNESOTA



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Neural Speed Tuning										Hormonal Strain Release											Neural Speed Tuning												
BACK SQUAT										BACK SQUAT											FRONT SQUAT												
Pair Below																																	
Pair Below																																	
French Contrast																					French Contrast												
Hurdle Hop										Iso Release L Press											Hurdle Hop												
SQ Jump Weighted										RDL											USSR Plyo Box												
Acc Band Jump Pause										Hip FLXor ISO Pull											Acc Split jump												
4 way neck										SNGL LG ISO Deadlift											Iso Ball Grion Squeeze												
Wrist Flexion										Nordic HAM Curls											LAT SUP F8												
ANT TIB BND										90 90 Grion ISO Hold											Ankle Band Work												
DB Walking Lunge										Glute Bar Lift											DB RDL Shrug												
Cuban PRSS INC F8										SL Reverse Hyper											Hip Flex Iso Prone												
Ankle Band Work										90 90 Glute ISO Hold											SQ ISO SNGL LG												
Glute Bar Lift										PRTNR Abs											BENCH PRESS												
Hip FLXor ISO Pull																					DB Shoulder Press												
Iso Ball Grion Squeeze										Hip Traction											Rev Grip Tri Push												
Hip Traction										GH HANG											GH HANG												
Partner Leg Walks																					Partner Leg Walks												
GH HANG																					Hip Traction												









# MINNESOTA



WARM-UP	Dynamic Warmup Level 1B	
	Dynamic Jogging	
	Dynamic Walking	
	Vestibular system Training	
	Nerve Glide Z health	
	Proprioceptive Enhancement	

STRENGTH PREP	Strength Prep Leg 1	
	Agility drill	
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits	

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STRENGTH PREP	Strength Prep Leg 10	
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WARM-UP	Short Hurdle Workout	
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	Dynamic Walking	
	Vestibular system Training	
	Nerve Glide Z health	
	Proprioceptive Enhancement	

STRENGTH PREP	Strength Prep Leg 5	
	Agility Drill	
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits	

Matson, Taylor

100%	MONDAY	100.0%				100.0%					
		4-Jul-11		11-Jul-11		4-Jul-11		11-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES		
	Neural Speed Tuning	T		1	Flying 60	T		1	Flying 60		
550	Sport Back Squat	3	305 - 330	Roll I-band	3	305 - 330	Roll I-band				
	Pair Below	2	360 - 385	Spine Rolls	2	360 - 385	Spine Rolls				
	Pair Below	2	440 - 455	CW TEST	2	440 - 455	CW TEST				
	Pair Below	3	385 - 400	0:0:0:0	3	385 - 400	0:0:0:0				
	Pair Below	3	385 - 400	0:0:0:0	3	385 - 400	0:0:0:0				
	Pair Below	3	385 - 400	0:0:0:0	3	385 - 400	0:0:0:0				
	French Contrast	3	385 - 400	0:0:0:0	3	385 - 400	0:0:0:0				
	Hurdle Hop	4		4	Distance	4		4	Distance		
	Pair w/NO REST										
	SQ Jump Weighted	4		4	0:0:0:0	4		4	0:0:0:0		
	Pair w/NO REST										
	Acc Band Jump Pause	4		4	0:0:0:0	4		4	0:0:0:0		
	4 way neck	T		4	0:0:0:0:10:20	T		4	0:0:0:0:10:20		
	PW / 45 Rest/ BB/RT				10 sec 2-way				10 sec 2-way		
	Wrist Flexion	T		4	0:0:0:0:10:10	T		4	0:0:0:0:10:10		
	PW / 45 Rest/ BB/RT				10sec E-Limb				10sec E-Limb		
	ANT TIB BND	T		4	0:0:0:0:10:20	T		4	0:0:0:0:10:20		
	Drop Lunge jump	T		3	Drop/Jump	T		3	Drop/Jump		
	PW / 45 Rest/ BB/RT				0:0:0:0:10:20				0:0:0:0:10:20		
	Cuban PRSS INC F8	T		3	0:0:0:0:10:20	T		3	0:0:0:0:10:20		
	PW / 45 Rest/ BB/RT				Hr - Set 110				Hr - Set 110		
	Ankle Band Work	T		3	0:0:0:0:10:20	T		3	0:0:0:0:10:20		
550	Glute Bar Lift	T		415 - 440	3	0:10:0:0:10:10	T		415 - 440	3	0:10:0:0:10:10
	PW / 45 Rest/ BB/RT										
	Switch Lunge	T		3	0:10:0:0:10:10	T		3	0:10:0:0:10:10		
	PW / 45 Rest/ BB/RT				Hr - Set 110				Hr - Set 110		
	Iso Ball Grion Squeeze	T		3	0:10:0:0:10:20	T		3	0:10:0:0:10:20		
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath		
	Pair w/				No Rest				No Rest		
	Partner Leg Walks										
	Pair w/				No Rest				No Rest		
	GH HANG	60S		1	Relax Mouth	60S		1	Relax Mouth		

MONDAY NOTES

100%	WEDNESDAY	100.0%				100.0%					
		6-Jul-11		13-Jul-11		6-Jul-11		13-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES		
	Neural Speed Tuning	T		1	Flying 60	T		1	Flying 60		
550	Sport Back Squat	3	305 - 330	Roll I-band	3	305 - 330	Roll I-band				
	Pair Below	2	360 - 385	Spine Rolls	2	360 - 385	Spine Rolls				
	Pair Below	1	440 - 455		1	440 - 455					
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	Pair Below	1	425 - 440	Rest 1:00	1	425 - 440	Rest 1:00				
	French Contrast	4		4	0:0:0:0:5:10	4		4	0:0:0:0:5:10		
	L Press oc s Leg	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10		
	Pw 55 rest BB/RT				OC Reactive				OC Reactive		
605	RDL	T		485 - 515	3	0:0:0:0:5:10	T		485 - 515	3	0:0:0:0:5:10
	Pw/55 rest BB/RT				Hr - Set 105				Hr - Set 105		
	Switch Lunge	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10		
248	Single Leg Squat	T		200 - 210	3	0:0:0:0:5:10	T		200 - 210	3	0:0:0:0:5:10
	Pw/55 rest BB/RT				OC Bands				OC Bands		
	Nordic HAM Curls	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10		
	Pw/55 rest BB/RT				Hr - Set 105				Hr - Set 105		
	BND Abduction	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10		
550	Glute Bar Lift	T		525 - 550	3	0:0:0:0:5:10	T		525 - 550	3	0:5:0:0:5:10
	Pw/55 rest BB/RT				OC				OC		
	GH HYPR	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10		
	Pw/55 rest BB/RT				OC Hr - Set 105				OC Hr - Set 105		
	BND Adduction	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10		
	PRTNR Abs	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10		
	Hip Traction	180s		1	belly Breath	180s		1	belly Breath		
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth		
	Relax Mouth										

WEDNESDAY NOTES

100%	FRIDAY	100.0%				100.0%					
		8-Jul-11		15-Jul-11		8-Jul-11		15-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES		
	Neural Speed Tuning	T		1	Flying 60	T		1	Flying 60		
440	FRONT SQUAT	3	240 - 265	Roll I-band	3	240 - 265	Roll I-band				
	Pair Below	2	285 - 310	Spine Rolls	2	285 - 310	Spine Rolls				
	Pair Below	1	350 - 365		1	350 - 365					
	Pair Below	4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0				
	Pair Below	4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0				
	Pair Below	4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0				
	Pair Below	4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0				
	French Contrast	4		4	0:0:0:0:5:10	4		4	0:0:0:0:5:10		
	Hurdle Hop	3		4	Distance	3		4	Distance		
	Pair w/NO REST										
	Split SQ Drop Jump	3		4	0:0:0:0:10:10	3		4	0:0:0:0:10:10		
	Pair w/NO REST				Reactive				Reactive		
	Acc Split jump	3		4	0:0:0:0:10:10	3		4	0:0:0:0:10:10		
	Iso Ball Grion Squeeze	10S		3		10S		3			
	Pw/35 rest BB/RT										
	LAT SUP F8	6		3		6		3			
	Pw/35 rest BB/RT				Hr - Set 105				Hr - Set 105		
	Ankle Band Work	10		3		10		3			
248	DB RDL Shrug	T		125 - 135	3	0:0:0:0:10:10	T		125 - 135	3	0:0:0:0:10:10
	Pw/35 rest BB/RT				OC				OC		
	Switch Lunge	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10		
	Pw/35 rest BB/RT				Hr - Set 115				Hr - Set 115		
248	Single Leg Squat	T		125 - 135	3	0:0:0:0:10:10	T		125 - 135	3	0:0:0:0:10:10
360	BENCH PRESS	FFFF		235 - 125	4	0:0:0:25:35	FFFF		235 - 125	4	0:0:0:25:35
	Pw/35 rest BB/RT				OC				OC		
90	DB Shoulder Press	FFF		65 - 35	3	0:0:0:0:25:35	FFF		65 - 35	3	0:0:0:0:25:35
	Pw/35 rest BB/RT				Hr - Set 115				Hr - Set 115		
180	Rev Grip Tri Push	FFF		125 - 70	3	0:0:0:0:25:35	FFF		125 - 70	3	0:0:0:0:25:35
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth		
	Pair w/										
	Partner Leg Walks	120S		1		120S		1			
	Pair w/										
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath		

FRIDAY NOTES

Matson, Taylor 9

Athlete Notes

Lino Lakes, Minn. (Totino-Grace HS) (Southern Minnesota - NAHL)

University of Minnesota Strength and Conditioning



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# MINNESOTA



Matson, Taylor

WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 3
	Delt Lat Rebound Drop 2x15
	Part Balance Fighting 2x 6S
	Cuban PRSS F8 2 x 6
	Pre-Partner Balance Stick Fighting 2 X 6. Pre Squat
	Roller Iband Post-Shake Fish oil and Vits

WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 1
	EXT Rot Part Shock 2 x 12
	Face Band Pull Apart 2 x 6
	BCK EXT W/ TW 2x6 E-Way
	Pre-Partner Balance Stick Fighting 2 X 6. Pre Squat
	Roller Iband Post-Shake Fish oil and Vits

WARM-UP	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	

100%	Tuesday	100.0%				100.0%			
		5-Jul-11				12-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
360	BENCH PRESS	5	160 - 200	1	P/w-2 Neck	5	160 - 200	1	P/w-2 Neck
	Pair w/								
360	BENCH PRESS	3	210 - 235	1	P/w-2 Neck	3	210 - 235	1	P/w-2 Neck
	Pair w/								
360	BENCH PRESS	1	280 - 290	1	P/w-2 Neck	1	280 - 290	1	P/w-2 Neck
360	BENCH PRESS	20	235 - 250	4	0:0:0:0:7:10	20	235 - 250	4	0:0:0:0:7:10
	Pair w/rest 30				2 poc + 1				2 poc + 1
360	BENCH PRESS	T	70 - 90	4	2OC + 1	T	70 - 90	4	2OC + 1
	Pair w/rest 30				0:0:0:0:7:10				0:0:0:0:7:10
	Delt BO OH Reb Drop	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
126	DB INCLINE BENCH	T	100 - 105	4	0:0:0:0:7:10	T	100 - 105	4	0:0:0:0:7:10
	Pair w/rest 30				Oc 2OC+1				oc 2OC+1
234	Bar Bent Over Row	T	185 - 200	4	0:0:0:0:7:10	T	185 - 200	4	0:0:0:0:7:10
	Pair w/rest 30				2OC+1				2OC+1
	Delt BO OH Reb Drop	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
288	Dips	T	230 - 245	3	0:0:0:0:7:10	T	230 - 245	3	0:0:0:0:7:10
	Pair w/rest 30				2oc+1				2oc+1
216	Chin up	T	175 - 185	3	0:0:0:0:7:10	T	175 - 185	3	0:0:0:0:7:10
	Pair w/rest 30				Bottom 1/2				Bottom 1/2
	ANT TIB BND	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
108	JM DB Press	T	85 - 90	3	0:0:0:0:7:10	T	85 - 90	3	0:0:0:0:7:10
	Pair w/rest 30								
144	BAR CURL	T	115 - 120	3	0:0:0:0:7:10	T	115 - 120	3	0:0:0:0:7:10
	Pair w/rest 30								
	Plate Pincher	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
216	Gripper	T	175 - 185	2	0:0:0:0:7:10	T	175 - 185	2	LS Failure
	Pair w/rest 30								
	Pike SWB Abs	T		2	0:0:0:0:7:10	T		2	
	Pair w/rest 30								
	SWB Down TW	T		2	0:0:0:0:7:10	T		2	
	Chest Rev Grip Iso	180s	60% -	1	7 on 23 off	180s	60% -	1	7 on 23 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s	60% -	1	7 on 23 off	180s	60% -	1	7 on 23 off

Tuesday NOTES

100%	Thursday	100.0%				100.0%			
		7-Jul-11				14-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
360	BENCH PRESS	5	160 - 200	1	P/w-2 Neck	5	160 - 200	1	P/w-2 Neck
	Pair w/no Rest								
360	BENCH PRESS	3	210 - 235	1	P/w-2 Neck	3	210 - 235	1	P/w-2 Neck
	Pair w/no Rest								
360	BENCH PRESS	1	280 - 290	1	P/w-2 Neck	1	280 - 290	1	P/w-2 Neck
360	BENCH PRESS	1,1	305 - 315	4	0:0:0:20	1,1	305 - 315	4	0:0:0:20
	Pair w/ Rest 30								
	Med Ball Chest Pass	T		4	one arm	T		4	one arm
	Pw/ Rest 30/ SR 180				0:0:0:5:10				0:0:0:5:10
	Delt BO Lat Reb Drop	T		4	0:0:0:5:10	T		4	0:0:0:5:10
126	DB INCLINE BENCH	T	100 - 105	3	0:0:0:5:10	T	100 - 105	3	0:0:0:5:10
	Pair w/ Rest 45				OC+1/UL				OC/UL
126	DB BO Row	T	100 - 105	3	0:0:0:5:10	T	100 - 105	3	0:0:0:5:10
	Pw/ Rest 30/ SR 180				OC OC/BL				OC OC/BL
90	DB Shoulder Press	8	70 - 70	3	0:0:0:5:10	8	70 - 70	3	0:0:0:5:10
288	Close Grip Bench	T	260 - 275	3	0:0:0:5:10	T	260 - 275	3	0:0:0:5:10
	Pair w/ Rest 45				3 Board				3 Board
216	Chin up	T	195 - 205	3	0:0:0:5:10	T	195 - 205	3	0:0:0:5:10
	Pw/ Rest 30/ SR 180				Bottom 1/2				Bottom 1/2
	Stiff Leg Ankle Hops	T		3	0:0:0:5:10	T		3	0:0:0:5:10
288	Dips	T	260 - 275	3	0:0:0:5:10	T	260 - 275	3	0:0:0:5:10
	Pair w/ Rest 45				Oc + 1				Oc + 1
144	BAR CURL	T	130 - 135	3	Iso	T	130 - 135	3	Iso
	Pw/ Rest 30/ SR 180				0:0:0:5:10				0:0:0:5:10
	Plate Hold	T		3	0:0:0:5:10	T		3	0:0:0:5:10
216	Gripper	T	195 - 205	3		T	195 - 205	3	
		T	90% - 95%	3		T	90% - 95%	3	
					each side				each side
	SWB Up TW	T		3	0:0:0:5:10	T		3	0:0:0:5:10
	Chest Rev Grip Iso	180s	60% -	1	5 on 20 off	180s	60% -	1	5 on 20 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s		1	5 on 20 off	180s		1	5 on 20 off

Thursday NOTES

100%	Olympic optional	100.0%				100.0%			
		9-Jul-11				16-Jul-11			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Optional Clean								
	Day 1 workout								
320	Power Clean	5	145 - 175	1		5	145 - 175	1	
320	Power Clean	3	190 - 210	1		3	190 - 210	1	
	Pair w/								
320	Power Clean	1	250 - 255	1		1	250 - 255	1	
320	Power Clean	1,1,1	255 - 265	4		1,1,1	255 - 265	4	
	Optional Clean								
	Day 2 workout								
320	Power Clean	5	145 - 175	1		5	145 - 175	1	
320	Power Clean	3	190 - 210	1		3	190 - 210	1	
	Pair w/								
320	Power Clean	1	250 - 255	1		1	250 - 255	1	
320	Power Clean	1,1	270 - 280	4		1,1	270 - 280	4	

Olympic optional NOTES



