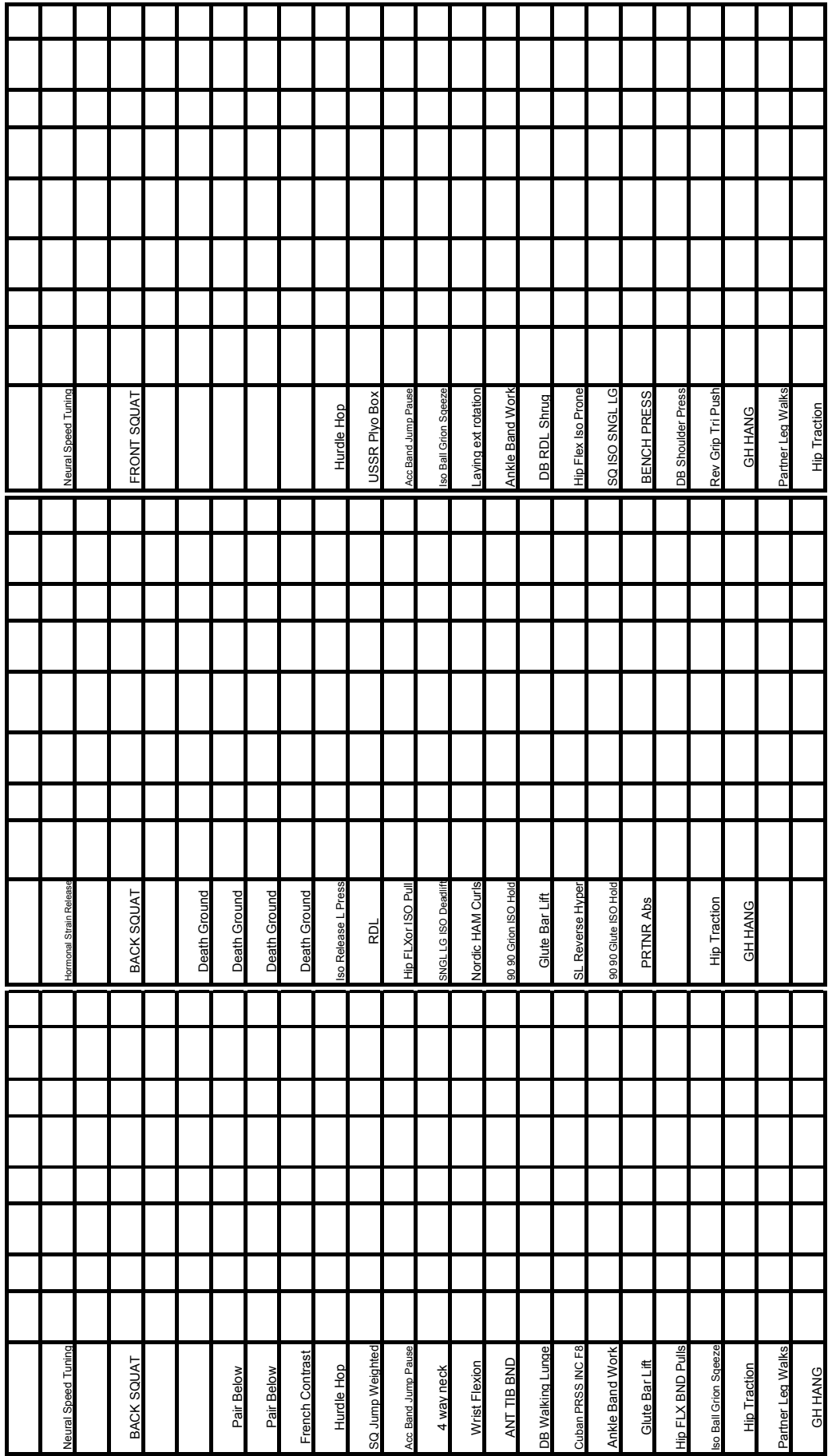




100%		100.0%				100.0%			
FRIDAY		10-Jun-11		17-Jun-11					
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning								
		T		1	Fly60	T		1	Fly60
440	FRONT SQUAT	3	240 - 265	Roll I-band	3	240 - 265	Roll I-band		
		2	285 - 310	Spine Rolls	2	285 - 310	Spine Rolls		
		1	350 - 365	Coach Watch	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					
		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 Grön Squeeze	T		3	0:25:00:25:30	T		3	
	PW/ 35 rest/BB/RT								
	Laying ext rotation	T		3	0:0:50:25:20	T		3	0:0:50:25:20
	PW/ 35 rest/BB/RT				Set - Hr. 115			Set - Hr. 115	
	Ankle Band Work	T		3	5:00:00:25:25	T		3	5:00:00:25:25
		T	125 - 135	3	5:00:00:25:30	T	125 - 135	3	5:00:00:25:30
248	DB RDL Shrug	T	125 - 135	3	5:00:00:25:30				
	PW/ 35 rest/BB/RT								
	Hip Flex Iso Prone	T		3	0:25:00:0:25:30	T		3	0:25:00:0:25:30
	PW/ 35 rest/BB/RT								
	SQ ISO SNGL LG	T		3	0:0:0:0:25:30	T		3	0:0:0:0:25:30
	BENCH PRESS	FFF	235 - 125	4	0:0:0:25:35	FFF	235 - 125	4	0:0:0:25:35
360	PB/ 120 rest/BB/RT			OC				OC	
90	PB/ 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
Dynamic Jogging
Dynamic Walking
Vestibular system Training
Nerve Glide Z health
Proprioceptive Enhancement
Short Hurdle Workout

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 band, [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

EXT Rot Part Shock 2 x 12
Face Band Pull Apart 2 x 6
BCK EXT W/ TW 2x6 E-Way

Strength Prep Upper 1

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

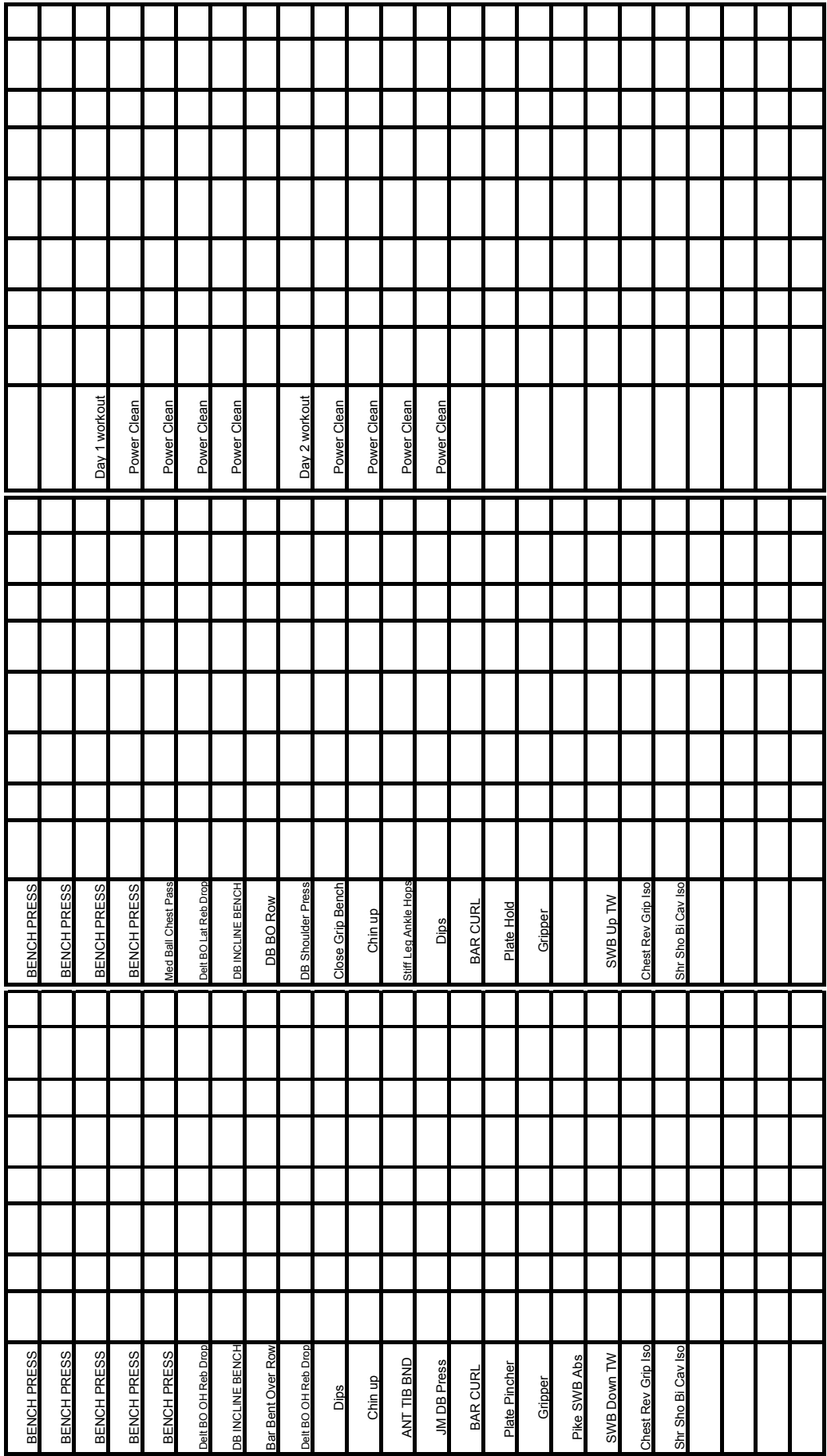
STRENGTH PREP

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Tuesday NOTES

Thursdays Notes

Olympic optional NOTES





FRIDAY		100.0%				100.0%			
100%	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		
		2	285 - 310	Spine Rolls	2	285 - 310	Spine Rolls		
		1	350 - 365	CW TEST	1	350 - 365	CW TEST		
		4	240 - 285	2:30:0	4	240 - 285	2:30:0		
		4	240 - 285	2:30:0	4	240 - 285	2:30:0		
		4	240 - 285	2:30:0	4	240 - 285	2:30:0		
		4	240 - 285	2:30:0	4	240 - 285	2:30:0		
		4	240 - 285	2:30:0	4	240 - 285	2:30:0		
	French Contrast	4	240 - 285	2:30:0	4	240 - 285	2:30:0		
	Hurdle Hop	3	4	Distance	3	4	Distance		
	Pair w/ NO REST								
	USSR Plyo Box	3	4	Pause	3	4	Reactive		
	Pair w/ NO REST			Pause					
	Acc Split Jump	3	4	0:20:0/25:25	3	4	0:00:25/25:25		
	Iso Ball Grön Squeeze	10S	3		10S	3			
	Pw/ 35 rest BB/RT								
	LAT SUP F8	6	3		6	3			
	Pw/ 35 rest BB/RT								
	Ankle Band Work	10	3		10	3			
248	DB RDL Shrug	T	125 - 135	3	0:5:00/25:30	T	125 - 135	3	
	Pw/ 35 rest BB/RT								
	Hip Flex Iso Prone	T		3	0:25:00/25:30	T		3	
	Pw/ 35 rest BB/RT								
	SQ ISO SNGL LG	T		3	0:0:00/25:30	T		3	
360	BENCH PRESS	FFF	235 - 125	4	0:00:25/35	FFF	235 - 125	4	
	Pw/ 35 rest BB/RT			OC			OC		
90	DB Shoulder Press	FFF	65 - 35	3	0:0:00/25:35	FFF	65 - 35	3	
	Pw/ 35 rest BB/RT								
180	Rev Grip Trn Push	FFF	125 - 70	3	0:0:00/25:35	FFF	125 - 70	3	
	GH HANG	120S		1	Relax Mouth	120S		1	
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	
	Pair w/								
	Hip Traction	300S		1	Belly Breath	300S		1	
FRIDAY NOTES									

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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 band, [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, Pro Squat Roller band, 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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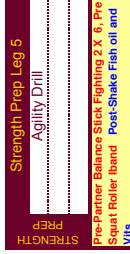
Tuesday NOTES

Thursday Notes

Olympic optional NOTES

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Matson, Taylor



100.0%		100.0%				100.0%			
FRIDAY		8-Jul-11		15-Jul-11		100.0%		100.0%	
		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		
		2	285 - 310	Spine Rolls	2	285 - 310	Spine Rolls		
		1	350 - 365		1	350 - 365			
		4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0		
		4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0		
		4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0		
		4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0		
	French Contrast	4	240 - 275	0:0:0:0	4	240 - 275	0:0:0:0		
	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	0:0:0:0:10:10:10:10
	Pair w/ NO REST				Reactive				Reactive
	Acc Split Jump	3		4	0:0:0:0:10:10	3		4	0:0:0:0:10:10:10:10
	iso Ball Grin 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 Snrug	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								
	Switch Lunge	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10:10:10
	Pw/ 35 rest BB/RT		Hr - Set 115		DOC+1		Hr - Set 115		DOC+1
248	Single Leg Squat	T	125 - 135	3	0:0:0:0:10:10	T	125 - 135	3	0:0:0:0:10:10:10:10
360	BENCH PRESS	FFF	235 - 125	4	0:0:0:25:35	FFF	235 - 125	4	0:0:0:25:35:35:35
	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 Tn Push	FFF	125 - 70	3	0:0:0:0:25:35	FFF	125 - 70	3	0:0:0:0:25:35:35:35
	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									

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MINNESOTA



WARM-UP
Short Hurdle Workout
Dynamic Jogging
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Proprioceptive Enhancement

STRENGTH PREP

Strength Prep Upper 3
Delt Lat Rebound Drop 2x15
Part Balance Fighting 2x 6S
Cuban PRSS F82 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

BACK EXT W/ TW 2x6 E-Way

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller band, Post-Shake Fish oil and Vits

WARM-UP
Dynamic Jogging
Dynamic Walking
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Tuesday NOTES

Thursday NOTES

Olympic optional NOTES

