

The following pages
were extracted from
the [Triphasic Training](#)
book so that those who
purchased the hard
copy can still take
advantage of the 3000
hyperlinked videos
from the ebook.

- 2) At the time, both athletes had the same bench press max—415 pounds. Because they both had the same max, it eliminated one of the variables that contributes to RFD—max strength. The other variable is time (which we will talk about in short order).

Wanting to see how Ben and Tommy produced force explosively, I used the band method on the bench press so that I could see acceleration throughout the entire range of motion on the lifts. Without the extra band tension at the top of the movement, both athletes would have had to decelerate the bar halfway through the concentric phase or the bar would fly out of their hands. This early deceleration would skew the results. The band tension ensured that both of them, Ben and Tommy, would drive the bar as hard as they could, generating a high rate of force through the entire range of motion. For those of you not familiar with the banded bench method, the [hyperlink](#) gives you a visual of the exercise — [Bench press band method](#)

The bar was loaded with 205 pounds (50 percent of their 1RM) and 90 pounds of band tension (20 percent of their 1RM). At the top of the press, each athlete would be moving 70 percent of their 1RM. Both athletes were instructed to bring the bar down hard and fast, stopping it at their chest, and reaccelerating the bar upward as fast as they could. It should be noted that neither athlete bounced the bar off his chest. (I will talk about the importance of this detail in a moment.)

The graph below shows the results recorded by the force plate. The x-axis (horizontal axis) depicts time in hundredths of a second. The y-axis (vertical axis) represents power in watts. In essence, the graph is showing how much force each athlete absorbed and displaced in a given amount of time. Ben's repetition is shown by the black line while Tommy's is shown by the gray line. The actual repetitions are taking place during the "V" shaped segment of the lines in the middle of the graph. The descending line of the "V" is the eccentric or yielding phase of the bench press. The bottom, or point, of the "V" is the isometric or static phase, and the line ascending from the bottom of the "V" is the concentric or overcoming phase.

workout. This is possible because the athlete has adapted and is able to handle higher levels of stress without excessive fatigue. For example, a more advanced athlete can start a workout with heavy eccentric back squats and then add [eccentric Romanian deadlifts](#) and [single leg eccentric dumbbell squat](#).

2. Never perform slow eccentrics with loads greater than 85 percent of an athlete's 1RM.

This rule is based on my own risk/reward analysis. To me, the risk is far too great to have an athlete with a weight close to, at, or above his 1RM load his body for an extended period of time. I've seen torn pecs and quads, blown backs, and screwed up shoulders. At the end of the day, you can get the same physiological adaptation using lighter loads for longer times with half the risk.

3. Always spot the athlete when performing slow eccentrics.

This is a widely practiced rule when an athlete is trying to lift heavy loads, but some coaches may not see the need when using lighter, submaximal loads. You must remember that when performing eccentrically focused training, you're maximally taxing the eccentric minded nervous system and the physiological structures it supports, even with submaximal loads. As you can see in Table 3.2, as the load decreases, the time of the eccentric increases. The resulting increase in time under tension means an athlete's muscular system could give out at any point during the lift, so proper spotting is crucial.

4. Always finish an eccentric focused lift with an explosive, concentric movement.

As a coach, the most important aspect of performance that you're constantly trying to improve within the athlete is his nervous system. Every jump, cut, and throw an athlete makes begins with an eccentric lengthening of the muscle and ends with an explosive concentric contraction. The neurological pathways that signal these contractions are entirely different and independent of one another. Each time the athlete's nervous system transitions from the eccentric to the concentric phase, it has to change its firing pattern to initiate the next part of the movement. The signal has to jump switchboards, if you will. It is imperative to an athlete's success that this process is as fluid and seamless as possible. The bar will not necessarily move fast, especially using heavy eccentric loads, but the intent to accelerate the

TABLE 3.3: EXAMPLE EXERCISES WITH ECCENTRIC MEANS	
EXERCISE	COACHING POINTS
<u>BACK SQUAT - ECCENTRIC</u>	1. Set up with the bar on the back of the shoulders. 2. Keeping the chest up and the back flat, sit back as if to a chair. 3. Descend into the bottom of the squat in the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>FRONT SQUAT - ECCENTRIC</u>	1. Set up with the bar on the front of the shoulders. 2. Keeping the chest and elbows up and the back flat, sit back as if to a chair. 3. Descend into the bottom of the squat in the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>RDL - ECCENTRIC</u>	1. Grab the bar just outside of the thighs with the feet shoulder width apart. 2. Keeping the back flat and the chest up, bend the knees slightly. 3. Allow the bar to slide down the thighs for the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>BENCH PRESS - ECCENTRIC</u>	1. While laying on your back, grab the bar one thumb length away from the knurling. 2. Unrack the bar, keep the shoulders pulled back, and pull the bar into the chest. 3. Lower the bar in the prescribed time until it touches the chest. 4. Once the time has been reached, explosively fire up back to the start.
<u>DB SHOULDER PRESS - ECCENTRIC</u>	1. Begin standing with a dumbbell in each hand, palms facing each other. 2. Press the dumbbells up explosively to begin the exercise. 3. Lower the dumbbells back to the shoulders in the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>CAMBERED BAR SQUAT - ECCENTRIC</u>	1. Using a cambered bar, set up just as you would for the back squat. 2. Keeping the chest up and the back flat, sit back as if to a chair. 3. Descend into the bottom of the squat in the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>CLOSE GRIP BENCH - ECCENTRIC</u>	1. While laying on your back, grab the bar with the pointer on the edge of the knurling. 2. Unrack the bar, keep the shoulders pulled back, and pull the bar into the chest. 3. Lower the bar in the prescribed time until it touches the chest. 4. Once the time has been reached, explosively fire up back to the start.

TABLE 3.7: EXAMPLE EXERCISES WITH HIGH LOAD RESISTED ISOMETRIC MEANS (MAIN COMPOUND, PERFORM AT ONSET OF WORKOUT)	
EXERCISE	COACHING POINTS
<u>BACK SQUAT - ISOMETRIC</u>	1. Set up with the bar on the back of the shoulders, keeping the chest up and the back flat. 2. Sit back and descend into the bottom of the squat rapidly. 3. Once in the bottom, become a statue and pause for the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>FRONT SQUAT - ISOMETRIC</u>	1. Set up with the bar on the front of the shoulders, keeping the chest up and the back flat. 2. Sit back and descend into the bottom of the squat rapidly. 3. Once in the bottom, become a statue and pause for the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>RDL - ISOMETRIC</u>	1. Grab the bar just outside of the thighs with the feet shoulder width apart. 2. Keeping the back flat and the chest up, lower the bar rapidly along the thighs. 3. Once the bar passes the knees, become a statue and pause for the prescribed time. 4. Once the time has been reached, explosively fire up back to the start.
<u>BENCH PRESS - ISOMETRIC</u>	1. While laying on your back, grab the bar one thumb length away from the knurling. 2. Unrack the bar and pull it rapidly toward the chest. 3. Right before the bar hits the chest, stop it completely and pause. 4. Once the time has been reached, explosively fire up back to the start.

**TABLE 3.8: EXAMPLE EXERCISES WITH
LIGHTENED LOAD RESISTED ISOMETRIC MEANS
(ASSISTANCE, PERFORMED THROUGHOUT WORKOUT)**

EXERCISE	COACHING POINTS
<u>DB WALKING LUNGE- ISOMETRIC</u>	1. Holding a pair of dumbbells, take a moderate step forward. 2. Keeping the chest up and the back flat, descend into the bottom of the lunge. 3. Lower yourself until the back knee is just above the ground and pause. 4. Once the time has been reached, explosively fire through and step forward.
<u>INCLINE DB BENCH</u>	1. Holding a dumbbell in each hand, set up on an inclined bench. 2. Beginning the dumbbells near the shoulders, pause for the prescribed time. 3. Be sure to keep the chest up, the lower back arched, and the eyes toward the ceiling. 4. Once the time has been reached, explosively fire up and back to the start.
<u>DB RDL</u>	1. Holding a pair of dumbbells, begin with the arms just along the thighs. 2. Keep the chest up, the back flat, and the knees slightly bent. 3. Lower the dumbbells along the thighs rapidly until just below the knees and pause. 4. Once the time has been reached, explosively fire up and back to the start.
<u>DB ROW - ISOMETRIC</u>	1. Hold one dumbbell in the hand and use the other to stabilize the body on a bench. 2. Keeping the back flat, pull the dumbbell rapidly into the ribs. 3. Allow the dumbbell to return slightly toward the ground and pause. 4. Once the time has been reached, explosively fire up and back to the start.
<u>BENCH PRESS REACTIVE DROP PAUSE TOSS</u>	1. While laying on your back, grab the bar one thumb length away from the knurling. 2. With a spotter, rapidly drop the bar until it is just about to hit the chest. 3. Pause with the bar right above the chest. 4. Once the time has been reached, explosively throw the bar as high as possible.

**TABLE 3.9: EXAMPLE EXERCISES WITH PUSH/
PULL ISOMETRIC MEANS**

EXERCISE	COACHING POINTS
<u>ISOMETRIC CHEST HOLD</u>	1. Set up on the three boxes, placing the hands on the edge of the first two. 2. Keeping the abs and back tight, pull into position and pause. 3. While in the bottom, keep the body perfectly still. 4. Once the time has been reached, explosively press yourself up.
<u>BENCH PRESS RACK - ISOMETRIC</u>	1. While laying on your back, grab the bar one thumb length from the knurling. 2. Using a spotter, press the bar into a fixed support in the weakest position. 3. Press as hard as possible for the prescribed time. 4. Once the time has been reached, rack the bar.
<u>HIP FLEXOR ISO PRONE</u>	1. Set up with one foot on a bench and the hands on the ground in the plank position. 2. Keep the foot not on the bench straight. 3. Keep the body in a straight line and be absolutely still. 4. Once the time has been reached, switch legs and repeat.
<u>SINGLE LEG ISO DEADLIFT</u>	1. Set up with a bar under a fixed support and a bench behind. 2. One foot should be elevated to the rear with the other in front of the bar. 3. Grab the bar and pull into the fixed support at the weakest position. 4. Once the time has been reached, switch legs and repeat.
<u>ISOMETRIC BALL GROIN SQUEEZE</u>	1. Using a Swiss ball, place the knees just outside of the edge. 2. In an athletic stance, squeeze the ball using the groin muscles. 3. Squeeze the ball for the prescribed time. 4. Once the time has been reached, rest and repeat for desired sets.
<u>HEX BAR ISO DEADLIFT</u>	1. Set up using a hex bar under a fixed support. 2. Keep the feet shoulder width apart, the back flat, and the chest up. 3. Pull the bar as hard as possible into the fixed support. 4. Once the time has been reached, rest and repeat for desired sets.

concentric contraction is the culmination of every neuromuscular mechanism we have talked about up to this point:

- Golgi tendon organ reflex
- Stretch reflex
- Stretch shortening cycle (SSC)
- Rate coupling
- Motor unit recruitment
- Rate coding
- Reactive ability

As an example, compare the [hang clean](#) to a [Romanian deadlift and shrug](#). A novice athlete can quickly learn and perform a proper Romanian deadlift and shrug. For the most part, it is a slow, controlled movement that allows more time for the athlete's neuromuscular system to interpret, process, and execute instructions from his entire neuromusculature of the posterior chain (calves, hamstrings, glutes, and back). On the other hand, teaching the hang clean, though a very similar movement pattern to that of an Romanian deadlift and shrug, can be a long, arduous process. Decreasing the weight and increasing the speed of the exercise, the athlete's neuromuscular system gets overloaded.

The take home point from this example is that just like the eccentric and isometric phases of dynamic movement, the concentric phase is a learned, trainable skill. Not every concentric dynamic action is as hard to learn as the hang clean. I can teach an athlete to concentrically perform a back squat in a few minutes. It's intuitive—once he squats down I simply tell him to stand up. It is a neuromuscular action that he has likely performed hundreds, if not thousands, of times in his life. Every time he has sat down and stood up, he has performed at least a partial rep. But to teach that athlete to fire all his hip extensors, drive his feet through the floor, and activate his high threshold motor units through afferent neural pathways that are likely underdeveloped all while trying to move the bar like it was just shot out of a cannon—that takes time and lots of training.

TABLE 3.11: EXAMPLE EXERCISES WITH REACTIVE CONCENTRIC MEANS

EXERCISE	COACHING POINTS
<u>BACK SQUAT - REACTIVE</u>	1. Set up with the bar on the back of the shoulders. 2. Keeping the chest up and the back flat, pull yourself down into the bottom of the squat. 3. Once in the bottom, explosively fire out as fast as possible. 4. Repeat for the desired number of repetitions.
<u>SINGLE LEG DB FRONT SQUAT - REACTIVE</u>	1. Holding a pair of dumbbells on the shoulders, keep the chest up and the back flat. 2. One leg should be elevated to the rear. 3. Using the front leg, pull rapidly into the bottom of the squat. 4. Once in the bottom, explosively fire out and repeat for the desired repetitions.
<u>RDL - REACTIVE</u>	1. Grab the bar just outside of the thighs with the feet shoulder width apart. 2. Keeping the chest up and the back flat, lower the bar along the thighs rapidly. 3. Once the bar hits the bottom position, explosively fire up and return to the start. 4. Repeat for the prescribed repetitions.
<u>BENCH PRESS - REACTIVE</u>	1. While laying on your back, grab the bar one thumb length away from the knurling. 2. Using the upper back, pull the bar rapidly into the chest. 3. Once the bar touches the chest, explosively throw it as hard as possible. 4. Repeat for the prescribed repetitions.

drill. In sharp contrast to the SM group, the TM group did not perform any repetitions of the pro-agility drill nor were they coached on technique.

Both groups went through the above protocol for four weeks. At the conclusion, I ran them through the test a second time. Remember:

Standard method (SM): Normal lifting, no eccentric training, practiced drill three times a week

Triphasic method (TM): Eccentric/isometric training, no practice with drill

TABLE 3.12: PRO-SHUTTLE RESULTS			
GROUP	PRE-TEST TIMES	POST-TEST TIMES	DIFFERENCE
STANDARD METHOD	4.8 SEC	4.7 SEC	-0.1
TRIPHASIC METHOD	4.8 SEC	4.4 SEC	-0.3

I don't think I can give you a better example that shows the importance of triphasic training with your athletes. During this experiment, the athletes who trained with the triphasic method improved their time by eight percent compared to a two percent improvement for those who used a traditional training program—a fourfold difference! Instead of focusing on trying to improve dynamic performance through concentric only methods, you need to use a program that physiologically improves the weak links in dynamic human movement. In this case, you need to specifically train the eccentric and isometric portions of the triphasic muscle action. The hyperlinks in table 3.13 show the drastic difference triphasic strength can make in an athletes performance performance.

TABLE 3.13: PRO-SHUTTLE COMPARISON		
INCORRECT FORM (POOR TRIPHASIC ACTION)	1) HIGH HIPS 2) REACHING FOR CONE 3) SLOW TURNS	1. BAD PRO-SHUTTLE 2. BAD PRO-SHUTTLE END VIEW
CORRECT FORM (OPTIMAL TRIPHASIC ACTION)	1) LOW TO THE GROUND 2) HIPS SINK TO CONE 3) EXPLODE OUT OF TURN	1. GOOD PRO-SHUTTLE 2. GOOD PRO-SHUTTLE END VIEW

The question I get asked most often when I talk to people about stress and triphasic training is the “how” question. How do I implement these within my own system? People see the importance of stress. They see the need of applying specific stress to each phase of dynamic movement. They understand the means that can be used to apply it, but they don’t have a firm grasp on how to implement it within their own training programs. After reading the first two sections, you, too, should have a good understanding of stress, triphasic training, and the role they play in developing your athletes. Right now, however, these concepts are very fluid. They aren’t singularly focused or contained within the confines of an organized system.

In the next section, I will show you how to take these fluid concepts and solidify them by using two different periodization models—a weekly undulating model and a monthly block system. Together, these methods form a framework within which you will be able to manipulate and implement the stress placed on your athletes. So take a deep breath and bear with me. What now seems to be a complicated, insurmountable mountain of information will be by the end of this book a logical and intuitive reference that you will be able to use time and again in helping your athletes reach their athletic potential.

Below are hyperlinks to a video series where I elaborate and explain further the triphasic training principles, methods, and periodization schedule outlined in this section. The videos will serve as a great review, as well as give some additional insights into how to apply triphasic principles with your current programs.

[TRIPHASIC TRAINING METHODS: PART I](#)

[TRIPHASIC TRAINING METHODS: PART II](#)

[TRIPHASIC TRAINING METHODS: PART III](#)

	100%	MONDAY	2-Nov-10			
			REPS	LOAD	SETS	NOTES
	500	Sport Back Squat	5,3	250 - 335	1,1	Pw/ Cuban F8
		2-Min Rest/B-Breath				1 band Rollers
	500	Sport Back Squat	3	390 - 400	1	pwl/cuban f8
		2-Min Rest/B-Breath				1 band Rollers
Compound	500	Sport Back Squat	3	415 - 440	3	6:00:0
Plyometric		Hurdle Hop	5	100 - 100	3	Pull Down
		15 rest- BB		100 - 100		
Weighted Jump		1/2 SQ JMP Weighted	4	100 - 100	3	reactive
		15 rest- BB		100 - 100		
Accelerated Plyometric		15 Yard Starts	1		3	4:00 Rest

- Figure 4.15

perform a six-second eccentric sport back squat followed immediately by the hurdle hop, weighted half squat jump, and a 15-yard start, taking fifteen seconds to belly breathe between exercises. After completing a set, the athlete would rest for four minutes before returning to the sport back squat.

Table 4.6 quickly lays out how a coach could alter each exercise in the French contrast method to specialize it for a specific sport, increasing the transferability of gains in the gym to gains on the field. For each sport in the table, two possible substitutions are shown for each exercise.

TABLE 4.6: APPLYING FRENCH CONTRAST METHOD MEANS FOR GREATEST TRANSFER OF SPORT SPECIFIC ABILITIES				
SPORT	COMPOUND EXERCISE	PLYOMETRIC	WEIGHTED JUMP	PLYOMETRIC
FOOTBALL (LINEMAN)	BACK SQUAT	SPLIT SQUAT ALTERNATING JUMP	BB JUMP SQUAT	ASSISTED BAND SQUAT JUMP
	LEG PRESS	SQUAT DROP JUMP	SAND BAG SQUAT JUMP	ACCELERATED BAND SPLIT SQUAT JUMP
FOOTBALL (SKILL PLAYER)	FRONT SQUAT	HURDLE HOP	BB JUMP SQUAT	ASSISTED BAND SQUAT JUMP
	BACK SQUAT	ALTERNATE LEG BOUNDING	SAND BAG SQUAT JUMP	ACCELERATED BAND SPLIT SQUAT JUMP
HOCKEY	BACK SQUAT	RUSSIAN PLYO BOX	POWER STEP-UP W/ BAG	ASSISTED BAND SQUAT JUMP
	LEG PRESS	SQUAT DROP JUMP	BB JUMP SQUAT	ACCELERATED BAND SPLIT SQUAT JUMP
BASKETBALL	LEG PRESS	HURDLE HOP	SAND BAG SQUAT JUMP	ASSISTED BAND SQUAT JUMP
	HEX BAR DEADLIFT	SPLIT SQUAT ALTERNATING JUMP	SPLIT SQUAT W/ SAND BAG	ACCELERATED BAND SPLIT SQUAT JUMP

300	BENCH PRESS	1,1,1	240 - 250	4	0:1:0:10
	Pair w/rest 30				
	Cuban PRSS INC F8	10		4	

-Figure 4.16

In figure 4.7, an athlete would perform three cluster repetitions per set with a load of 240–250 pounds using a tempo with a one-second isometric pause and ten seconds rest between repetitions. In this box, the athlete would follow the bench press set by resting for thirty seconds before performing a set of ten [Cuban presses](#). The athlete would repeat this cycle for four sets before moving on to the next box.

OSCILLATORY METHOD

The oscillatory method was created from an idea I had several years ago to try and reconcile Sherrington’s law of reciprocal inhibition with training to maximize performance. His law states that in order for the agonist to contract, the antagonist must relax.³⁰ Decades ago, Dr. Matveyev (a Russian scientist) found through his research that the difference between elite athletes and great athletes wasn’t the speed at which they could contract their agonist muscle as one would intuitively think. The difference lied instead with the athlete’s ability to relax the antagonist. The athlete who could do this more quickly was always the superior athlete.³¹

During an explosive contraction in the concentric phase, the antagonist acts as a decelerator, pumping the breaks if you will so that an athlete doesn’t tear a limb off his body. When a pitcher heaves a 95-mph fastball, his entire posterior shoulder complex acts as a decelerator to slow the internal rotation of the arm as it comes across the pitcher’s body. If it weren’t for this system, pitchers would literally throw their arms out of their sockets. Agonist inhibition is a good thing. But like other “good things” we’ve talked about in this book like the Golgi tendon organ, they are a little overprotective. To enhance sport performance, an athlete must train in such a way as to

³⁰ Johnson WR (1960) *Science and Medicine of Exercise and Sports*. New York: Harper & Row Publishers.

³¹ Verkhoshansky Y, Siff M (2009) *Supertraining*. Sixth edition. Ultimate Athlete Concepts.

position (OC-D). Repetitions are short and quick, only traveling over a three- to four-inch range of motion with the athlete consciously pushing and pulling the bar up and down. A great coaching cue that I use is tell the athlete that he is trying to flick the light switch on and off as fast as he can. Every rep is teaching the muscle complex to change from a concentric accelerator to an eccentric decelerator. This increases the speed at which the antagonist muscle learns to relax and improves the rate of relaxation seen in force production.

Oscillatory exercises can be used for two separate applications. First, they can be used as a way to peak an athlete. Using light loads (25–50 percent of a 1RM) and high velocities will help maximize the explosive power of the athlete leading up to competition. This application will be drawn out further in section six. A second way this method can be utilized is to use moderate loads (65–80 percent) at high velocities to increase the force placed on specific parts of the muscle structure. There are several different ways to perform oscillatory exercises. Here, for the above 80 percent blocks, we will look at three different methods of application—OC +1, 2OC +1, and OC-D/OC-A + 1. Remember, OC stands for oscillatory, D for disadvantageous, and A for advantageous. The '+1' at the end is there to remind the athlete that each set should be finished with one complete repetition of the exercise. This serves to teach the nervous system and physiological structure to “finish” through the movement, developing a higher level of force transferability to sport.

TABLE 4.7: OSCILLATORY BENCH PRESS			
OC MEANS:	OC + 1	2OC + 1	OC-D/OC-A + 1
ADVANTAGEOUS	<u>BENCH PRESS OC-A+1</u>	<u>BENCH PRESS 2OC ADVANTAGES</u>	<u>DB BENCH PRESS 2POC</u>
DISADVANTAGEOUS	<u>BENCH PRESS OSCILLATORY</u>	<u>BENCH PRESS 2OC +1</u>	<u>BENCH PRESS 2POC</u>

progression. Some athletes may adapt to one specific sequence better than others, but that is trial and error. As long as athletes keep the load within the specified range, use proper triphasic tempos, and explode, generating as much force as possible during the concentric phase of each rep, they will see definitive, substantial gains.

TABLE 4.10: MONDAY TRIPHASIC EXERCISE SEQUENCING (BACK SQUAT)		
BLOCK 1 (ECCENTRIC)	BLOCK 2 (ISOMETRIC)	BLOCK 3 (CONCENTRIC)
BACK SQUAT ECCENTRIC TEMPO - 6:0:0:0	BACK SQUAT ISOMETRIC TEMPO - 0:3:0:0	BACK SQUAT CONCENTRIC TEMPO - 0:0:0:0
BOX BACK SQUAT TEMPO - 6:0:0:0	BOX BACK SQUAT TEMPO - 0:3:0:0	BACK SQUAT WITH WEIGHT RELEASERS TEMPO - 0:0:0:0
BACK SQUAT WITH WEIGHT RELEASERS TEMPO - 6:0:0:0	BOX BACK SQUAT BANDS TEMPO - 0:3:0:0	BACK SQUAT WITH BANDS TEMPO - 0:0:0:0
SPORT BACK SQUAT TEMPO - 6:0:0:0	BOX BACK SQUAT WITH CHAINS TEMPO - 0:3:0:0	SPORT BACK SQUAT TEMPO - 0:0:0:0

WORKOUTS

Below, you will find Monday's workout for each block of the three-day, above 80 percent model—the eccentric block, isometric block, and concentric block. The column on the left is the actual workout using our “imaginary” athlete to calculate the loads used on each exercise. The column on the right, labeled “Coaching Points,” gives further explanation about exercise sequencing and important coaching queues to use with your athletes. The coaching points are labeled with the respective workout box that they apply to. In addition, every exercise in each workout is hyperlinked. Don't know what an exercise is or exactly how to perform it? No problem. Just click on its blue hyperlink in the “Coaching Points” column for a video tutorial of the exercise. At the end of this section, you will find workouts for each block of a four-day, five-day, six-day, and two-day in-season model.

BLOCK ONE, MONDAY

100%	MONDAY	2-Nov-10			
		REPS	LOAD	SETS	NOTES
500	Sport Back Squat	5,3	250 - 335	1,1	Pw/ Cuban F8
	2-Min Rest/B-Breath				1 band Rollers
500	Sport Back Squat	3	390 - 400	1	pw/cuban f8
	2-Min Rest/B-Breath				1 band Rollers
500	Sport Back Squat	3	415 - 440	3	6:0:0:0
	Hurdle Hop	5	200 - 200	3	Pull Down
	15 rest- BB		200 - 200		
	1/2 SQ JMP Weighted	4	200 - 200	3	reactive
	15 rest- BB		200 - 200		
	15 Yard Starts	1		3	4:00 Rest
300	BENCH PRESS	5,3	150 - 200	1,1	Ext Shock
	2-Min Rest/B-Breath				
300	Bench Press	3	200 - 240	1	coach see
	2-Min Rest/B-Breath				Ext Shock
300	BENCH PRESS	4	205 - 210	3	2OC-d+1
	One Leg MB Side Toss	5		3	Pause
	25 rest- BB				
	1 Bent Arm S. LP Down	6		3	3:0:0:0
	25 rest- BB				
	90 90 Jump Twist	5		3	
500	Glute Bar Lift	8	250 - 300	3	
	25 rest- BB				
	Face Band Pulls	8	200 - 200	3	
	25 rest- BB		200 - 200		
75	1 Arm Lat Pull Supine	10	50 - 55	3	
	GH HYPR	6		3	
	25 rest- BB				
	Iso Ball Groin Squeeze	10S		3	
	25 rest- BB				
	Round House	8		3	
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
	25 rest- BB				
	Hip FLX BND Pulls	6	200 - 200	2	
	25 rest- BB		200 - 200		
105	Drag Curl	10	70 - 75	2	
45	DB Tri Pro Sup	8	35 - 35	2	
	25 rest- BB				
180	Chin up	6	135 - 145	2	
	25 rest- BB				
	Jobes ECC	6		2	4:0:0:0

COACHING POINTS AND EXERCISE TUTORIAL

Box 1-2

-The sport back squat is a narrow stance squat used for more specific sports training.

-The first line says that the athlete performs one set of five followed by one set of three reps. Between sets, the athlete performs 1-band rollers and Cuban F8. The second line says that the athlete performs another warm-up set of three reps.

-Notice the six-count eccentric on the way down in the work sets of the sports back squat.

-With this particular load and eccentric method, the squat will need to be assisted each rep by the spotter.

-The assistants will take place on the way up but not on the way down.

-The athlete leaves the sport back squat and goes directly to the hurdle hop and half squat jump and then to the 15-yard starts. This is a sample of the French contrast method.

[Sport back Squat](#); [Sport Back Squat Eccentric](#); [Hurdle Hop](#); [Half Squat Jump Weighted](#); [15 yard Starts](#)

Box 3-4

-The bench press block here on the first line has two sets for the warm up. It is paired with the external rotator shock method in the warm up.

-The second line bench press is a three-rep test that we will estimate to either raise or lower the athletes max.

-The work sets on the bench press are two oscillatory movements at the bottom and then one full range of motion at the top. This will be completed for four reps.

-The block after the bench press will be paired with the bench press to provide the athlete with more rest during the pairing of the three exercises below.

[Bench Press 2OC](#); [One Leg Med Ball Side Toss](#); [One Arm Side Lat Pull Down](#); [90 90 Jump Twist](#)

Box 5

[Glute Bar Lift](#); [Face Band Pulls](#); [1 Arm Lat Pull Supine](#)

Box 6

-For the iso ball groin squeeze, take an athletic stance over a Swiss ball and squeeze the knees together into the ball as hard as possible

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Round House](#)

Box 7

-The DB shoulder press finishes on a complete rep

[DB Shoulder Press](#); [Hip Flex Band Pulls](#); [Drag Curl](#)

Box 8

[DB Tri Pro Sup](#); [Chin Up](#); [Jobes ECC](#)

BLOCK TWO, MONDAY

100%	MONDAY	16-Nov-10			
		REPS	LOAD	SETS	NOTES
500	Sport Back Squat	5,3	250 - 335	1,1	Pw/ Cuban F8
	No Rest/B-Breath				I band Rollers
500	Sport Back Squat	3	390 - 400	1	pw/cuban f8
	No Rest/B-Breath				I band Rollers
500	Sport Back Squat	3	390 - 400	3	0:5:0:0
	Hurdle Hop	5	500A - 500A	3	Pull Down
	15 rest- BB		500A - 500A		
	1/2 SQ JMP Weighted	4	500A - 500A	3	reactive
	15 rest- BB		500A - 500A		
	15 Yard Starts	T		3	
300	BENCH PRESS	5,3	150 - 200	1,1	Ext Shock
	No Rest/B-Breath				
300	Bench Press	3	240	1	coach see
	No Rest/B-Breath				Ext Shock
300	BENCH PRESS	4	205 - 210	3	20C-d+1
	One Leg MB Side Toss	5		3	
	25 rest- BB				
	1 Bent Arm S.L.P Down	6		3	
	25 rest- BB				
	90 90 Jump Twist	5		3	
500	Glute Bar Lift	8	250 - 300	3	
	25 rest- BB				
	Face Band Pulls	8		3	
	25 rest- BB				
75	1 Arm Lat Pull Supine	10	50 - 55	3	
	GH HYPR	6		3	oc-A
	25 rest- BB				
	Iso Ball Groin Squeeze	10S		3	
	25 rest- BB				
	Round House	8		3	
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
	25 rest- BB				
	Hip FLX BND Pulls	6		2	
	25 rest- BB				
120	Bar Curl	10	80 - 85	2	
45	DB Tri Pro Sup	8	35 - 35	2	
	25 rest- BB				
180	Chin up	6	135 - 145	2	
	25 rest- BB				
	Jobes ECC	6		2	4:0:0:0

COACHING POINTS AND EXERCISE TUTORIAL

Box 1-2

-The sport back squat is a narrow stance squat used for more specific sports training.

-The first line says that the athlete performs one set of five followed by one set of three reps.

-Between sets, the athlete performs I-band rollers and Cuban F8. The second line says that the athlete performs another warm-up set of three reps.

-Notice from the prior block that we went from a six-count eccentric to a five-count isometric. This will also need assistance from the spotter to complete the rep.

-This is still the French contrast protocol, so the three exercises are paired with the sport back squat.

-Fifteen-yard starts are timed and feedback is given to push the athletes harder based upon the results.

[Sport back Squat](#); [Sport Back Squat Isometric](#); [Hurdle Hop](#); [Half Squat Jump Weighted](#); [15 yard Starts](#)

Box 3-4

[Bench Press 20C](#); [One Leg Med Ball Side Toss](#); [One Arm Side Lat Pull Down](#); [90 90 Jump Twist](#)

Box 5

[Glute Bar Lift](#); [Face Band Pulls](#); [1 Arm Lat Pull Supine](#)

Box 6

-For the iso ball groin squeeze, take an athletic stance over a Swiss ball and squeeze the knees together into the ball as hard as possible

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Round House](#)

Box 7

-The DB shoulder press finishes on a complete rep

[DB Shoulder Press](#); [Hip Flex Band Pulls](#); [Bar Curl](#)

Box 8

[DB Tri Pro Sup](#); [Chin Up](#); [Jobes ECC](#)

BLOCK THREE, MONDAY

100%	MONDAY	30-Nov-10			
		REPS	LOAD	SETS	NOTES
500	Sport Back Squat	5,3	250 - 335	1,1	Pw/ Cuban F8
	2-Min Rest/B-Breath				I band Rollers
500	Sport Back Squat	3	390 - 400	1	pw/cuban f8
	2-Min Rest/B-Breath				I band Rollers
500	Sport Back Squat	3	415 - 440	3	0:0:0:0
	Hurdle Hop	5	SHO - SHO	3	Pull Down
	15 rest- BB		SHO - SHO		
	1/2 SQ JMP Weighted	4	SHO - SHO	3	reactive
	15 rest- BB		SHO - SHO		
	15 Yard Starts	1		3	4:00 Rest
300	BENCH PRESS	5,3	150 - 200	1,1	Ext Shock
	2-Min Rest/B-Breath				
300	Bench Press	3	200 - 240	1	coach see
	2-Min Rest/B-Breath				Ext Shock
300	BENCH PRESS	4	205 - 210	3	20C-d+1
	One Leg MB Side Toss	5		3	
	25 rest- BB				
	1 Bent Arm S.L.P Down	6		3	
	25 rest- BB				
	90 90 Jump Twist	5		3	
500	Glute Bar Lift	8	250 - 300	3	
	25 rest- BB				
	Face Band Pulls	8	SHO - SHO	3	
	25 rest- BB		SHO - SHO		
75	1 Arm Lat Pull Supine	10	50 - 55	3	
	GH HYPR	6		3	oc-A
	25 rest- BB				
	Iso Ball Grion Squeeze	10S		3	
	25 rest- BB				
	Round House	8		3	
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
	25 rest- BB				
	Hip FLX BND Pulls	6	SHO - SHO	2	
	25 rest- BB		SHO - SHO		
120	Bar Curl	10	80 - 85	2	
45	DB Tri Pro Sup	8	35 - 35	2	
	25 rest- BB				
180	Chin up	6	135 - 145	2	
	25 rest- BB				
	Jobes ECC	6		2	4:0:0:0;

COACHING POINTS AND EXERCISE TUTORIAL

Box 1-2

-Notice how the sets have become more reactive in the sport back squat work sets without any eccentric to isometrics actions. They are still paired with the three exercises following the sport back squat. If put together and trained for the six-week period, you will see great results.

[Sport back Squat](#); [Hurdle Hop](#); [Half Squat Jump Weighted](#); [15 yard Starts](#)

Box 3-4

-You can do the French contrast method with the upper body. However, this particular group of athletes were throwing athletes and it was too much stress for that type of athlete. Sticking with reactive, OC methods improved their throwing distance better than the French contrast methods.

[Bench Press 20C](#); [One Leg Med Ball Side Toss](#); [One Arm Side Lat Pull Down](#); [90 90 Jump Twist](#)

Box 5

[Glute Bar Lift](#); [Face Band Pulls](#); [1 Arm Lat Pull Supine](#)

Box 6

-The glute ham hyper was done with an advantageous (top half ROM) oscillatory position. This has proven to be somewhat effective for top end speed running, thus I use it during the concentric phase to help with dynamic neuromuscular adaptation.

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Round House](#)

Box 7

[DB Shoulder Press](#); [Hip Flex Band Pulls](#); [Bar Curl](#)

Box 8

[DB Tri Pro Sup](#); [Chin Up](#); [Jobes ECC](#)

**The structure of this program limited the amount of change I allowed from block to block in terms of exercise selection. That is why most of the upper body and assistance exercises remained the same for the entire six-week mesocycle. This particular program was for throwing athletes, and changing too much during a particular transition phase of throwing made them much more sore during the skills acquisition development phase so exercises were kept the same for that reason.

BLOCK ONE, WEDNESDAY

100%	Wednesday	4-Nov-10			
		REPS	LOAD	SETS	NOTES
500	Back Squat	5,3	250 - 335	1,1	
	2-Min Rest/B-Breath				
500	Back Squat	3	400	1	
	2-Min Rest/B-Breath				
500	Back Squat	3	440 - 465	4	
	Stndng SQ Drop Jump	4		3	
	25 rest- BB				
	Delt BO Lat Reb Drop	4		3	
	25 rest- BB				
	Thors Hammer	12		3	
300	BENCH PRESS	5,3	150 - 200	1,1	
	2-Min Rest/B-Breath				
300	Bench Press	3	235 - 240	1	
	2-Min Rest/B-Breath				
300	BENCH PRESS	3	270 - 280	3	miss 2 board
	Med Ball Chest Pass	5		3	
	25 rest- BB				
	1 Arm DB Row	6		3	
	25 rest- BB				
	Pike SWB Abs	5		3	
200	DB Walking Lunge	4		3	Band
	Pair w/				Squeeze
	Laying External Rot	6		3	
	Pair w/				
	1 S.A.S. R.G Lat P	10		3	
	GH HYPR	8		3	
	Pair w/				
	Iso Ball Groin Squeeze	10S		3	
	Pair w/				
	Bam Bam	8		3	
	Inc Delt Lat Reb Drop	6		2	
	25 rest- BB				
	Hip FLXor ISO Pull	6		2	
	25 rest- BB				
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
150	Rev Grip Tri Push	8	115 - 120	2	
	25 rest- BB				
	Bicep shock curls	6		2	
	25 rest- BB				
	Blackburn	6		2	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1-2

-Notice that the back squat is a wider stance back squat used to involve the posterior chain during a max effort squat.

-As in the sports back squat, the key coaching point for this movement is press your feet through the ground.

-Even though we have a wider stance, I don't direct the athletes to drive through the hips.

-These work sets are paired with the three exercises below it. This allows for the athlete to rest and recover between high intensity work sets so that the athlete doesn't stand around for four or five minutes.

[Back Squat](#); [Squat Drop Jump](#); [Delt Bent Over Lateral Reactive Drop](#); [Thors Hammer](#)

Box 3-4

-The work sets in the bench press in this particular day are heavy (90-92 percent%).

-If the athlete misses or it is believed that he will miss the next rep of a set, we slide a two-board on to his chest, limiting his range of motion so he can get the rep and finish the set on his own.

-The medicine ball chest pass is always done with one arm. I've found little value in the chest pass because of the lack of stretch reflex and the amount of force generated.

[Bench Press](#); [Med Ball Pass](#); [One Arm Dumbbell Row](#); [Pike Swiss Ball Abs](#)

Box 5

-The dumbbell walking lunge is done with a band tied to the athlete's back. The band is pulling backward while the athlete is walking forward to apply force in the same direction as he does when he runs.

-In this particular phase, the athletes are pausing their lunge at the bottom for a couple seconds and trying to squeeze their legs together as like in the running action.

[Dumbbell Walking Lunge](#); [External Rotation Prone](#); [Single Arm Supine Rev Grip Lat Pull](#)

Box 6

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Bam Bams](#)

Box 7

[Incline Delt Drop](#); [Hip Flexor Isometric Pull](#); [DB Shoulder Press](#)

Box 8

[Reverse Grip Tricep Push Down Adaptability](#); [Bicep Curl Shock](#); [Blackburn](#)

BLOCK TWO, WEDNESDAY

100%	Wednesday	18-Nov-10			
		REPS	LOAD	SETS	NOTES
500	Back Squat	5,3	250 - 335	1,1	
	2-Min Rest/B-Breath				
500	Back Squat	3	400	1	
	2-Min Rest/B-Breath				
500	Back Squat	3	440 - 465	4	
	Stndng SQ Drop Jump	4	BNVA - BNVA	3	
	25 rest- BB		BNVA - BNVA		
	Delt BO Lat Reb Drop	4	BNVA - BNVA	3	
	25 rest- BB		BNVA - BNVA		
	Thors Hammer	12		3	
300	BENCH PRESS	5,3	150 - 200	1,1	
	2-Min Rest/B-Breath				
300	Bench Press	3	235 - 240	1	
	2-Min Rest/B-Breath				
300	BENCH PRESS	3	270 - 280	3	miss 2 board
	Med Ball Chest Pass	5		3	
	25 rest- BB				
	1 Arm DB Row	6		3	
	25 rest- BB				
	Pike SWB Abs	5		3	
	Walking Band Lunge Jump	6	BNVA - BNVA	3	Drop
	Pair w/		BNVA - BNVA		
	Laying External Rot	6	BNVA - BNVA	3	
	Pair w/		BNVA - BNVA		
	1 S.A.S. R.G Lat P	10		3	
	GH HYPR	8		3	
	Pair w/				
	Iso Ball Groin Squeeze	10S		3	
	Pair w/				
	Bam Bam	8		3	
	Inc Delt Lat Reb Drop	6	BNVA - BNVA	2	
	25 rest- BB		BNVA - BNVA		
	Hip FLXor ISO Pull	6	BNVA - BNVA	2	
	25 rest- BB		BNVA - BNVA		
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
150	Rev Grip Tri Push	8	115 - 120	2	
	25 rest- BB				
	Bicep shock curls	6		2	
	25 rest- BB				
	Blackburn	6		2	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1-2

-Some key points to remember and remind the athletes when performing the back squat: be sure to keep the back flat, chest up, and torso tight. The loads used on this day are heavier so be sure to be aware of technical breakdowns

-For the standing squat drop jump, pull the body into position using the anterior hip musculature; immediately upon impact with the ground, jump as high as possible

-For the Thors hammer, keep the elbow tucked into the side

[Back Squat](#); [Squat Drop Jump](#); [Delt Bent Over Lateral Reactive Drop](#); [Thors Hammer](#)

Box 3-4

-Some key points to remember and remind the athletes when performing the bench press: set up as tight as possible on the bench, with an arched back and retracted scapula. The loads used here are heavier so be aware of technical breakdown

[Bench Press](#) ; [Med Ball Pass](#); [One Arm Dumbell Row](#); [Pike Swiss Ball Abs](#)

Box 5

-The biggest change is in the walking band lunge jump. The athlete will actually jump into the lunge drop and then explode forward with the band still attached to him.

--The walking drop lunge jump with a band is a highly reactive exercise; be sure not to put too much tension on the band as it will decrease the athlete's ability to generate force rapidly.

[Walking Drop Lunge Jump](#); [External Rotation Prone](#); [Single Arm Supine Rev Grip Lat Pull](#)

Box 6

-The iso ball groin squeeze is performed with a Swiss ball between the knees in an athletic stance; squeeze the knees together as hard as possible into the ball

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Bam Bams](#)

Box 7

[Incline Delt Drop](#); [Hip Flexor Isometric Pull](#); [DB Shoulder Press](#)

Box 8

-During the bicep shock curl, the athlete must be sure to turn the palms down and away from the bar after they release; when bringing the hands back up, supinate(palm up) the hands and catch the bar rapidly

-The bicep shock curls develop explosiveness of the arms

[Reverse Grip Tricep Push Down Adaptability](#) ; [Bicep Curl Shock](#); [Blackburn](#)

BLOCK THREE, WEDNESDAY

100%	Wednesday	2-Dec-10			
		REPS	LOAD	SETS	NOTES
500	Back Squat	5, 3	250 - 335	1, 1	
	2-Min Rest/B-Breath				
500	Back Squat	3	400	1	
	2-Min Rest/B-Breath				
500	Back Squat	3	440 - 465	4	
	Standing SQ Drop Jump	4		3	
	25 rest- BB				
	Delt BO Lat Reb Drop	4		3	
	25 rest- BB				
	Thors Hammer	12		3	
300	BENCH PRESS	5, 3	150 - 200	1, 1	
	2-Min Rest/B-Breath				
300	Bench Press	3	235 - 240	1	
	2-Min Rest/B-Breath				
300	BENCH PRESS	3	270 - 280	3	miss 2 board
	Med Ball Chest Pass	5		3	
	25 rest- BB				
	1 Arm DB Row	6		3	
	25 rest- BB				
	Pike SWB Abs	5		3	
	Walking Band Lunge Jump	6		3	Drop
	Pair w/				
	Laying External Rot	6		3	
	Pair w/				
	1 S.A.S. R.G Lat P	10		3	
	GH HYPR	8		3	
	Pair w/				
	Iso Ball Groin Squeeze	10S		3	
	Pair w/				
	Bam Bam	8		3	
	Inc Delt Lat Reb Drop	6		2	
	25 rest- BB				
	Hip FLXor ISO Pull	6		2	
	25 rest- BB				
75	DB Shoulder Press	10	50 - 55	2	oc-D+1
150	Rev Grip Tri Push	8	115 - 120	2	
	25 rest- BB				
	Bicep shock curls	6		2	
	25 rest- BB				
	Blackburn	6		2	

COACHING POINTS AND EXERCISE TUTORIAL

*The same methods are used in coaching this maximal effort day.

Box 1-2

-Some key points to remember and remind the athletes when performing the back squat: be sure to keep the back flat, chest up, and torso tight. The loads used on this day are heavier so be sure to be aware of technical breakdowns
 -For the standing squat drop jump, pull the body into position using the anterior hip musculature; immediately upon impact with the ground, jump as high as possible
 -For the Thors hammer, keep the elbow tucked into the side.

[Back Squat](#); [Squat Drop Jump](#); [Delt Bent Over Lateral Reactive Drop](#); [Thors Hammer](#)

Box 3-4

-Some key points to remember and remind the athletes when performing the bench press: set up as tight as possible on the bench, with an arched back and retracted scapula. The loads used here are heavier so be aware of technical breakdown.

[Bench Press](#) ; [Med Ball Pass](#); [One Arm Dumbell Row](#); [Pike Swiss Ball Abs](#)

Box 5

-The biggest change is in the walking band lunge jump. The athlete will actually jump into the lunge drop and then explode forward with the band still attached to him.

-The walking drop lunge jump with a band is a highly reactive exercise; be sure not to put too much tension on the band as it will decrease the athlete's ability to generate force rapidly.

[Walking Drop Lunge Jump](#); [External Rotation Prone](#); [Single Arm Supine Rev Grip Lat Pull](#)

Box 6

-In the glute ham hyper, more advanced athletes can focus on dropping as fast as they can to full extension and then rip themselves up. For less advanced athletes, continue to perform the standard glute ham method.

[Glute Ham Hyper](#); [Isometric Ball Groin Squeeze](#); [Bam Bams](#)

Box 7

[Incline Delt Drop](#); [Hip Flexor Isometric Pull](#); [DB Shoulder Press](#)

Box 8

[Reverse Grip Tricep Push Down Adaptability](#) ; [Bicep Curl Shock](#); [Blackburn](#)

undulated block, which is in this case 75–80 percent. For examples of assistance work that should be used to optimize performance gains and for suggested rep ranges of these exercises within each block, refer to the programs throughout this section.

SEQUENCING

The sequencing of these exercises is very similar to Monday's. One point to make here is select a training means that would be considered a less stressful version of the compound exercise chosen on Monday. For example, if the athlete performs a back squat on Monday, have him perform a back squat with weight releasers on Friday. Choose an exercise that is slightly less stressful, as the athlete and his nervous system are fatigued by this point and aren't able to handle high intensities any longer. Below is a second example of triphasic exercise sequencing using the bench press.

TABLE 4.15: FRIDAY TRIPHASIC EXERCISE SEQUENCING (BENCH PRESS)		
BLOCK 1 (ECCENTRIC)	BLOCK 2 (ISOMETRIC)	BLOCK 3 (CONCENTRIC)
BENCH PRESS ECCENTRIC TEMPO - 6:0:0:0	BENCH PRESS ISOMETRIC TEMPO - 0:3:0:0	BENCH PRESS CONCENTRIC TEMPO - 0:0:0:0
BENCH PRESS CLOSE GRIP ECCENTRIC TEMPO - 6:0:0:0	DB BENCH PRESS ISOMETRIC TEMPO - 0:3:0:0	DB BENCH PRESS WITH BANDS TEMPO - 0:0:0:0
	INCLINE DB PRESS ISOMETRIC TEMPO - 0:3:0:0	DB INCLINE PRESS TEMPO - 0:0:0:0
	BENCH PRESS CLOSE GRIP ISOMETRIC TEMPO - 0:3:0:0	CLOSE GRIP BENCH PRESS TEMPO - 0:0:0:0

WORKOUT

Below you will find Friday's workout for each block of the three-day above 80 percent model. Coaching points with their respective hyperlinks to the exercises are in the right-hand column. At the end of this section, you will find workouts for each block of a four-day, five-day, six-day, and two-day in-season model.

BLOCK ONE, FRIDAY

100%	FRIDAY	6-Nov-10		SETS	NOTES
		REPS	LOAD		
200	STEP UP	8	150 - 160	3	5:0:0:0:
	15 Rest-BB				
	INCLINE SIT UP	8	80A - 80A	3	
	15 Rest-BB		80A - 80A		
	Ball LG Curl	10		3	
90	DB INCLINE BENCH	15	60 - 65	3	oc-D+1
	15 Rest-BB				
75	DB Twist	15	50 - 55	3	
	15 Rest-BB				
	Jobes	6		3	4:0:0:0
200	Walking Lunge	8	150 - 160	3	Squeeze
	15 Rest-BB				
75	DB Fly	8	40 - 45	3	
	15 Rest-BB				
	Delt Lat Rebound Drop	8		3	
500	Glute Bar Lift	8	250 - 300	3	
	15 Rest-BB				
	Rope Circles	15		3	Each Way
	15 Rest-BB				
180	Gripper	15	115 - 125	3	
120	BAR CURL	8	85 - 90	2	
	15 Rest-BB				
150	TRI PUSH DOWN	8	105 - 115	2	
	15 Rest-BB				
	90 90 Groin ISO Hold	10		2	
60	Zotman Curl	6	45 - 50	2	
	15 Rest-BB				
	Speed Abduction	8		2	
	15 Rest-BB				
240	Close Grip Bench	6	60 - 70	2	3 Board
	Single Leg Iso DL	6 s	80A - 80A	2	
	15 Rest-BB		80A - 80A		
	Rope Vertical	15	80A - 80A	2	
	15 Rest-BB		80A - 80A		
	Full BCH Curl Up	8		2	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-Notice that there isn't a French contrast method. A third day of this method can be applied with well trained athletes. However, make sure they aren't overworked.

-This particular program shows an example of athletes who may not be able to handle all the loading and shock that exists with the French contrast method, so we did a step-up with an eccentric component.

-Notice that the rest on this particular day is reduced to increase the work capacities of the athlete during this training cycle.

[Step up](#); [Incline sit up](#); [Ball LG curl](#)

Box 2

-Make sure to finish the oscillatory incline DB bench on a full rep

[OC DB Incline Bench](#); [DB twist](#); [Jobes](#)

Box 3

-The delt lat rebound drop develops the explosive capacity of the shoulder, and therefore must be done fast

[Walking Lunge](#); [DB Fly](#); [Delt Lat Rebound Drop](#)

Box 4

-The rope circles are done in various ways—in and out, down and up, and circles in multiple fashions. This is the work capacity component for the shoulder. I truly believe that it provides effective shock training for the posterior shoulder in aiding the athlete.

[Glute bar lift](#); [Rope circles](#); [Gripper](#)

Box 5

-The 90 90 groin iso hold is a prehab exercise for the adductors

[Bar curl](#); [Tri push down](#); [90 90 groin iso hold](#)

Box 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally located during this movement.

[Zottman curl](#); [Speed abduction](#); [Close grip bench](#)

Box 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.

[Single leg iso DL](#); [Rope vertical](#); [Full BCH curl up](#)

BLOCK TWO, FRIDAY

100%	FRIDAY	20-Nov-10			
		REPS	LOAD	SETS	NOTES
225	Single Leg Squat	8	170 - 180	3	0:5:0:0
	15 Rest-BB				
	INCLINE SIT UP	8	80A - 80A	3	
	15 Rest-BB		80A - 80A		
	Ball LG Curl	10		3	
90	DB INCLINE BENCH	15	60 - 65	3	oc-D+1
	15 Rest-BB				
75	DB Twist	15	50 - 55	3	
	15 Rest-BB				
	Jobes	6		3	4:0:0:0
	Walking Drop Lunge Jump	8	80A - 80A	3	
	15 Rest-BB		80A - 80A		
75	DB Fly	8	40 - 45	3	
	15 Rest-BB				
	Delt Lat Rebound Drop	8		3	
500	Glute Bar Lift	8	250 - 300	3	
	15 Rest-BB				
	Rope Circles	15		3	Each Way
	15 Rest-BB				
180	Gripper	15	115 - 125	3	
120	BAR CURL	8	85 - 90	2	
	15 Rest-BB				
150	TRI PUSH DOWN	8	105 - 115	2	
	15 Rest-BB				
	90 90 Groin ISO Hold	10		2	
60	Zotman Curl	6	45 - 50	2	
	15 Rest-BB				
	Speed Abduction	8		2	
	15 Rest-BB				
240	Close Grip Bench	6	60 - 70	2	3 Board
	Single Leg Iso DL	6 s	80A - 80A	2	
	15 Rest-BB		80A - 80A		
	Rope Vertical	15	80A - 80A	2	
	15 Rest-BB		80A - 80A		
	Full BCH Curl Up	8		2	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-Notice that I changed from a step-up to a single leg squat for the isometric. It isn't practical to do a step-up in the isometric phase or a step-up in the reactive phase.

[Single Leg Squat](#); [Incline sit up](#); [Ball LG curl](#)

Box 2

-Remember to finish the DB incline bench on a complete rep

[OC DB Incline Bench](#); [DB twist](#); [Jobes](#)

Box 3

-A key component for every plyometric and strength movement with the legs is to drive your foot through the ground.

-The walking drop lunge jump employs principles from the AFSM method, whereby an athlete needs to pull themselves down into position hard and fast, and immediately reverse the direction forward explosively

-The delt lat rebound drop develops the explosive capacity of the shoulder, and must therefore be done as fast as possible

[Walking Drop Lunge Jump](#); [DB Fly](#); [Delt Lat Rebound Drop](#)

Box 4

[Glute bar lift](#); [Rope circles](#); [Gripper](#)

Box 5

-The 90 90 groin iso hold is a prehab exercise for the adductors

[Bar curl](#); [Tri push down](#); [90 90 groin iso hold](#)

Box 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally rotated.

[Zottman curl](#); [Speed abduction](#); [Close grip bench](#)

Box 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.

[Single leg iso DL](#); [Rope vertical](#); [Full BCH curl up](#)

BLOCK THREE, FRIDAY

100%	FRIDAY	4-Dec-10		SETS	NOTES
		REPS	LOAD		
225	Single Leg Squat	8	170 - 180	3	
	15 Rest-BB				
	INCLINE SIT UP	8	SHIA - SHIA	3	
	15 Rest-BB		SHIA - SHIA		
	Ball LG Curl	10		3	
90	DB INCLINE BENCH	15	60 - 65	3	oc-D+1
	15 Rest-BB				
75	DB Twist	15	50 - 55	3	
	15 Rest-BB				
	Jobes	6		3	
	Walking Drop Lunge Jump	8	SHIA - SHIA	3	
	15 Rest-BB		SHIA - SHIA		
75	DB Fly	8	40 - 45	3	
	15 Rest-BB				
	Delt Lat Rebound Drop	8		3	
500	Glute Bar Lift	8	250 - 300	3	
	15 Rest-BB				
	Rope Circles	15		3	Each Way
	15 Rest-BB				
180	Gripper	15	115 - 125	3	
120	BAR CURL	8	85 - 90	2	
	15 Rest-BB				
150	TRI PUSH DOWN	8	105 - 115	2	
	15 Rest-BB				
	90 90 Groin ISO Hold	10		2	
60	Zotman Curl	6	45 - 50	2	
	15 Rest-BB				
	Speed Abduction	8		2	
	15 Rest-BB				
240	Close Grip Bench	6	60 - 70	2	3 Board
	Single Leg Iso DL	6 s	SHIA - SHIA	2	
	15 Rest-BB		SHIA - SHIA		
	Rope Vertical	15	SHIA - SHIA	2	
	15 Rest-BB		SHIA - SHIA		
	Full BCH Curl Up	8		2	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-Some points to keep in mind while doing the single leg squat: as the load increases, athletes are liable to decrease their range of motion; as such, it is important to constantly remind them to sink down towards ground, keeping the back flat and chest up

[Single Leg Squat](#); [Incline sit up](#); [Ball LG curl](#)

Box 2

-The DB incline bench is performed in the oscillatory manner, and finishes on a complete rep

[OC DB Incline Bench](#); [DB twist](#); [Jobes](#)

Box 3

-The walking drop lunge jump is performed without a band; the athlete, just as with any AFSM exercise, pulls themselves into position powerfully. After the athlete is in the lunge position, jump forward as far as possible. This is a highly reactive exercise

[Walking Drop Lunge Jump](#); [DB Fly](#); [Delt Lat Rebound Drop](#)

Box 4

-Rope circles can be performed in many ways, such as side to side, up/down, and in/out

[Glute bar lift](#); [Rope circles](#); [Gripper](#)

Box 5

-The 90 90 groin iso hold is a prehab exercise for the adductors

[Bar curl](#); [Tri push down](#); [90 90 groin iso hold](#)

Box 6

-Speed abduction: When the athlete pulls the foot in, the toes should come toward the midline of the body. As the athlete pushes the foot back out, the toes should be externally rotated.

[Zottman curl](#); [Speed abduction](#); [Close grip bench](#)

Box 7

-The single leg iso deadlift is one of the most effective strength builders in the deep position that I've ever used.

[Single leg iso DL](#); [Rope vertical](#); [Full BCH curl up](#)

✓ COACH'S CORNER

ACCELERATED PLYOMETRICS

BY CAL DIETZ AND BEN PETERSON

EDITED BY DANIEL RAIMONDI

Approximately nine years ago, I was fortunate to come across a motion analysis system that our mechanical engineering department possessed. This device contained nine cameras placed systematically such that it could detect a multitude of human movements and joint angles to find out what was really going on in sport. While utilizing this system, I analyzed a number of athletes in the weight room and on the field with this elite camera system. To be clear, I couldn't set these cameras up myself. Our strength and conditioning staff had to have biomedical engineering students assemble the entire system in order to run these tests and analyze various movements.

One day while analyzing the data, I began to realize that during the second and third step in running and skating, I couldn't mimic the speed qualities that took place during those steps in the weight room by using conventional plyometric exercises. At that point it dawned on me to unload the human body while it did those jumping movements to mimic the speed at which the second, third, fourth, and fifth step in skating and running took place. Keep in mind, I usually use double leg plyometrics with this particular accelerated method because of the speed involved in the extension of the hips and knees. I realize that many strength coaches think single leg plyometrics are more sport-specific because sports are played mainly on one leg. This is an opinion I can't disagree with. However, what I will disagree with is that a single leg plyometric, as shown by this motion analysis machine, is so much slower in producing forces that it doesn't mimic what is taking place in sports. In real life, single leg plyometrics are beneficial in teaching the human body to be more explosive for the same reason that double leg plyometrics teach a constant load (body weight) to accelerate faster. With double leg plyometrics, it must be noted that because the weight per limb is distributed, there is a higher potential for developing speed because of the shorter amortization phase, and thus, a more explosive rebound.

Most coaches are incorrect in their programming because they place single leg plyometrics after double leg plyometrics. They believe this to be the logical training progression because the single leg requires more strength. Within a block scheme, the programming of plyometric jumps should look like this:

1. [Single leg plyometrics](#)
2. [Double leg plyometrics](#)
3. [Single leg accelerated plyometrics](#)
4. [Double leg accelerated plyometrics](#)

4.9: ABOVE 80 PERCENT THREE-DAY PROGRAM OVERVIEW

TABLE 4.16: UNDULATING BLOCK MODEL							
TRAINING WEEK:		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
3-DAY MODEL	FOCUS	TOTAL BODY	OFF	TOTAL BODY	OFF	TOTAL BODY	OFF
	LOAD	82–87%		90–97%		75–80%	
	MEANS APPLIED	TRIPHASIC		DYNAMIC		TRIPHASIC	

TABLE 4.17: ABOVE 80 PERCENT THREE-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Long Sprints or Short Sprints with Reduced Rest (Speed Conditioning)	- Sprints over 15 seconds or - Sprints under 10, recovery under 20 seconds.	High Quality Lactic Anaerobic Power Training Builder Metabolic Injury Prevention Runs
DAY 2	Short Sprints (High Quality Speed)	- Sprints under 10 seconds - Full recovery; rest 90–120 seconds.	Alactic High Quality Workout Flying 60's 16 Week Short Sprint Workouts Cone Agility
DAY 3	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	Aerobic Work Capacity Training Builder Game Speed Conditioning Bike Conditioning TrashBall

*Additional conditioning models for four-day, five-day, and six-day training models are shown in successive sections of this chapter.

QUESTION 5: WHAT IS THE BEST EXERCISE SEQUENCE YOU HAVE FOUND THAT TRAINS THE TRIPHASIC MUSCLE ACTION OF YOUR ATHLETES?

This essentially comes back to the larger muscle groups and readdressing the issue that we aren't necessarily training the muscles but rather the entire nervous system. The more motor units that can be recruited with a particular exercise the better. The overall selection and choice of that exercise would be superior because you're creating a systemic adaption to the stress placed on the organism from the triphasic methods. The best sequencing therefore would be something that involves larger muscle groups being recruited through the exercises being used.

QUESTION 6: WHAT PROGRESSIONS SHOULD I USE WITH OTHER EXERCISES DURING THE TRIPHASIC MESOCYCLE TO MAXIMIZE PERFORMANCE?

TABLE 4.18: ABOVE 80 PERCENT TRIPHASIC EXERCISE SEQUENCING			
EXERCISE	BLOCK 1 (ECCENTRIC)	BLOCK 2 (ISOMETRIC)	BLOCK 3 (CONCENTRIC)
FRONT SQUAT	<u>FRONT SQUAT ECCENTRIC</u>	<u>FRONT SQUAT ISOMETRIC</u>	<u>FRONT SQUAT</u>
LEG PRESS	<u>LEG PRESS SINGLE LEG ECCENTRIC</u>	<u>LEG PRESS SINGLE LEG ISOMETRIC</u>	<u>SINGLE LEG PRESS</u>
DB ROW	<u>DUMBBELL ROW ECCENTRIC</u>	<u>DUMBBELL ROW ISOMETRIC</u>	<u>ONE ARM DUMBBELL ROW</u>
BAND JUMPS	<u>ACCELERATED BAND SQUAT JUMP PAUSE</u>	<u>ACCELERATED BAND SQUAT JUMP</u>	<u>ACCELERATED BAND SQUAT JUMP REACTIVE</u>
RDL	<u>RDL DUMBBELL ECCENTRIC</u>	<u>RDL DUMBBELL ISOMETRIC</u>	<u>RDL DUMBBELL</u>
DB LUNGE	<u>DUMBBELL WALKING LUNGE WITH PAUSE</u>	<u>DUMBBELL WALKING LUNGE</u>	<u>DUMBBELL WALKING LUNGE SWITCH</u>
BENCH PRESS	<u>BENCH PRESS ECCENTRIC</u>	<u>BENCH PRESS ISOMETRIC</u>	<u>BENCH PRESS REACTIVE</u>
HIP FLEXOR	<u>HIP FLEXOR ECCENTRIC PRONE</u>	<u>HIP FLEXOR ISOMETRIC PULL</u>	<u>HIP FLEXOR PRONE CONTRALATERAL</u>

TABLE 4.19: ABOVE 80 PERCENT THREE-DAY VERSUS FOUR-DAY MODEL

Training Week:		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Three-Day Model	Focus	Total Body	OFF	Total Body	OFF	Total Body	OFF
	Load	82-87%		90-97%		75-80%	
	Means Applied	Triphasic		Dynamic		Triphasic	
Four-Day Model	Focus	Lower Body	Upper Body	OFF	Lower Body	Upper Body	OFF
	Load	82-87%	82-87%		90-97%	90-97%	
	Means Applied	Triphasic			Dynamic		

Two other important aspects of training that can't be forgotten are speed work and conditioning. Below is a table that shows where in the training week each should be emphasized along with special instructions and example workouts.

TABLE 4.20: ABOVE 80 PERCENT FOUR-DAY CONDITIONING MODEL

TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90-120 seconds	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints w/ Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs

TABLE 4.20: ABOVE 80 PERCENT FOUR-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 3	Short Sprint (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds	• Alactic High Quality Workout • Flying 60s • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall

Finally, we need to talk about the different exercises, methods, and means I use in a four-day program that I don't use and didn't show you in the three-day program. By this point, however, I'm sure you're probably a little tired of reading, and I'm certainly tired of writing. So I thought this would be a good point in the book to change it up a little. Instead of reading, let's try listening and watching.

Below is a hyperlink that will take you to a video series where I walk you through the four-day program, explaining some of the exercises and why I use them. I recommend having the program next to you while you watch, so you can follow along and take notes. In advance, yes, my hair is a mess; no, I didn't shave even though my wife told me to; and yes, I am a little heavy right now. We filmed this right around Christmas time, so I had access to cookies galore. No fat jokes, please.

[FOUR-DAY ABOVE 80 PERCENT TRIPHASIC VIDEO](#)

BLOCK ONE (4-DAY): ABOVE 80% ECCENTRIC PHASE **HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	Back Squat	Box 1	Bench Press	Box 1	Balance Single Leg Squat Lat Pull and Press Leg Press Calf Raise	Box 1	Bench Press
Box 2	Back Squat Eccentric Hurdle Hop Accelerated Band Jump	Box 2	Bench Press Dumbbell Rear Leg Press Calf Raise	Box 2	Back Squat	Box 2	Bench Press Rack Band Push Up KA D1 Pattern
Box 3	90 90 Groin ISO Hold GH HYPR Incline Incline Step Up Toe Raises	Box 3	Dumbbell Incline Fly Dumbbell Bent Over Row Delt Lateral Rebound Drop	Box 3	Back Squat Half Squat Jump Weighted Face Band Pulls	Box 3	Eccentric DB Press KA Squat Twist Dumbbell Rear
Box 4	Hip Flex Ecc Prone Dumbbell Push Backs Supine Glute Ham Back Iso	Box 4	JM Dumbbell Press Bar Curl Chest Reverse Grip ISO	Box 4	90 90 Groin ISO Hold Reverse Hyper DB Walking Lunge	Box 4	JM Dumbbell Press Incline Hammer Curl Chest Rev Grip Iso
Box 5	H-Sq Sh Bi Trap Glute Ham Back Cav Iso	Box 5	Supine Glute Ham Back Iso H-Sq Sh Bi Trap	Box 5	H-Sq Sh Bi Trap Glute Ham Back Cav Iso Supine Glute Ham Back Iso	Box 5	Glute Ham Back Cav Iso Sq Trap Sh Bi Hold
Box 6	Power Clean	Box 6	Deadlift	Box 6	Power Clean	Box 6	Deadlift
Box 7	3:00 Core Test SWB Down TW	Box 7	3:00 Core Test Swiss Ball Down Twist	Box 7	3:00 Core Test SWB Down TW	Box 7	3:00 Core Test SWB Down TW
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes	Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes

BLOCK TWO (4-DAY): ABOVE 80% ISOMETRIC PHASE

HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	Back Squat	Box 1	Bench Press	Box 1	Balance Single Leg Squat Lat Pull and Press Leg Press Calf Raise	Box 1	Bench Press
Box 2	Back Squat Isometric Hurdle Hop Accelerated Band Jump	Box 2	Bench Press Dumbbell Rear Leg Press Calf Raise	Box 2	Back Squat	Box 2	Bench Press Rack Band Push Up KA D1 Pattern
Box 3	90 90 Groin ISO Hold GH HYPR Incline Isometric Incline Step Up Toe Raises	Box 3	Dumbbell Incline Fly Dumbbell Bent Over Row Delt Lateral Rebound Drop	Box 3	Back Squat Half Squat Jump Weighted Face Band Pulls	Box 3	Isometric DB Press KA Squat Twist Dumbbell Rear
Box 4	Hip Flex Prone Isometric Dumbbell Push Backs Supine Glute Ham Back Iso	Box 4	JM Dumbbell Press Bar Curl Chest Reverse Grip ISO	Box 4	90 90 Groin ISO Hold Reverse Hyper DB Walking Lunge	Box 4	JM Dumbbell Press Incline Hammer Curl Chest Rev Grip Iso
Box 5	Hip Flex Prone Isometric Dumbbell Push Backs	Box 5	Supine Glute Ham Back Iso H-Sq Sh Bi Trap	Box 5	H-Sq Sh Bi Trap Glute Ham Back Cav Iso Supine Glute Ham Back Iso	Box 5	Supine Glute Ham Back Iso Sq Trap Sh Bi Hold
Box 6	Power Clean	Box 6		Box 6	Power Clean	Box 6	Deadlift
Box 7	3:00 Core Test SWB Down TW	Box 7	3:00 Core Test Swiss Ball Down Twist	Box 7	3:00 Core Test SWB Down TW	Box 7	3:00 Core Test SWB Down TW
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes	Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes

BLOCK THREE (4-DAY): ABOVE 80% CONCENTRIC PHASE HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	Back Squat	Box 1	Bench Press	Box 1	Glute Bar Lift Lat Pull and Press 3- Way Ham Touch	Box 1	Bench Press
Box 2	Back Squat Power Step up Cycle Kicks	Box 2	Bench Press Dumbbell Rear Leg Press Calf Raise	Box 2	Back Squat	Box 2	Bench Press Clap Push-Up Dumbbell Rear
Box 3	90 90 Groin ISO Hold 3- Way Ham Touch Walking Drop Lunge Jumps	Box 3	Dumbbell Incline Fly Dumbbell Bent Over Row Delt Lateral Rebound Drop	Box 3	Sport back Squat Accelerated Band Jump KA Bent Over Rows	Box 3	DB Bench Dumbbell Bent Over Row DB Shrugs
Box 4	Prone Bench Hip Flex Dumbbell Push Backs Supine Glute Ham Back Iso	Box 4	JM Dumbbell Press Bar Curl Chest Reverse Grip ISO	Box 4	90 90 Groin ISO Hold DB RDL Inline DB Walking Lunge	Box 4	JM Dumbbell Press Incline Hammer Curl Chest Rev Grip Iso
Box 5	Glute Ham Back Cav Iso	Box 5	Supine Glute Ham Back Iso	Box 5	Glute Ham Back Cav Iso Supine Glute Ham Back Iso	Box 5	Glute Ham Back Cav Iso
Box 6	3:00 Core Test SWB Down TW	Box 6	3:00 Core Test Swiss Ball Down Twist	Box 6		Box 6	
Box 7	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 7	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes	Box 7	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 7	Glute Ham Hang Rollers Quads & Back Laying Wall Shakes
Box 8		Box 8		Box 8		Box 8	

TABLE 4.22: ABOVE 80 PERCENT FIVE-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds	• Alactic High Quality Workout • Flying 60s • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints w/ Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 3	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Short Sprints (Anaerobic Conditioning)	• Sprints under 10 seconds • Limited recovery; 45–60 seconds	• Work Capacity Alactic Anaerobic Training Builder • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 5	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall

Finally, we need to talk about the different exercises, methods, and means I use in a five-day program that I don't use and didn't show you in the three-day program. The following hyperlink will take you to a video that explains the five-day program.

[FIVE-DAY ABOVE 80 PERCENT TRIPHASIC VIDEO](#)

BLOCK ONE (5-DAY): ABOVE 80% ECCENTRIC PHASE **HYPERLINKS**

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	FRONT SQUAT P/w-2 Neck	Box 1	Back Squat P/w-2 Neck	Box 1	Deadlift P/w-2 Neck
Box 2	Eccentric Front Squat Lat Pull Down Cuban PRSS INC F8	Box 2	Back Squat 1 Arm Lat Pull Down Delt Lat Rebound Drop	Box 2	Deadlift Pull up Cuban PRSS INC F8
Box 3	DB Walking Lunge DB BO Row Shrug	Box 3	STEP UP DB Twist DB Shrug	Box 3	Single Leg Squat DB BO Row DB Shrug
Box 4	RDL Incline Hammer Curls Full BCH Curl Up	Box 4	DB RDL InLine Zotman Curl INCLINE SIT UP	Box 4	Assist Noridic Ham Curl DB Curl INCLINE SIT UP
Box 5	Ball LG Curl 90 90 Groin ISO Hold Ez Bar Curl	Box 5	Glute Bar Lifts BAR CURL BND Adduction	Box 5	Glute Bar Lift Revs Curl Iso Ball Grion Squeeze
Box 6	Shrug Closed Lunge V BND TW Wrist Flexion	Box 6	Shrug PRTNR Abs Bam Bam	Box 6	BENCH PRESS DB Shoulder Press TRI PUSH DOWN
Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso	Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso	Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso
Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks	Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks	Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks

**BLOCK ONE (5-DAY): ABOVE 80%
ECCENTRIC PHASE HYPERLINKS**

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	BENCH PRESS P/w-2 Neck	Box 1	BENCH PRESS P/w-2 Neck
Box 2	BENCH PRESS DB Rear Delt Calf Raises	Box 2	BENCH PRESS Med Ball Chest Pass INC OH Sit Up
Box 3	DB INCLINE BENCH Infraspinatus DB Side Lat Raise	Box 3	DB Incline Fly Arnold Press Dynamic Lat Pull
Box 4	Jerk Support Iso Hip FLX BND Pulls Glute Swings	Box 4	Close Grip Bench Hip Flex Ecc Prone 90 90 Glute ISO Hold
Box 5	JM DB Press BND Abduction Spider Flips	Box 5	DB Tri Floor Press Iso Abduction Hold Round House
Box 6	Shrug Closed Lunge V BND TW Wrist Flexion	Box 6	Wrist Flexion PRTNR Abs SWB Up TW
Box 7	Chest Rev Grip Iso ISO SPLIT	Box 7	Chest Rev Grip Iso
Box 8	GH HANG Rollers Glutes and Hams Partner Back walk	Box 8	GH HANG Rollers Quads & Back LAYING WALL SHAKES

BLOCK TWO (5-DAY): ABOVE 80% ISOMETRIC PHASE
HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	FRONT SQUAT P/w-2 Neck	Box 1	Back Squat P/w-2 Neck	Box 1	Deadlift P/w-2 Neck
Box 2	Isometric Front Squat Lat Pull Down Cuban PRSS INC F8	Box 2	Back Squat 1 Arm Lat Pull Down Delt Lat Rebound Drop	Box 2	Deadlift Pull up Cuban PRSS INC F8
Box 3	DB Walking Lunge DB BO Row Shrug	Box 3	STEP UP Dynamic Lat Pull DB Shrug	Box 3	Single Leg Squat DB BO Row DB Shrug
Box 4	RDL Incline Hammer Curls Full BCH Curl Up	Box 4	Assist Noridic Ham Curl DB Curl INCLINE SIT UP	Box 4	Assist Noridic Ham Curl Bar Curl INCLINE SIT UP
Box 5	Ball LG Curl 90 90 Groin ISO Hold Ez Bar Curl	Box 5	Glute Bar Lifts BAR CURL BND Adduction	Box 5	Glute Bar Lifts Revs Curl Iso Ball Grion Squeeze
Box 6	Shrug Closed Lunge V BND TW Wrist Flexion	Box 6	Shrug PRTNR Abs Bam Bam	Box 6	BENCH PRESS DB Shoulder Press TRI PUSH DOWN
Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso	Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso	Box 7	Sq Trap Sh Bi Hold Glute Ham Back Cav Iso
Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks	Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks	Box 8	GH HANG Rollers Glutes and Hams Partner Leg Walks

**BLOCK TWO (5-DAY): ABOVE 80% ISOMETRIC
PHASE HYPERLINKS**

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	BENCH PRESS P/w-2 Neck	Box 1	BENCH PRESS P/w-2 Neck
Box 2	BENCH PRESS DB Rear Delt Calf Raises	Box 2	BENCH PRESS Med Ball Chest Pass INC OH Sit Up
Box 3	DB INCLINE BENCH Infraspinatus DB Side Lat Raise	Box 3	DB BENCH Arnold Press Dynamic Lat Pull
Box 4	Push Press Hip FLX BND Pulls Glute Swings	Box 4	Close Grip Bench Hip Flex Ecc Prone 90 90 Glute ISO Hold
Box 5	JM DB Press BND Abduction Spider Flips	Box 5	DB Tri Floor Press Iso Abduction Hold Round House
Box 6	Shrug Closed Lunge V BND TW Wrist Flexion	Box 6	Wrist Flexion PRTNR Abs SWB Up TW
Box 7	Chest Rev Grip Iso ISO SPLIT	Box 7	Chest Rev Grip Iso
Box 8	GH HANG Rollers Glutes and Hams Partner Back walk	Box 8	GH HANG Rollers Quads & Back LAYING WALL SHAKES

BLOCK THREE (5-DAY): ABOVE 80% CONCENTRIC PHASE
HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	Front squat	Box 1	Back Squat	Box 1	Deadlift
Box 2	Front squat Drop Box Jumps Hip Flex Band Pulls	Box 2	Back Squat USSR Plyo Box Speed Adduction	Box 2	Deadlift Close Grip Bench
Box 3	STEP UP GH HYPR Incline Speed Adduction	Box 3	SL Leg Press Assist Nordic Ham Curl 90 90 Glute Iso Hold	Box 3	Glute Bar Lift Single Leg Iso Deadlift
Box 4	RDL ANT TIB BAND 90 90 Glute Iso Hold	Box 4	ANT TIB BAND PRTNR BND ABS 90 90 Band Twist	Box 4	Power Snatch
Box 5		Box 5		Box 5	
Box 6	Closed Lunge V Band Twist SWB Up TW Band	Box 6		Box 6	DB Shoulder Press Tricep Push Down
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Traction	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Leg Traction

**BLOCK THREE (5-DAY): ABOVE 80%
CONCENTRIC PHASE HYPERLINKS**

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	Power Clean	Box 1	Power Snatch
Box 2	Power Clean	Box 2	Power Snatch
Box 3	Bench Press	Box 3	Bench Press
Box 4	Bench Press 90 90 Band Twist Bench Press	Box 4	Bench Press Bench Throw
Box 5	DB Incline Bench Lat Pull Down DB Side Lateral Raise	Box 5	Push Press EZ Bar Curl Gripper
Box 6	DB Tri Floor Press Bar Curl DB Rear Delt	Box 6	DB Rear Delt DB Bent Over Row Gopher U ABS
Box 7	Delt BO OH Rebound Drops Bam Bam	Box 7	
Box 8	GH HANG Rollers Glutes and Hams Shoulder Traction	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

TABLE 4.24: ABOVE 80 PERCENT SIX-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds	• Alactic High Quality Workout • Flying 60s • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints w/ Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 3	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Short Sprints (Anaerobic Conditioning)	• Sprints under 10 seconds • Limited recovery; 45–60 seconds	• Work Capacity Alactic Anaerobic Training Builder • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 5	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall
DAY 6	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall

BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE **HYPERLINKS**

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	OH SQ Rack Press 2 way Neck STR Leg OC Glute lifts	Box 1	Triangle Terror 2 way Neck Piston Squat Band	Box 1	3-way Ham Press 2 way Neck Balance Single Leg Squat
Box 2	Back Squat Back Squat Eccentric	Box 2	Back Squat	Box 2	FRONT SQUAT Eccentric Front Squat
Box 3	Hurdle Hop SQ Jump Weighted ACC Band Jump Pause	Box 3	Alt Inc Power Step Up USSR Plyo Box Power Step up	Box 3	Hurdle Hop USSR Plyo Box ACC Band Jump Pause
Box 4	4 Way Neck Wrist Flexion ANT TIB BND	Box 4	DB Step Up External Rotation Supine DB SL Calf Raise	Box 4	Iso Ball Grion Squeeze LAT SUP F8 Ankle Band Work
Box 5	DB Walking Lunge Cuban PRSS INC F8 Ankle Band Work	Box 5	GH HYPR Incline Hip FLX BND Pulls LAT 90 90 Groin ISO Hold	Box 5	RDL Shrug Hip Flexor Isometric Pull SNGL LG ISO Deadlift
Box 6	Glute Bar Lifts Hip Flex Band Pulls Iso Ball Grion Squeeze	Box 6	Squat ISO Hold Hip Traction	Box 6	GH HANG Partner Leg Walks Hip Traction
Box 7	Hip Traction Partner Leg Walks GH HANG	Box 7	GH HANG	Box 7	
Box 8		Box 8		Box 8	

BLOCK ONE (6-DAY): ABOVE 80% ECCENTRIC PHASE
HYPERLINKS

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink	Day 6	Exercise Hyperlink
Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck
Box 2	Chain Bench Rack Band Push Up Infraspinatus	Box 2	Bench Press MB Chest Pass SA OH SUP F8	Box 2	Bench Press MB Chest Pass SA OH SUP F8
Box 3	DB INCLINE BENCH Lat Pull Down OH LAT Raise	Box 3	Dumbbell Incline Fly Dynamic Lat Pull DB Curl to Arnold	Box 3	DB incline bench 1 Arm Lat Pull Down DB Curl to Arnold
Box 4	Dips Chin Up ANT TIB BND	Box 4	Close Grip Bench Incline Hammer Curl DB SL Calf Raise	Box 4	DB Tri Floor Press Ez Bar Curl DB SL Calf Raise
Box 5	JM Dumbbell Press Bar Curl Bam Bams	Box 5	Tri push down Concentration Curl Round House	Box 5	Dips Drag Curl Spider Flips
Box 6	Gripper Pike Swiss Ball Abs SWB Down TW	Box 6	Wrist Flexion Gopher U Abs SWB Up TW	Box 6	Wrist Flexion Gopher U Abs SWB Up TW
Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso
Box 8		Box 8		Box 8	

BLOCK TWO (6-DAY): ABOVE 80% ISOMETRIC PHASE
HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	OH SQ Rack Press 2 way Neck STR Leg OC Glute lifts	Box 1	Triangle Terror 2 way Neck Piston Squat Band	Box 1	3-way Ham Press 2 way Neck Balance Single Leg Squat
Box 2	Back Squat Back Squat Isometric	Box 2	Back Squat	Box 2	FRONT SQUAT Isometric Front Squat
Box 3	Hurdle Hop SQ Jump Weighted ACC Band Jump Pause	Box 3	Alt Inc Power Step Up USSR Plyo Box Power Step up	Box 3	Hurdle Hop USSR Plyo Box ACC Band Jump Pause
Box 4	4 Way Neck Wrist Flexion ANT TIB BND	Box 4	DB Step Up External Rotation Supine DB SL Calf Raise	Box 4	Iso Ball Grion Squeeze LAT SUP F8 Ankle Band Work
Box 5	DB Walking Lunge Cuban PRSS INC F8 Ankle Band Work	Box 5	GH HYPR Incline Hip FLX BND Pulls LAT 90 90 Groin ISO Hold	Box 5	RDL Shrug Hip Flexor Isometric Pull SNGL LG ISO Deadlift
Box 6	Glute Bar Lifts Hip Flex Band Pulls Iso Ball Grion Squeeze	Box 6	Squat ISO Hold Hip Traction	Box 6	BENCH PRESS DB Shoulder Press Chest Rev Grip Iso
Box 7	Hip Traction Partner Leg Walks GH HANG	Box 7	GH HANG	Box 7	GH HANG Partner Leg Walks Hip Traction
Box 8		Box 8		Box 8	

BLOCK TWO (6-DAY): ABOVE 80% ISOMETRIC PHASE

HYPERLINKS

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink	Day 6	Exercise Hyperlink
Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck
Box 2	Bench Press Rack band push up Delt Lateral Rebound Drop	Box 2	Bench Press MB Chest Pass SA Delt Lateral Rebound Drop	Box 2	Bench Press MB Chest Pass SA OH SUP F8
Box 3	DB Incline OC 1 Arm Lat Pull Down DB Rear Delt	Box 3	Dumbbell Incline Fly Dynamic Lat Pull DB Curl to Arnold	Box 3	DB incline bench 1 Arm Lat Pull Down DB Curl to Arnold
Box 4	Dips Chin Up ANT TIB BND	Box 4	Close Grip Bench Incline Hammer Curl DB SL Calf Raise	Box 4	DB Tri Floor Press Ez Bar Curl DB SL Calf Raise
Box 5	JM Dumbbell Press Bar Curl Bam Bams	Box 5	Tri push down Concentration Curl Round House	Box 5	Dips Drag Curl Spider Flips
Box 6	Gripper Pike Swiss Ball Abs SWB Down TW	Box 6	Wrist Flexion Gopher U Abs SWB Up TW	Box 6	Wrist Flexion Gopher U Abs SWB Up TW
Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso
Box 8		Box 8		Box 8	

BLOCK THREE (6-DAY): ABOVE 80% CONCENTRIC PHASE HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	OH SQ Rack Press 2 way Neck Standing Glute Kicks	Box 1	Triangle Terror 2 way Neck Piston Squat Band	Box 1	3-way Ham Press 2 way Neck Balance Single Leg Squat
Box 2	Back Squat Back Squat Isometric	Box 2	Back Squat	Box 2	Hurdle Hop USSR Plyo Box ACC Band Jump
Box 3	Hurdle Hop Squat Jump ACC Band Jump	Box 3	Split SQ Drop Jump USSR Plyo Box Squat Jump	Box 3	Single leg squat SL Reverse Hyper Cuban PRSS INC F8
Box 4	4 Way Neck Wrist Flexion ANT TIB BND	Box 4	Power Step Up External Rotation Supine DB SL Calf Raise	Box 4	Crossover Step Up SWB LG Curl SNGL Leg Thors Hammer
Box 5	Walking Drop Lunge Jump Cuban PRSS INC F8 Ankle Band Work	Box 5	Nordic HAM Curls Hip FLX BND Pulls LAT 90 90 Groin ISO Hold	Box 5	BENCH PRESS DB Shoulder Press TRI PUSH DOWN
Box 6	Glute Bar Lifts Hip Flex Band Pulls Iso Ball Grion Squeeze	Box 6	Squat ISO Hold	Box 6	Nordic HAM Curls Hip FLXor ISO Pull Iso Ball Grion Squeeze
Box 7	Hip Traction Partner Leg Walks GH HANG	Box 7	GH HANG Hip Traction LAYING WALL SHAKES	Box 7	H-sq Shi Bi Trap Glute Ham Back Cav Iso
Box 8		Box 8		Box 8	GH HANG Partner Leg Walks Laying Relaxation

BLOCK THREE (6-DAY): ABOVE 80% CONCENTRIC PHASE HYPERLINKS

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink	Day 6	Exercise Hyperlink
Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck	Box 1	Bench Press P/w-2 Neck
Box 2	Bench Press 2POC Reactive Bench Toss Delt Lat Rebound Drop	Box 2	Bench Press 2POC Reactive Bench Toss Delt Lat Rebound Drop	Box 2	Bench Press Med Ball Chest Pass OH SUP F8
Box 3	DB Incline OC DB BO Row Reactive Ext/Flx Shoulder Shock	Box 3	DB Incline OC Dynamic Lat Pull EXT Rot Part Shock	Box 3	DB INCLINE BENCH 1 Arm Lat Pull Down DB Curl to Press
Box 4	Dips Chin Up ANT TIB BND	Box 4	Board Close Grip Bench Press Incline Hammer Curls FRT Raise Drops	Box 4	DB Tri Floor Press Ez Bar Curl DB SL Calf Raise
Box 5	JM DB Press Bicep Curl Shock Plate Flips	Box 5	Tri push down Concentration Curl Wrist Extension	Box 5	Dips Drag Curl Spider Flips
Box 6	Wrist Flexion Pike Swiss Ball Abs SWB Up TW	Box 6	Plate Hold Gopher U Abs SWB Up TW	Box 6	Wrist Flexion Gopher U Abs SWB Up TW
Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso	Box 7	Chest Reverse Grip ISO Shr Sho Bi Cav Iso
Box 8		Box 8		Box 8	

**BLOCK ONE (2-DAY): ABOVE 80% ECCENTRIC
PHASE HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink
Box 1	Stding SQ Drop P Jump Cuban Press INC F8 ANT TIB BND	Box 1	Sting SQ Drop Jump Tea Cup Stuff Calf Raises
Box 2	Back Squat Eccentric Hip Flex Iso Prone 1 Arm LAT Pull	Box 2	Leg Press Iso Ball Groin Squeeze Dynamic Lat Pull
Box 3	DB Bench GH HYPER Incline OH LAT Raise	Box 3	BENCH PRESS Ball BND LG Curl DB Rear Delt
Box 4	JM DB Press Drag Curl 90 90 Groin ISO Hold	Box 4	DB Tri Pro Sup DB Curl to Press 90 90 Glute ISO Hold
Box 5	H-sq Shi Bi Trap Chest Rev Grip Iso Hex Deadlift	Box 5	Glute Ham Back Cav Iso H-sq Shi Bi Trap
Box 6		Box 6	
Box 7		Box 7	
Box 8	GH Hang Rollers Glutes & Hams Laying Relaxation	Box 8	GH Hang Rollers Quads & Back LAYING WALL SHAKES

**BLOCK TWO (2-DAY): ABOVE 80% ISOMETRIC
PHASE HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink
Box 1	Squat Jump Pause Cuban Press INC F8 Glute Bar Lifts	Box 1	Squat Jump Pause Tea Cup Stuff Calf Raises
Box 2	Back Squat Isometric Hip Flex Iso Prone 1 Arm LAT Pull	Box 2	Leg Press Iso Ball Groin Squeeze Dynamic Lat Pull
Box 3	DB Bench Isometric GH HYPER Incline OH LAT Raise	Box 3	BENCH PRESS Ball BND LG Curl DB Rear Delt
Box 4	DB Tri Floor Press Dual Action Bicep Curls 90 90 Groin ISO Hold	Box 4	DB Tri Pro Sup DB Curl to Press 90 90 Glute ISO Hold
Box 5	H-sq Shi Bi Trap Chest Rev Grip Iso	Box 5	Glute Ham Back Cav Iso H-sq Shi Bi Trap
Box 6		Box 6	
Box 7		Box 7	
Box 8	GH Hang Rollers Glutes and Hams Laying Relaxation	Box 8	GH Hang Rollers Quads & Back LAYING WALL SHAKES

**BLOCK THREE (2-DAY): ABOVE 80%
CONCENTRIC PHASE HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink
Box 1	Squat Jump Cuban Press INC F8 Ankle Band Work	Box 1	Squat Jump Tea Cup Stuff Calf Raises
Box 2	Back Squat Russian Switch Lunge 1 Arm LAT Pull	Box 2	Back Squat Iso Ball Groin Squeeze Dynamic Lat Pull
Box 3	BENCH PRESS GH HYPER Incline OH LAT Raise	Box 3	BENCH PRESS Ball LG Curl Delt Lateral Rebound Drop
Box 4	DB Tri Ext Bicep Shock Curls 90 90 Groin ISO Hold	Box 4	DB Tri Pro Sup DB Curl to Press 90 90 Glute ISO Hold
Box 5	H-sq Shi Bi Trap Chest Rev Grip Iso	Box 5	Glute Ham Back Cav Iso H-sq Shi Bi Trap
Box 6		Box 6	
Box 7		Box 7	
Box 8	GH Hang Rollers Glutes and Hams Laying Relaxation	Box 8	GH Hang Rollers Quads & Back LAYING WALL SHAKES

BLOCK FOUR, MONDAY

100%	MONDAY	21-Jun-10		SETS	NOTES
		REPS	LOAD		
	OH SQ Rack Press	6		2	Eyes Closed
	Pair w/				
	2-WAY NECK	8		2	
	Pair w/				
	STANDING Glute Kicks	6		2	
500	BACK SQUAT	3	275 - 300	Roll I-band	
		2	325 - 350	Spine Rolls	
	Test	2	400 - 415	CW TEST	
	Pair Below	3	350 - 365	0:0:0:0	
	Pair Below	3	350 - 365	0:0:0:0	
	Pair Below	3	350 - 365	0:0:0:0	
	French Contrast	3	350 - 365	0:0:0:0	
	Hurdle Hop	4	\$N/A	4	Distance
	Pair w/				
	250 Squat Jump	4	200 - 205	4	0:0:0:0
	Pair w/				
	Acc Band Jump	4		4	Rest 5:00
	4 way neck	8		2	
	Pair w/				no Rest
	Wrist Flexion	6		3	
	Pair w/				no Rest
	ANT TIB BND	10		3	Band Medium
	Walking Band Lunge Jump	4		3	Bands
	Pair w/				Speed/Jump
105	DB BENCH	9,7,5	75 - 85	3	Toes
	Pair w/				
225	Lat Pull Down	8	170 - 180	3	
500	Glute Bar Lift	6	375 - 400	3	0:0:0:0
	Pair w/				No Rest
	Hip FLX BND Pulls	6		3	
	Pair w/				No Rest
75	DB Shoulder Press	10S	45 -	3	OC
150	Rev Grip Tri Push	8	115 - 120	3	
	Pair w/				No Rest
	Bicep shock curls	10S		3	
	Pair w/				No Rest
	Bam Bam	10		3	

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-In the first cluster of exercises, these may often be skipped if a very intense dynamic warm up has been completed that involves a number of disciplines from various sciences to activate the body to train.

[Over head rack squat](#); [Manual 4-way neck](#); [Standing Glute Kicks](#)

Box 2-4

-Back squat: Notice the first three sets are warm up sets and the third set is one that the coach watches to test the fatigue level of the athletes.

-The four work sets at submaximal loads in the back squat are paired with the following six exercises. The first three are used to complete the French contrast method and the last three are used as active rests during the course of training. In this case, the French contrast was used to address various aspects of the particular sport training with these methods.

-Notice that the hurdle hop is for a distance during this program. In the prior programs, the hurdle hops were for height. I feel that distance is a better correlation in sports performance when jumping hurdles, so I save the distance part of this for the latter stages of training.

[Back Squat](#); [Hurdle Hop](#); [Squat Jump](#); [Accelerated Band Jump](#); [4 way neck](#); [Wrist Flexion](#); [Anterior Tib BND](#)

Box 5

-Walking band lunge jumps are done at high speeds, extremely quickly. The athlete is coached to jump in the air and drive through his big toe.

[Walking Band Lunge Jumps](#); [DB Bench](#); [Lat Pull Down](#)

Box 6

-The dumbbell OC shoulder press is used very effectively in this case and doesn't stress the triceps but only isolates the shoulder girdle.

[Glute Bar Lift](#); [Hip Flex Band Pulls](#); [DB Shoulder Press](#)

Box 7

-The bicep shock curl is a reactive exercises for the upper arm; the athlete turns the palms down and away after releasing the bar, and supinates the hand fully when catching it.

[Reverse Grip Tricep Push Down](#); [Bicep Curl Shock](#); [Bam Bams](#)

BLOCK FOUR, WEDNESDAY

100%	WENDESDAY	23-Jun-10		REPS	LOAD	SETS	NOTES
	Triangle Terror	6		2			
	Pair w/						
	2-WAY NECK	8		2			
	Pair w/						
	Piston Squat Band	6		2		Bands	
500	BACK SQUAT	3	275 - 300			Roll I-band	
		2	325 - 350			Spine Rolls	
		1	400 - 415				
	Speed 95% Drop off	1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
		1	390 - 400			1:15 Rest	
	Split SQ Drop Jump	4		4			
	Pair w/					Rest 30	
	USSR Plyo Box	4		4		Bands	
	Pair w/					Rest 30	
250	Squat Jump	4	170 - 175	4		Rest 2:00	
	Power Step up	4		3		Bands	
	Pair w/					Speed/Jump	
	Laying External Rot	6		3		5:0:5:0	
	Pair w/					Rest 30	
100	DB SL Calf Raise	10	65 - 70	3		Knee Bend	
	Nordic HAM Curls	8		3		Assist	
	Pair w/					Rest 30	
90	DB INCLINE BENCH	8,7,5	65 - 70	3			
	Pair w/					Rest 30	
105	DB BO Row	8	80 - 85	3		Rest 1:00	
200	DB RDL InLine	6	150 - 160	3			
	Pair w/						
	Hip FLX BND Pulls	6		3			
	Pair w/						
75	DB Shoulder Press	10S	45 -	3			
150	Rev Grip Tri Push	8	115 - 120	3			
	Pair w/						
	Bicep shock curls	10S		3			
	Pair w/						
	Bam Bam	10		3			

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-The first box can be skipped if an intense dynamic warm up has been completed.

[Over head rack squat](#); [Manual 4-way neck](#); [Standing Glute Kicks](#)

Box 2

-More advanced athletes will use 8 percent of the drop-off during this time, which will be the indicator of how many sets must be completed.

[Back Squat](#)

Box 3

-The next cluster of exercises are split squat jumps, Russian plyos, and loaded squat jumping, which is just a combination of plyometrics post-maximal effort squat.

[Split Squat Drop Jump](#); [USSR Plyo Box Bands](#); [Squat Jump](#)

Box 4

-The power step up is performed with bands attached around the athlete's waist; the athlete should drive the foot through the box forcefully. The coach holding the band should not hold so tight as to reduce the speed of the movement

-For the DB SL calf raise, cue the athletes to push through the big toe

[Power Step Up](#); [Laying Eccentric External Rotation](#); [DB SL Calf Raise](#)

Box 5

-Adjust the band tensin with the nordic hamstring curl; athletes generally should use between a light and mini band
[Nordic Ham Curls Assisted](#); [DB Incline Bench](#); [DB BO Row](#)

Box 6

-The hip flexor band pull is an explosive exercise for the anterior hip musculature

[DB RDL InLine](#); [Hip Flexor Band Pulls](#); [DB Shoulder Press](#)

Box 7

-The bicep shock curl is an explosive exercise for the upper arm; the athlete should turn the palms down and away after releasing the bar. When bring the hands up, the athlete should fully supinate the hand and catch the bar. This is done as fast and explosively as possible.

[Reverse Grip Triceps Push-Down](#); [Bicep Curl Shock](#); [Bam Bams](#)

✓ COACH'S CORNER

PROPER BREATHING FOR SPORTS RECOVERY

BY: CAL DIETZ & DANIEL RAIMONDI

EDITED BY: BEN PETERSON

An often overlooked component of many programs is restoration and recovery. Coaches attempt to manipulate variables in their workouts, changing intensities, volume, and exercises in order to cause adaptation. However, a training program is most effective if the athlete is able to recover from and adapt to the previous stress/workout. There are numerous techniques used to aid in restoration—[recovery baths](#), [contrast showers](#), proper nutrition, [stretching](#), massage, and [recovery rollers](#). This article will cover a technique seldom employed and even less commonly programmed—breathing.

Slow, deep, breathing has been shown to induce a calming effect on the body, decreasing everything from blood pressure to stress. Deep voluntary belly breathing also has been shown to shift the nervous system from sympathetic dominance to parasympathetic dominance (Jerath et al. 2006). What does this mean for your athletes? It means faster recovery by starting the digestive process sooner, creating stronger and faster athletes while responding better to future stress.

The neural response to training is well documented with an excitatory effect occurring in response to a stressor. Therefore, the key to recovery is being able to switch as soon as possible from the catabolic state brought on by training into a more anabolic state (Chen et al. 2011). The faster an athlete can go from an excited state to a calm one, the more capable he will be recovering from the workout.

So what exactly constitutes good belly breathing? Well, it's basically as simple as it sounds—deep breathing into the naval. Take a deep breath into your belly through the nose and exhale slowly through the mouth. Another useful tip is to take longer to exhale than to inhale. So an example of a good, deep breath might be a four-second inhale held for seven seconds with eight seconds taken to exhale (Weil). Repeat this process three to four times, letting your body calm itself, relax, and adjust to the new breathing pattern.

The last piece of this breathing puzzle is simply how to program it into your workout. Most coaches are raising an eyebrow. With time restrictions, most agree that the focus of the workout should be the workout. I'd contend that taking five to ten minutes at the end of the training session to include something as simple as deep, belly breathing can have huge impacts on future training sessions. One could also combine this type of breathing with a stretch (think yoga). An example might be a simple bar hang with slow, relaxing, rhythmic breaths. Another variation would be to perform a [glute ham hang](#). To do this, have the athlete lie face down on a glute ham machine, hang over the edge, and let the body completely relax.

BLOCK FOUR, FRIDAY

100%	FRIDAY	25-Jun-10		SETS	NOTES
		REPS	LOAD		
	3 - WY Ham PRSS	9		2	Eyes Closed
	Pair w/				no rest
	2-WAY NECK	8		2	
	Pair w/				no rest
	BAL SNGL LG SQ	6		2	Air Max
	Hurdle Hop	4		3	
	Pair w/				Rest 30
	USSR Plyo Box	4		3	
	Pair w/				Rest 30
	Acc Band Jump	4		3	
225	Single Leg Squat	12	145 - 160	3	
	Pair w/				Rest 30
150	SL Reverse Hyper	7	105 - 115	3	
	Pair w/				Rest 30
	Cuban PRSS INC F8	6		3	***
	Cross Over STEP Up	4		3	Bands
	Pair w/				Rest 30
	SWB LG Curl SNGL Leg	8		3	
	Pair w/				Rest 30
	Thors Hammer	8		3	***
300	BENCH PRESS	FFFF	195 - 105	4	Rest 45
	Pair w/				
75	DB Shoulder Press	FFF	55 - 30	3	OC
	Pair w/				Rest 45
150	TRI PUSH DOWN	FFF	105 - 60	3	Rest 45
	Nordic HAM Curls	6		2	
	Pair w/				
	Hip FLXor ISO Pull	6		2	
	Pair w/				
	Iso Ball Grion Squeeze	10S		3	
	Hindu Squat Iso	180s		1	
	Glute Ham Back Cav Iso	180s		1	
	GH HANG	120S		1	Relax Mouth
	Pair w/				
	Partner Leg Walks	120S		1	
	Pair w/				
	LAYING RELAXATION	120S		1	Relax Mouth

COACHING POINTS AND EXERCISE TUTORIAL

**On day three, I will often address some more plyometrics even in a fatigued state but still try to keep the quality high, however with an understanding that this block in particular could be my tenth to twelfth week into training.

Box 1

[3 Way Hamstring Press](#); [Manual 4-way neck](#); [Balance Single Leg Squat](#)

Box 2

[Hurdle Hop](#); [Russian Plyo Box](#); [Accelerated Band Jump](#)

Box 3

-With this high volume day, I have selected exercises that will increase work capacity and paired them together with the single leg squat and the single leg reverse hyper.

[Single Leg Squat](#); [Reverse Hyper](#); [Cuban Press Incline Figure 8](#)

Box 4

[Cross Over Step Up](#); [Single Leg Ball Curl SL](#); [Thors Hammer](#)

Box 5

-The bench press, dumbbell shoulder press, oscillatory movement, and triceps push-down are all done to failure (signified by the FFF). The latter part of the week is the only time that I do sets to failure in my undulated model.

[Bench Press](#); [DB Shoulder Press](#); [Tri push down](#)

Box 6

[Nordic Hamstring Curl](#); [Hip Flexor Isometric Pull](#); [Isometric Ball Groin Squeeze](#)

Box 7

-Once into training, I've found little value in long duration isometrics and have found the only place they can be inserted into a program to address the qualities that may increase for these types of movements are in the latter part of the week during fatigued states to increase work capacity quality.

[Isometric Hindu Squat Trap Shoulder Bicep Hold](#); [Isometric Glute Ham Back Iso](#)

Box 8

[Glute Ham Hang](#); [Partner Leg Walks](#); [Laying Relaxation](#)

5.8: 55-80 PERCENT THREE-DAY PROGRAM OVERVIEW

TABLE 5.9: UNDULATING BLOCK MODEL							
TRAINING WEEK:		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
THREE-DAY MODEL	FOCUS	TOTAL BODY	OFF	TOTAL BODY	OFF	TOTAL BODY	OFF
	LOAD	62-70%		72-80%		55-62%	
	MEANS APPLIED	BIOMETRIC		DYNAMIC/BIOMETRIC		VOLUME	

TABLE 5.10: 55-80 PERCENT THREE-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Long Sprints or Short Sprints with Reduced Rest (Speed Conditioning)	- Sprints over 15 seconds or - Sprints under 10, recovery under 20 seconds.	High Quality Lactic Anaerobic Power Training Builder Metabolic Injury Prevention Runs
DAY 2	Short Sprints (High Quality Speed)	- Sprints under 10 seconds - Full recovery; rest 90-120 seconds.	Alactic High Quality Workout Flying 60's 16 Week Short Sprint Workouts Cone Agility
DAY 3	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	Aerobic Work Capacity Training Builder Game Speed Conditioning Bike Conditioning TrashBall

TABLE 5.12: 55–80 PERCENT FOUR-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints with Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds.	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 3	Short Sprint (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall

Finally, we need to talk about the different exercises, methods, and means that I use in a four-day program that I don't use and didn't show you in the three-day program. The following hyperlink will take you to a video that explains the four-day program in detail.

[FOUR-DAY 55–80 PERCENT VIDEO](#)

TABLE 5.14: 55–80 PERCENT FIVE-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints w/ Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds.	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 3	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Short Sprints (Anaerobic Conditioning)	• Sprints under 10 seconds • Limited recovery; 45–60 seconds	• Work Capacity Alactic Anaerobic Training Builder • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 5	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • TrashBall

Finally, we need to talk about the different exercises, methods, and means that I use in a five-day program that I don't use and didn't show you in the three-day program. The following hyperlink will take you to a video that explains the five-day program.

[FIVE-DAY 55–80 PERCENT VIDEO](#)

BLOCK FOUR (5-DAY): HIGH FORCE AT HIGH VELOCITY

HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	Hurdle Hop Single Leg Split SQ Drop Jump Acc Split Jump	Box 1	Sport back Squat	Box 1	3 Way Ham Press Balance Single Leg Squat
Box 2	Hex Deadlift	Box 2	Sport back Squat Single Leg Bench Hops Split SQ Drop	Box 2	Hurdle Hop Single Leg Squat Jump
Box 3	Hex Deadlift Speed Abduction	Box 3	Hip Flexor Iso Pull Speed Adduction Ankle Band Work	Box 3	Single Leg Squat Cuban Press INC F8
Box 4	Cuban Press Speed Adduction Ankle Band Work	Box 4	Walking Band Lunge Jump USSR Plyo Box DB Single Leg Calf Raise	Box 4	Lateral Band Lunge SWB Leg Curl Single Leg Thors Hammer
Box 5	SL Leg Press DB Straight Leg DL DB Single Leg Calf Raise	Box 5	Nordic Ham Curls Power Step up 90 90 Groin ISO Hold	Box 5	Messier Front Squat Figure 8 Lateral Supine Ankle Band Work
Box 6	Glute Bar Lift Hip FLX BND Pulls LAT Iso Ball Groin Squeeze	Box 6	Glute Bar Lift Manual Clam Glutes Depth Drop	Box 6	DB RDL Inline Hip Flexor Iso Pull Iso Ball Groin Squeeze
Box 7	Cross Swing Abs Hip Traction	Box 7	Glute Ham Back Cav Iso	Box 7	Bench Press DB Shoulder Press Tricep Push Down
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Partner Leg Walks Laying Relaxation

BLOCK FOUR (5-DAY): HIGH FORCE AT HIGH VELOCITY HYPERLINKS

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink
Box 1	Bench Press	Box 1	Bench Press
Box 2	Bench Press Med Ball Chest Pass Delt BO OH Rebound Drops	Box 2	Bench Press Push Up Drops Delt Lateral Rebound Drop
Box 3	DB Incline Bench DB Bent Over Row OH LAT Raise	Box 3	DB Incline Bench Dynamic Lat Pull DB Shoulder Press
Box 4	JM DB Press Bicep Shock Curls ANT TIB BAND	Box 4	Close Grip Bench Incline Hammer Curls DB Single Leg Calf Raise
Box 5	Reverse Grip Tri Pushdown Reverse Curl Spider Flips	Box 5	DB Tri Floor Press Drag Curl Round House
Box 6	Shoulder Shrug Closed Lunge V Band Twist Gripper	Box 6	Gopher U ABS SWB Up TW
Box 7	Chest Reverse Grip Iso Shr Sho Bi Cav Iso Iso Split	Box 7	Chest Reverse Grip Iso Shr Sho Bi Cav Iso GH HANG
Box 8	GH HANG Rollers Glutes and Hams	Box 8	Rollers Quads and Back Laying Wall Shakes

**TABLE 5.16: 55–80 PERCENT SIX-DAY
CONDITIONING MODEL**

TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 2	Long Sprints or Short Sprints with Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10, recovery under 20 seconds.	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 3	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 4	Short Sprints (Anaerobic Conditioning)	• Sprints under 10 seconds • Limited recovery; 45–60 seconds	• Work Capacity Alactic Anaerobic Training Builder • Flying 60's • 16 Week Short Sprint Workouts • Cone Agility
DAY 5	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • Trash Ball
DAY 6	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • Trash Ball

BLOCK FOUR (6-DAY): HIGH FORCE AT HIGH VELOCITY
HYPERLINKS

Day 1	Exercise Hyperlink	Day 3	Exercise Hyperlink	Day 5	Exercise Hyperlink
Box 1	Power Clean	Box 1	Power Clean	Box 1	Power Clean
Box 2	Power Clean	Box 2	Power Clean	Box 2	Power Clean
Box 3	Bench Press	Box 3	Incline Press	Box 3	Bench Press
Box 4	Bench Press INC OH Sit Up Bench Press	Box 4	Incline Press Bench Throw	Box 4	Bench Press Med Ball Chest Pass
Box 5	DB INCLINE BENCH Lat Pull Down DB Side Lateral Raise	Box 5	Push Press DB Curl	Box 5	
Box 6	DB Tri Ext Bar Curl DB Rear Delt	Box 6	EZ tri Ext 1 Arm Lat Pull Down Gopher U Abs	Box 6	
Box 7	Bam Bam	Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

BLOCK FOUR (6-DAY): HIGH FORCE AT HIGH VELOCITY
HYPERLINKS

Day 2	Exercise Hyperlink	Day 4	Exercise Hyperlink	Day 6	Exercise Hyperlink
Box 1	FRONT SQUAT	Box 1	Back Squat	Box 1	Deadlift
Box 2	Front squat Drop Box Jumps Hip Flex Band Pulls	Box 2	Back Squat USSR Plyo Box Speed Adduction	Box 2	Deadlift Close Grip Bench
Box 3	STEP UP GH HYPR Incline Speed Adduction	Box 3	SL Leg Press Assist Nordic Ham Curl 90 90 Glute Iso Hold	Box 3	Nordic HAM Curls Calf Raises OH LAT Raise
Box 4	RDL ANT TIB BAND 90 90 Glute Iso Hold	Box 4	ANT TIB BAND PRTNR BND ABS SWB Down TW	Box 4	Bar Curl JM Dumbbell Press Cuban Press INC F8
Box 5		Box 5		Box 5	
Box 6	Closed Lunge V Band Tw SWB Up TW Band	Box 6		Box 6	
Box 7		Box 7		Box 7	Power Snatch
Box 8	GH HANG Rollers Glutes and Hams	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	Power Snatch

BLOCK FOUR (2-DAY): HIGH FORCE AT HIGH VELOCITY HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink
Box 1	Squat Jump Cuban Press INC F8 Ankle Band Work	Box 1	Tea Cup Stuff Calf Raises
Box 2	Back Squat Hip Flex Iso Prone 1 Arm LAT Pull	Box 2	Back Squat Isometric Ball Groin Squeeze Dynamic Lat Pull
Box 3	BENCH PRESS GH HYPER Incline OH LAT Raise	Box 3	Bench Press Ball Leg Curls Dumbbell Rear Delt
Box 4	DB Tri Ext Bicep Shock Curls 90 90 Groin ISO Hold	Box 4	Supinate Pronate Tricep Extention Dumbbell Curl to Press 90 90 Glute ISO Hold
Box 5	H-sq Shi Bi Trap Chest Rev Grip Iso	Box 5	Isometric Glute Hamstring Back Hold Isometric Hindu Squat Trap Shoulder Bicep Hold
Box 6		Box 6	
Box 7	Pike Swiss Ball Abs	Box 7	Partner Band Abs
Box 8	GH Hang Rollers Glutes and Hams Laying Relaxation	Box 8	Glute Ham Hang Laying Wall Shakes

possible. By being able to withstand the load of the barbell and lift it up with an average velocity near or exceeding one meter per second² (this can be quantified using a Tendo unit if one is available to the coach), he is truly maximizing the SSC in his strength training. When looking at the workout sheets, assume that every exercise is to be performed with this method unless otherwise noted.

TABLE 6.4: AFSM HIGH VELOCITY STRENGTH TRAINING EXAMPLES		
EXERCISE	CONVENTIONAL METHOD	AFSM METHOD
BACK SQUAT	HYPERLINK	HYPERLINK
BENCH PRESS	HYPERLINK	HYPERLINK

AFSM OSCILLATORY METHOD

Another method that can be employed with high velocity strength training is the use of oscillatory contractions. We talked about these briefly in section four. The main difference here is that they are now performed with the addition of a time parameter. Oscillatory contractions work to enhance the intermuscular coordination of opposing muscle groups. Intermuscular coordination is the efficiency in which different groups of muscle can contract and relax in order to perform a given motor task. This becomes possible because of the principle of reciprocal inhibition where the SSC will excite one group of muscles while relaxing another group of muscles. Being able to efficiently make use of reciprocal inhibition is another method that will then facilitate the high velocity relaxations that are fundamental to Matveyev's research findings.

Oscillatory contractions are performed with light loads in the 20–55 percent 1RM range in order to maintain the high velocity component. The contractions are performed at one of two points in the athlete's range of motion—an advantageous joint angle (specific point in the athlete's range of motion where he is strongest) or a disadvantageous joint angle (specific point in the athlete's range of motion where he is the weakest). When the joint angle is identified, the athlete will

bring the weight to that specific joint angle, lift it explosively over a very small range (about 3–4 inches), and then pull the load very explosively in the opposite direction. These contractions are repeated as rapidly as possible for the amount of reps prescribed by the coach.

As an example, when performing a single leg oscillatory squat (table 6.5), the athlete would be using a load of 30 percent of his single leg squat 1RM. The athlete would position the bar on his back with one foot elevated behind him. When performing the single leg oscillatory squat at a disadvantageous point, he would squat so that his femur on the front leg is parallel with the ground. In this position, the athlete would raise and lower the hips as rapidly as possible over the small range of motion (about 4–6 inches) for the duration of the set. The coach will instruct the athlete to “pull himself down with his glutes and hamstrings and drive up through his heel” as fast as he possibly can.

While performing the single leg oscillatory squat in the advantageous position (table 6.5), the athlete would position himself so that his femur sits above parallel at about a 45- to 60-degree angle. The oscillatory contractions would then be performed at the advantageous joint angle where the athlete is strongest. These extremely rapid contractions and relaxations throughout opposing muscle groups help to better enhance intermuscular coordination as well as high velocity relaxation that Masters of Sport have shown.

TABLE 6.5: AFSM OSCILLATORY TRAINING EXAMPLES			
EXERCISE	CONVENTIONAL METHOD	AFSM METHOD	
SINGLE LEG BACK SQUAT	HYPERLINK	ADVANTAGEOUS	HYPERLINK
		DISADVANTAGEOUS	HYPERLINK
BENCH PRESS	HYPERLINK	ADVANTAGEOUS	HYPERLINK
		DISADVANTAGEOUS	HYPERLINK

The most crucial aspect of coaching any type of AFSM training is that you are able to tell if the athlete is withstanding the impact of the drop while maintaining joint stiffness (ability to keep the same joint angle when experiencing impact during shock training) and minimizing ground contact time. If the athlete isn't able to maintain joint stiffness, the coach must go back and address the athlete's lack of eccentric and/or isometric strength.

TABLE 6.6: AFSM PLYOMETRIC TRAINING EXAMPLES		
EXERCISE	CONVENTIONAL METHOD	AFSM METHOD
SQUAT DROP JUMP	HYPERLINK	HYPERLINK
HURDLE HOP	HYPERLINK	HYPERLINK

AFSM SHOCK METHOD

The methods of AFSM shock training are very similar to those outlined in AFSM plyometric training. However, as indicated earlier, the AFSM shock training methods are significantly more forceful due to the height of the drop and the brief ground contact time. When performing the drop box jump in AFSM shock training, the athlete will begin on a box at a height of at least twelve inches while standing upright. The athlete will then fall off the front of the box, not step off the box. During the athlete's descent, he will pull himself into a power position. Joint stiffness must be maintained with the power position that is achieved while falling through the air. The very instant that the athlete strikes the ground, he must work to reverse the action and jump on to the next box.

It's essential in the shock training that the coach cues the athlete in a similar way to the AFSM plyometric training, telling the athlete to pull himself down while he's falling through the air and to drive off the ground as explosively as possible as soon as he hits. Because the height that the athlete is falling from is greater than that of the AFSM plyometric training, the laws of physics dictate that AFSM shock training will be significantly more forceful than AFSM plyometrics.

The one exception within my below 55 percent high velocity peaking method is that time isn't used as a parameter. Instead, this method is performed using conventional set/rep parameters. Due to the increased time it takes to perform a single repetition of this method (the drop time from the box and the additional time to step down from the box the athlete jumped on to and back on to the box the athlete jumped from), it is impossible to complete quickly while keeping quality height. This method, therefore, is performed typically as 2–8 sets of 2–5 reps.

TABLE 6.7: AFSM SHOCK TRAINING EXAMPLE		
EXERCISE	CONVENTIONAL METHOD	AFSM METHOD
DEPTH JUMP	HYPERLINK	HYPERLINK

BLOCK FIVE, MONDAY

COACHING POINTS AND EXERCISE TUTORIAL

100%	MONDAY				
		REPS	LOAD	SETS	NOTES
575	Hex Deadlift	T		2	0:0:0:0:5:10
	PW/ 15 Rest BB	EU		EU	ISO
	Cpress Ext Rot rev Band OC	T	5N/A .. 5N/A	2	0:0:0:0:7:10
	PW/ 15 Rest BB	EDT			Each side
	Ankle Band Work	T		2	0:0:0:0:7:10
	Squat Drop Jump	C1T	5N/A .. 5N/A	2	2% - Tendo
	PW/ 15 Rest BB	EU		EU	Set Drop off
	4 way neck	6	5N/A .. 5N/A	2	
				EUA	Reactive
375	SL Leg Press	T	150 - 170	2	0:0:0:0:7:10
375	SL Leg Press	T	115 - 130	3	0:0:0:0:7:10
	PW/ 30 Rest BB	EUA			
	Hip Flex Prone OC CL	T	5N/A .. 5N/A	3	0:0:0:0:7:10
	PW/ 30 Rest BB	EDT		EUA	OC-D
105	DB BO Row	T	55 - 60	3	0:0:0:0:7:10
	Cpress Int Rot Band OC	T	5N/A .. 5N/A	2	0:0:0:0:7:10
	PW/ 30 Rest BB	EU			
	Med Ball Pass	5	5N/A .. 5N/A	2	ONE ARM
	PW/ 30 Rest BB			ED	OC-D
105	DB BENCH	T	40 - 45	2	0:0:0:0:7:10
105	DB BENCH	T	40 - 45	2	0:0:0:0:7:10
	PW/ 30 Rest BB			ED	oc-D
	GH HYPR Incline	T	5N/A .. 5N/A	3	0:0:0:0:7:10
	PW/ 30 Rest BB	EUA		ED	OC-A
38	DB Side Lat Raise	T	15 - 15	3	7 - OC-D
	Band Trioep Extension	T	5N/A .. 5N/A	2	0:0:0:0:7:10
	PW/ 30 Rest BB	EDT		EU	oc-D
	Bicep shock curls	T	5N/A .. 5N/A	2	0:0:0:0:7:10
	PW/ 30 Rest BB	EDT			
	OC Ball Grion Squeeze	T		2	0:0:0:0:7:10
	GH HANG	120S	5N/A .. 5N/A	1	
	Pair w/				
	Rollers Glutes & Hams	120S	5N/A .. 5N/A	1	
	Pair w/				
	LAYING RELAXATION	120S		1	

Box 1

-This hex deadlift is a 5 second isometric in the advantageous position, pulling against the fixed rack with slightly bent knees

- The maximal isometric simulates a hormonal and nervous system response crucial for the rest of the workout

- This Cuban press variant stimulates the rotator cuff at higher velocities for more experienced athletes

- For the ankle band work, each side is done for 7 seconds

[Hex Deadlift](#); [Cpress Ext Rot Rev Band Oc](#); [Ankle Band Work](#)

Box 2

- For the squat drop jump, pull into an athletic jumping position forcefully; reverse direction immediately upon impact

-If using a Tendo, a 2% dropoff point is used such that after an athlete drops below 98% of his/her maximal jump, the set is finished

-On the SL leg press, pull the leg down violently (so fast it separates from the machine); the athlete catches the leg press and throws it up reactively

Squat Drop Jump; 4 way neck; SL Leg Press

Box 3

- The prone hip flex OC CL is a high speed hip flexor movement using contralateral limbs to mimic sports specific hip involvement

-For the dumbbell bent over row, cue the athlete to push and pull the dumbbell with the elbow near the ribs

SL Leg Press; Hip Flex OC Prone CL; DB BO Row

Box 4

-Perform the DB bench in the disadvantageous position (near the chest); Push and pull the dumbbells as fast as possible (Note: some athletes push so violently they come off of the bench)

Cpress Int Rot Band OC; Med Ball Chest Pass; DB Bench

Box 5

- The GH hyper incline is done in the advantageous position in the peaking cycle; the torso and knee should form a straight line

- The DB side lat raise educates the deltoids to fire and re-fire

DB Bench; GH HYPR Incline; DB Side Lat Raise

Box 6

- The band tricep extension utilizes the AFSM principles

Band Tricep Extension; Bicep Shock Curls; OC Ball Groin Squeeze

Box 8

GH HANG: Rollers Glutes and Hams: Laying Relaxation

✓ COACH'S CORNER

RECOVERY PROTOCOLS AFTER HEAVY LOADING OF THE POSTERIOR CHAIN

BY: CAL DIETZ

Inversion is a recovery method that helps by decompressing the spinal column and elongating the spinal discs. There is also some evidence that it can help with CNS recovery by decreasing the amount of time it takes an athlete to return to a parasympathetic state. This proves to be especially important during phases of intense, heavy, posterior chain loading. The following protocols can be performed on either an inversion table or a glute ham machine. In all cases, the key points are to make sure you relax your mouth and tongue, and focus on taking deep belly breaths in through your nose and out through your mouth. This method was first brought to my attention by Dr. Michael Yessis.

1) Used for spinal de-loading. (Total time = 5min)

- 5 minutes of continuous inversion

2) Used for CNS recovery. (Total time = 7—9min)

- 1 minute inverted
- 30 to 60 upright
- 1 minute inverted
- 30 to 60 upright
- 1 minute inverted
- 30 to 60 upright
- 1 minute inverted
- 30 to 60 upright
- 1 minute inverted

3) Used for CNS recovery. (Total time = 7—9min)

- 1 minute [Glute ham hang](#)
- 30 to 60 seconds [Laying Wall Shakes](#)
- 1 minute [Glute ham hang](#)
- 30 to 60 seconds [Laying Wall Shakes](#)
- 1 minute [Glute ham hang](#)
- 30 to 60 seconds [Laying Wall Shakes](#)
- 1 minute [Glute ham hang](#)
- 30 to 60 seconds [Laying Wall Shakes](#)
- 1 minute [Glute ham hang](#)

BLOCK FIVE, FRIDAY

100%	FRIDAY				
		REPS	LOAD	SETS	NOTES
575	Hex Deadlift	T	115 - 145	2	0:0:0:0:5:10
	PW/ 15 Rest BB			EU	ISO
	Delt BO OH Reb Drop	T	\$N/A - \$N/A	2	0:0:0:0:10:10
	PW/ 15 Rest BB				
	Calf Raises	T		2	0:0:0:0:10:10
	Squat Drop Jump	T	\$N/A - \$N/A	2	0:0:0:0:10:10
	PW/ 15 Rest BB				
	OC Ball Groin Squeeze	T	\$N/A - \$N/A	2	0:0:0:0:10:10
		OC			
	BAL SNGL LG SQ	T		2	0:0:0:0:10:10
575	Hex Deadlift	T	290 - 315	3	0:0:0:0:10:10
	Pair w/				
	OC Ball Groin Squeeze	T	\$N/A - \$N/A	3	0:0:0:0:10:10
	Pair w/				
105	DB BO Row	T	55 - 60	3	0:0:0:0:10:10
300	BENCH PRESS	5,3	150 - 200	1,1	0:0:0:0:10:10
	Pair w/				
	Med Ball Pass	3	\$N/A - \$N/A	2	one arm
		OC			
105	DB BENCH	T	55 - 60	2	0:0:0:0:10:10
105	DB BENCH	T	55 - 60	2	0:0:0:0:10:10
	Pair w/	OC			
500	Glute Bar Lift	T	250 - 275	3	0:0:0:0:10:10
	Pair w/	OC			
	Delt BO Lat Reb Drop	T		3	0:0:0:0:10:10
	Tri Press Band ASFM	T	\$N/A - \$N/A	2	
	Pair w/				
	Curl Band ASFM	T	\$N/A - \$N/A	2	
	Pair w/				
	STR Leg OC Glute Lifts	T		2	
	Pair w/				
	GH HANG	120S		1	Relax Mouth
	Pair w/				
	Rollers Quads & Back	120S		1	
	Pair w/				
	LAYING WALL SHAKES	120S		1	Relax Mouth

COACHING POINTS AND EXERCISE TUTORIAL

Box 1

-This hex deadlift is a 5 second isometric in the advantageous position, pulling against the fixed rack with slightly bent knees
 -The delt BO OH reb drop improves reactive ability of the shoulder

-For the calf raises, cue the athlete to push through the big toe and use a slight knee bend

[Hex Deadlift](#); [Delt BO OH Reb Drop](#); [Calf Raises](#)

Box 2

-For the squat drop jump, pull into an athletic jumping position forcefully; reverse direction immediately upon impact

-With a Swiss ball between the knees, powerfully contract and relax the groin for the prescribed time

-The balance single leg squat is a controlled movement in which the athlete lowers the unsupported foot towards the ground, keeping the foot on the bench flat

[Squat Drop Jump](#); [OC Ball Groin Squeeze](#); [BAL SNGL LG SQ](#)

Box 3

-In the standard hex deadlift, keep the butt down and chest up, completing as many reps as possible in the prescribed time

-Perform the DB BO row through a full range of motion

[Hex Deadlift](#); [OC Ball Groin Squeeze](#); [DB BO Row](#)

Box 4

-The bench press and med ball pass are performed as described on previous days

-Perform the DB Bench through a full range of motion

[Bench Press](#); [Med Ball Chest Pass](#); [DB Bench](#)

Box 5

-The glute bar lift is performed as an oscillatory movement near the top of the lift to contract and relax the glutes as fast as possible

-The delt BO lat reb Drop is designed to improve the explosiveness of the shoulder

[DB Bench](#); [Glute Bar Lift](#); [Delt BO Lat Reb Drop](#)

Box 6

-The tricep band press ASFM is performed as a press and curl in which the athlete presses the band down (palm down) and curling the band (palm up) to the start

-The Curl band ASFM and straight leg OC glute Lifts are performed as described on previous days

[Tri Press Band ASFM](#); [Curl Band ASFM](#); [STR Leg OC Glute Lifts](#)

Box 8

[GH HANG](#); [Rollers Quads and Back](#); [Laying Wall Shakes](#)

TABLE 6.12: BELOW 55 PERCENT THREE-DAY CONDITIONING MODEL			
TRAINING DAY	CONDITIONING GOAL	SPECIAL INSTRUCTIONS	EXAMPLE WORKOUT
DAY 1	Long Sprints or Short Sprints with Reduced Rest (Speed Conditioning)	• Sprints over 15 seconds or • Sprints under 10 seconds and recovery under 20 seconds.	• High Quality Lactic Anaerobic Power Training Builder • Metabolic Injury Prevention Runs
DAY 2	Short Sprints (High Quality Speed)	• Sprints under 10 seconds • Full recovery; rest 90–120 seconds.	• Alactic High Quality Workout • Flying 60s • 16-Week Short Sprint Workouts • Cone Agility
DAY 3	Longer Sprints or Continuous Running (Oxidative Conditioning)	This day is purely work capacity focused.	• Aerobic Work Capacity Training Builder • Game Speed Conditioning • Bike Conditioning • Trash Ball

Be sure to notice in the programs that as the metabolic and neural demands of a sport change, the timed parameters of the exercises—not just the exercises—change as well. It doesn't do a lineman any good to perform sets over twenty seconds. Their plays are completed in 1–3 seconds. Below are two hyperlinks to a conference talk I gave at the University of Richmond in 2011, about my high velocity peaking method. It will serve as a great review, as well as give some additional insights into how to peak your athletes.

[HIGH VELOCITY PEAKING METHODS AND TECHNIQUES IN SPORT SPECIFICITY: PART I](#)

[HIGH VELOCITY PEAKING METHODS AND TECHNIQUES IN SPORT SPECIFICITY: PART II](#)

BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR GENERAL ATHLETE HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Hex Deadlift Cpress Ext Rot Rev Band Ankle Band Work	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises	Box 1	Hex Deadlift Delt BO OH Reb Drop Calf Raises
Box 2	Squat Drop Jump 4 way neck SL Leg Press	Box 2	Squat Drop Jump OC Ball Groin Squeeze Hex Deadlift	Box 2	Squat Drop Jump OC Ball Groin Squeeze BAL SNGL LG SQ
Box 3	SL Leg Press Hip Flex OC Prone CL DB BO Row	Box 3	Hex Deadlift Hip Flex Prone OC DB BO Row	Box 3	Hex Deadlift OC Ball Groin Squeeze DB BO Row
Box 4	Cpress Int Rot Band OC Med Ball Chest Pass DB Bench	Box 4	Bench Press Med Ball Chest Pass Bench Press	Box 4	Bench Press Med Ball Chest Pass DB Bench
Box 5	DB Bench GH HYPR Incline DB Side Lat Raise	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop	Box 5	DB Bench Glute Bar Lift Delt BO Lat Reb Drop
Box 6	Band Tricep Extension Bicep Shock Curls OC Ball Groin Squeeze	Box 6	TriPress Band ASFM STR Leg OC Glute Lifts	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

**BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR FOOTBALL
(LINEMAN) HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Hex Deadlift Cpress Ext Rot Rev Band Ankle Band Work	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises
Box 2	Squat Drop Jump 4-way Neck OC Ball Single Leg Squat	Box 2	Squat Drop Jump Hip Flex OC Prone CL SL Leg Press	Box 2	Squat Drop Jump Hip Flex OC Prone CL SL Hex Deadlift
Box 3	Single Leg Squat Hip Flex Prone OC DB BO Row	Box 3	SL Leg Press OC Ball Groin Squeeze DB BO Row	Box 3	SL Hex Deadlift OC Ball Groin Squeeze DB BO Row
Box 4	Cpress Int Rot Band OC Med Ball Chest Pass DB Bench	Box 4	Bench Press Med Ball Chest Pass Bench Press	Box 4	Bench Press Med Ball Chest Pass Bench Press
Box 5	DB Bench GH HYPR Incline Inc Delt Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop
Box 6	Band Tricep Extension Bicep Shock Curls OC Ball Groin Squeeze	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

**BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR FOOTBALL
(SKILL PLAYER) HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Hex Deadlift Cpress Ext Rot Rev Band Ankle Band Work	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises
Box 2	Squat Drop Jump 4-way Neck OC Ball Single Leg Squat	Box 2	Squat Drop Jump Hip Flex OC Prone CL SL Leg Press	Box 2	Squat Drop Jump Hip Flex OC Prone CL SL Hex Deadlift
Box 3	Single Leg Squat Hip Flex Prone OC DB BO Row	Box 3	SL Leg Press OC Ball Groin Squeeze DB BO Row	Box 3	SL Hex Deadlift OC Ball Groin Squeeze DB BO Row
Box 4	Cpress Int Rot Band OC Med Ball Chest Pass DB Bench	Box 4	Bench Press Med Ball Chest Pass Bench Press	Box 4	Bench Press Med Ball Chest Pass Bench Press
Box 5	DB Bench GH HYPR Incline Inc Delt Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop
Box 6	Band Tricep Extension Bicep Shock Curls OC Ball Groin Squeeze	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR BASEBALL

HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Sport Back Squat Sport Back Squat 1/2 SQ JMP Weighted	Box 1	Back Squat Back Squat 1/2 SQ JMP Weighted	Box 1	Single Leg Squat Hip Flex OC Prone CL Ball LG Curl
Box 2	Hurdle Hop 1/2 SQ JMP Weighted 15 Yard Starts	Box 2	Standing Squat Drop Jump Delt BO Lat Reb Drop Plate Pincher	Box 2	DB Incline Bench 1 Arm DB Row Reactive Jobs
Box 3	Bench Press Bench Press Bench Press	Box 3	Bench Press Bench Press Bench Press	Box 3	Speed Switch Lunge with Ju DB Fly Delt BO Lat Reb Drop
Box 4	One Leg MB Side Toss DB BO Row 90 90 Jump Twist	Box 4	Med Ball Chest Pass DB BO Row Ball Pike Drop	Box 4	Glute Bar Lift Rope Circles Gripper
Box 5	Glute Bar Lift Cuban Press OC Band DB BO Row	Box 5	Lunge OC Hops Delt BO OH Reb Drop DB BO Row	Box 5	Iso Bi Recip Iso Tri Recip OC Ball Groin Squeeze
Box 6	GH HYPR OC Ball Groin Squeeze Plate Pincher	Box 6	GH HYPR OC Ball Groin Squeeze Plate Pincher	Box 6	Iso Bi Recip Speed Abduction Close Grip Bench
Box 7	DB Shoulder Press Hip Flex OC Prone CL Iso Bi Recip	Box 7	Inc Delt Lat Reb Drop Russian Switch Lunge DB Shoulder Press	Box 7	Lunge OC Hops Rope Vertical GH Supine CL Shock Abs
Box 8	Iso Tri Recip Iso Bi Recip Jobs ECC	Box 8	Iso Tri Recip Bicep Shock Curls Band Lying Int Rot	Box 8	

BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR HOCKEY

HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Hex Deadlift Cpress Ext Rot Rev Band Ankle Band Work	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises
Box 2	Squat Drop Jump 4-way Neck OC Ball SL Leg Press	Box 2	Squat Drop Jump Isometric Ball Groin Squeez Hex Deadlift	Box 2	Squat Drop Jump OC Ball Groin Squeeze Hex Deadlift
Box 3	SL Leg Press Hip Flex OC Prone CL DB BO Row	Box 3	Hex Deadlift Isometric Ball Groin Squeez DB BO Row	Box 3	Hex Deadlift OC Ball Groin Squeeze DB BO Row
Box 4	Cpress Int Rot Band OC Med Ball Chest Pass DB Bench	Box 4	Bench Press Med Ball Chest Pass Bench Press	Box 4	Bench Press Med Ball Chest Pass Bench Press
Box 5	DB Bench GH HYPR Incline Inc Delt Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop
Box 6	Band Tricep Extension Bicep Shock Curls OC Ball Groin Squeeze	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts	Box 6	TriPress Band ASFM Curl Band AFSM STR Leg OC Glute Lifts
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

**BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR SWIMMING
(200-400M) HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Squat Jump Dual Action Bar Rows Leg Press Calf Raise	Box 1	Squat Drop Jump Prone Rings Figure 8 Calf Raises	Box 1	Squat Jump STR LG Iso Glute Lifts Calf Raises
Box 2	Hex Deadlift Cuban Press Incline Figure 8 Hex Deadlift	Box 2	Hex Deadlift Hip Flex Prone OC Leg Press	Box 2	Leg Press 4 wy BND Ankle Kick Lat Pull and Press
Box 3	Single Leg Squat Hip Flex Prone CL Lat Pull Chin Grip	Box 3	Leg Press Delt BO OH Reb Drop DB BO Row	Box 3	DB Fly Ball LG Curl DB Rear Delt
Box 4	DB Bench GH HYPR Incline DB Shoulder Press	Box 4	Bench Press Inc Delt Lat Reb Drop Bench Press	Box 4	Tricep Band Press Chin up
Box 5	DB Tri Ext Lat Pull Down Band Push Back	Box 5	Bench Press Glute Bar Lift DB Shrug	Box 5	
Box 6		Box 6	Dips Chin up Side to side supine row	Box 6	
Box 7		Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

BLOCK FIVE (3-DAY): HIGH VELOCITY PEAKING FOR VOLLEYBALL

HYPERLINKS

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink	Day 3	Exercise Hyperlink
Box 1	Black Burn Series Scarecrow DB Bench	Box 1	Jobses Prone Rings Figure 8 DB Incline Bench	Box 1	DB Incline Bench DB BO Row Jobses
Box 2	One Leg MB Side Toss DB BO Row 90 90 Jump Twist	Box 2	Med Ball Chest Pass 1 Arm DB Row Pike Abs Strap Drop	Box 2	Iso Bi Recip Iso Tri Recip OC Ball Groin Squeeze
Box 3	Band Push Back Hip Flex OC Prone CL Band Lying Int Rot	Box 3	Inc Delt Lat Reb Drop Hip Flex OC Prone CL CubPr Ext Rot Rev Band	Box 3	Single Leg Squat Hip Flex OC Prone CL Ball LG Curl
Box 4	SL Hex Deadlift SL Hex Deadlift 1/2 SQ JMP Weighted	Box 4	Back Squat Back Squat 1/2 SQ JMP Weighted	Box 4	Iso Bi Recip 90 90 Jump Twist Iso Tri Recip
Box 5	Hurdle Hop 1/2 SQ JMP Weighted 15 Yard Starts	Box 5	Standing SQ Drop Jump Delt BO Lat Reb Drop Plate Pincher	Box 5	Lunge OC Hops Reactive Bench Toss Delt BO Lat Reb Drop
Box 6	DB Tri Pro Sup Iso Bi Recip Jobses ECC	Box 6	Iso Tri Recip Iso Bi Recip CubPr In Rot Rev Band	Box 6	Glute Bar Lift Rope Circles Plate Pincher
Box 7	Glute Bar Lift CubPr Ext Rot Rev Band DB BO Row	Box 7	Lunge OC Hops Band Lying Int Rot DB BO Row	Box 7	Speed Switch Lunge with Ju Rope Vertical GH Supine CL Shock Abs
Box 8	GH HYPR Isometric Ball Groin Sque Plate Pincher	Box 8	GH HYPR OC Ball Groin Squeeze Plate Pincher	Box 8	

**BLOCK FIVE (2-DAY IN-SEASON): HIGH VELOCITY
PEAKING FOR GENERAL ATHLETE HYPERLINKS**

Day 1	Exercise Hyperlink	Day 2	Exercise Hyperlink
Box 1	Hex Deadlift Cuban Press Incline Figure 8 Ankle Band Work	Box 1	Hex Deadlift Cpress Ext Rot rev Band Calf Raises
Box 2	Squat Drop Jump 4 way neck SL Leg Press	Box 2	Squat Drop Jump Isometric Ball Groin Squeeze Hex Deadlift
Box 3	SL Leg Press Hip Flex OC Prone CL DB BO Row	Box 3	Hex Deadlift Isometric Ball Groin Squeeze DB BO Row
Box 4	Prone Rings Figure 8 Med Ball Chest Pass DB Bench	Box 4	Bench Press Med Ball Chest Pass Bench Press
Box 5	DB Bench GH HYPR Incline DB Side Lat Raise	Box 5	Bench Press Glute Bar Lift Delt BO Lat Reb Drop
Box 6	Band Tricep Extension Bicep Curl Shock 90 90 Groin ISO Hold	Box 6	Band Tricep Extension Bar Curl 90 90 Glute ISO Hold
Box 7		Box 7	
Box 8	GH HANG Rollers Glutes and Hams Laying Relaxation	Box 8	GH HANG Rollers Quads and Back Laying Wall Shakes

TABLE 7.4: POSSIBLE VARIATIONS FOR EXERCISE SEQUENCING

TRAINING PHASE	PHASE ONE: ABOVE 80% (HIGH FORCE AT LOW VELOCITY)			PHASE TWO: 80-55% (HIGH FORCE AT HIGH VELOCITY)	PHASE THREE: BELOW 55% (HIGH VELOCITY PEAKING)
BLOCK	BLOCK ONE	BLOCK TWO	BLOCK THREE	BLOCK FOUR	BLOCK FIVE
BACK SQUAT	BACK SQUAT ECCENTRIC	BACK SQUAT ISOMETRIC	BACK SQUAT WITH CHAINS	BACK SQUAT	BACK SQUAT WITH BANDS
	BACK SQUAT WEIGHT RELEASES	BACK SQUAT ISOMETRIC	BACK SQUAT WITH BANDS	BACK SQUAT	BACK SQUAT WITH BANDS
	BACK SQUAT WEIGHT RELEASES	BACK SQUAT WITH PAUSE	BACK SQUAT WITH CHAINS	BACK SQUAT	SQUAT JUMP WITH WEIGHT
SINGLE LEG SQUAT	SINGLE LEG DUMBBELL SQUAT ECCENTRIC	SINGLE LEG DUMBBELL SQUAT PAUSE	SINGLE LEG DUMBBELL SQUAT OSCILLATORY	SINGLE LEG DUMBBELL SQUAT DROP	SINGLE LEG DUMBBELL REACTIVE SQUAT
	SINGLE LEG DUMBBELL SQUAT ECCENTRIC	SINGLE LEG DUMBBELL SQUAT PAUSE	SINGLE LEG DUMBBELL SQUAT DROP	SINGLE LEG DUMBBELL REACTIVE SQUAT	SINGLE LEG DUMBBELL SQUAT OSCILLATORY
	SINGLE LEG DUMBBELL SQUAT ECCENTRIC	SINGLE LEG DUMBBELL SQUAT PAUSE	SINGLE LEG DUMBBELL SQUAT OSCILLATORY	SINGLE LEG DUMBBELL SQUAT 2POC	SINGLE LEG DUMBBELL REACTIVE SQUAT
FRONT SQUAT	FRONT SQUAT ECCENTRIC	FRONT SQUAT ISOMETRIC	FRONT SQUAT	DUMBBELL SINGLE LEG FRONT SQUAT REACTIVE	DUMBBELL SINGLE LEG FRONT SQUAT OSCILLATORY REACTIVE
LUNGE	DUMBBELL WALKING LUNGE WITH PAUSE	DUMBBELL WALKING LUNGE	DUMBBELL WALKING LUNGE SWITCH	WALKING LUNGE JUMPS	WALKING DROP LUNGE JUMPS
	WALKING LUNGE WITH BAND	WALKING BAND LUNGE JUMPS	WALKING DROP BAND LUNGE JUMP	BOX DROP LUNGE	BOX DROP REACTIVE LUNGE JUMP

TABLE 7.4: POSSIBLE VARIATIONS FOR EXERCISE SEQUENCING					
TRAINING PHASE	PHASE ONE: ABOVE 80% (HIGH FORCE AT LOW VELOCITY)			PHASE TWO: 80-55% (HIGH FORCE AT HIGH VELOCITY)	PHASE THREE: BELOW 55% (HIGH VELOCITY PEAKING)
BLOCK	BLOCK ONE	BLOCK TWO	BLOCK THREE	BLOCK FOUR	BLOCK FIVE
	DUMBBELL WALKING LUNGE WITH PAUSE	DUMBBELL WALKING LUNGE	DUMBBELL WALKING LUNGE SWITCH	SPEED SWITCH JUMP LUNGE	SPEED CYCLE JUMP LUNGE
RDL	RDL DUMBBELL ECCENTRIC	RDL DUMBBELL ISOMETRIC	RDL DUMBBELL	RDL DUMBBELL OSCILLATORY	RDL DUMBBELL SINGLE LEG BENCH HOP
	IN LINE RDL ECCENTRICS	IN LINE RDL ISOMETRIC	IN LINE RDL	RDL DUMBBELL OSCILLATORY	RDL DUMBBELL SINGLE LEG BENCH HOP
	RDL ECCENTRIC	RDL ISOMETRIC	RDL	IN LINE RDL	RDL OSCILLATORY
LEG PRESS	LEG PRESS SINGLE LEG ECCENTRIC	LEG PRESS SINGLE LEG ISOMETRIC	SINGLE LEG PRESS	LEG PRESS SINGLE LEG DROP PAUSE	LEG PRESS SINGLE LEG REACTIVE
GLUTE HAM	ECCENTRIC GLUTE HAM	GLUTE HAM HYPER	GLUTE HAM HYPER	SPEED GLUTE HAM DROP	GLUTE HAM OC ADVANTAGE POSITION
HIP FLEXOR	HIP FLEXOR ECCENTRIC PRONE	HIP FLEXOR ISOMETRIC PULL	HIP FLEXOR PRONE CONTRALATERAL	HIP FLEXOR PRONE OC CONTRALATERAL	HIP FLEXOR SPEED SWITCH LUNGE
	HIP FLEXOR PRONE ECCENTRIC CONTRALATERAL	HIP FLEXOR PRONE ISOMETRIC CONTRALATERAL	HIP FLEXOR PRONE CONTRALATERAL	HIP FLEXOR PRONE OC CONTRALATERAL	HIP FLEXOR SPEED SWITCH LUNGE
PLYOS	SWITCH LUNGE PAUSE SAND BAG	SWITCH LUNGE WITH JUMP	SWITCH JUMP LUNGE REACTIVE	LUNGE DROP REACTIVE JUMP	BOX DROP REACTIVE LUNGE JUMP
	SQUAT JUMP PAUSE	SQUAT DROP PAUSE JUMP	SQUAT DROP JUMP	ACCELERATED BAND SQUAT JUMP PAUSE	ACCELERATED BAND SQUAT JUMP