



# CONJUGATE STRENGTH V2: BLOCK ONE

## WEEK ONE

|                                     | DAY 1 ME LOWER   | DAY 2 DE UPPER  | DAY 3 RECOVERY  | DAY 4 DE LOWER  | DAY 5 ME UPPER   | DAY 6 RECOVERY  | DAY 7 OFF |
|-------------------------------------|--|---|---|---|--|---|-----------|
| <b>WARM-UP</b>                      | "Lower Warm-up #1"<br>3 Rounds of:<br>10 Slow + Controlled Goblet Squats<br>10 Russian Swings (squeeze glutes hard)<br>15s RKC Plank<br>*Rest as needed. This should not take longer than 8 minutes  | "Upper Warm-up #1"<br>3 Rounds of:<br>15 DB Bench Press (moderate weight)<br>30 Banded Pull-aparts<br>15s Side Plank each side<br>*Rest as needed. This should not take longer than 8 minutes   | Box Programming Dynamic Warm-up<br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation | "Lower Warm-up #2"<br>3 Rounds of:<br>10 X-Band Walks each direction<br>20 Banded Goodmornings (squeeze hard)<br>30 Russian Twists<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #2"<br>3 Rounds of:<br>15 DB Bench Press (neutral Grip, moderate weight)<br>15 Double DB Bent-over Rows<br>15s Abs with a plate switch<br>*Rest as needed. This should not take longer than 8 minutes   | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch |           |
| <b>MAX EFFORT OR DYNAMIC EFFORT</b> | 1) High Box Squat, Wide Stance: Work up to a heavy set of 3. Rest 2:00<br>- if you have access to chains or bands use them.<br>2) RDLs: 4 x 8-10. Rest 90s.<br>3) DB Walking Lunges: 3 x 20 steps. Rest 60s.<br>4) 1-Arm DB Rows: 4 x 10 ea. Rest 60s.<br>- 1 count pause at ribcage on each rep.<br>5) Banded Ab Pulldowns: 3 x 25. Rest 60s. | 1) Speed Bench Press: 9 x 3 @40%, every 30-40s.<br>- change grip every 3 sets ie. close, medium, wide grip<br>- if you have chains or bands use them.<br>2a) Single Arm DB Push Press, neutral grip: 1 x 8 ea., 1 x 6 ea., 2 x 5 ea. Rest 45s.<br>- work up to a heavy weight.<br>2b) Lat Pulldowns, Wide Pronated Grip: 1 x 20, 1 x 15, 1 x 12, 1 x 10. Rest 45s.<br>3a) Rollback Tricep Extensions: 3 x 12-15. Rest 30s.<br>3b) DB Hammer Curls: 3 x 10-12. Rest 30s.<br>4) Banded Plank Rows: 4 x 8-10 ea. Rest 60s. | Recovery  | 1) Wide Stance Box Squat: 8 x 3 @60% of Day 1, every 60s.<br>- 15" Box<br>- If you're able to use bands or chains drop to 50%.<br>2) Speed Pull Banded Deadlift: 8 x 1 @60%, every 30s.<br>3) DB Step-ups: 3 x 60s Max Reps. Rest 60s.<br>4) Dime! Deadlifts: 3 x 30 @30% of Deadlift max. Rest 60s.<br>5) Straight Leg Raises: 5 x 8-10. Rest 60s. | 1) Floor Press: Work up to a heavy 3 then 3 attempts at a 1RM. Rest 2:00<br>2) Strict Pull-ups. Rest 2:00 between sets.<br>Sets #1 + 2: Wide Grip Bodyweight x Submax<br>Sets #3 + 4: Neutral Grip x Submax.<br>3) Bradford Presses: 3 x 25. Rest 60s.<br>- Front + Back = 1 Rep.<br>4a) Chest Supported DB Rows: 4 x 12-15. Rest 30s.<br>4b) Single Arm OH Banded Tricep Extensions: 4 x 25 each. Rest 30s.<br>5) Windshield Wipers: 3 x Max. Rest 60s. | Recovery  | Rest Day  |
| <b>FINISHER</b>                     | Farmer Carry: 4 x 100 Ft. AHAP. Rest 60s-90s.  | 5 Minutes Cooldown on Bike  | 30-45 Minutes of Zone 1 Work<br>15 Minutes Light Sledpull Powerwalk<br>15 Minutes Row, Jog, or Bike<br>*All done at 120-130 BPM ie. 60% effort.<br>Then,<br>5:00 of Light Foam Rolling. This should NOT be painful and is used for recovery.  | Accumulate 100-200 Reps of each:<br>Banded Pull-Throughs<br>Banded Leg Curls  | 5 Minutes Cooldown on Bike   | 30-45 Minutes of Zone 1 Work<br>15 Minutes Light Sledpull Powerwalk<br>15 Minutes Row, Jog, or Bike<br>*All done at 120-130 BPM ie. 60% effort.<br>Then,<br>5 Minutes of Parasympathetic Breathing Drills<br>+<br>5:00 of Light Tissue Work   | OFF       |
| <b>ATHLETE NOTES</b>                | - <b>Strength:</b> Build to a heavy set of 3 in the High Box Squat using a wide stance. Use a 15-16" Box. This should take roughly 6-7 sets.<br>- <b>Finisher:</b> Keep all loading for accessory work as strict as possible.  | - <b>Strength:</b> All sets of Speed bench press should be fast/explosive.<br>- Accessory work form takes precedence over loading.  | - <b>Recovery:</b> Nothing today should be demanding.   | - <b>Strength:</b> Keep loads light for speed work and make sure you can accelerate through each rep. Make sure you sit back on the box on each rep.  | - <b>Strength:</b> Build to a challenging set of 3 in the floor press then proceed to 3 attempts at a 1RM.   | - <b>Recovery:</b> Perform something different than you performed on Wednesday  |           |



# CONJUGATE STRENGTH V2: BLOCK ONE

## WEEK TWO

|                                     | DAY 1 ME LOWER  | DAY 2 DE UPPER  | DAY 3 RECOVERY  | DAY 4 DE LOWER   | DAY 5 ME UPPER   | DAY 6 RECOVERY  | DAY 7 OFF |
|-------------------------------------|---|---|---|--|--|---|-----------|
| <b>WARM-UP</b>                      | "Lower Warm-up #1"<br>3 Rounds of:<br>10 Slow + Controlled Goblet Squats<br>10 Russian Swings (squeeze glutes hard)<br>15s RKC Plank<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #1"<br>3 Rounds of:<br>15 DB Bench Press (moderate weight)<br>30 Banded Pull-aparts<br>15s Side Plank each side<br>*Rest as needed. This should not take longer than 8 minutes   | Box Programming Dynamic Warm-up<br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation | "Lower Warm-up #2"<br>3 Rounds of:<br>10 X-Band Walks each direction<br>20 Banded Goodmornings (squeeze hard)<br>30 Russian Twists<br>*Rest as needed. This should not take longer than 8 minutes  | "Upper Warm-up #2"<br>3 Rounds of:<br>15 DB Bench Press (neutral Grip, moderate weight)<br>15 Double DB Bent-over Rows<br>15s Abs with a plate switch<br>*Rest as needed. This should not take longer than 8 minutes   | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch |           |
| <b>MAX EFFORT OR DYNAMIC EFFORT</b> | 1) Rack Deadlift: Work up to a challenging set of 3 and then 3 attempts at a 1-RM. Rest 2:00 - if you have access to chains or bands use them - set pins so the bar starts right below your knee.<br>2) 1 1/4 Front Squat: 4 x 5-6. Rest 90s-2:00 - build to a challenging weight.<br>3) Glute Ham Raises: 4 x 6-8. Rest 60s. - add weight or band resistance if needed.<br>4) DB Shrugs: 4 x 10 (1 count squeeze at top). Rest 60s. - Hold DB's by your side | 1) Speed Bench Press: 9 x 3 @45%, every 30-40s. - change grip every 3 sets ie. close, medium, wide grip - if you have chains or bands use them.<br>2a) Incline DB Bench Press: 4 x 10-12, AHAP. Rest 45s. - work up to a heavy weight.<br>2b) Lat Pulldowns, V-Handle: 1 x 20, 1 x 15, 1 x 12, 1 x 10. Rest 45s.<br>3a) Rollback Tricep Extensions: 4 x 12-15. Rest 30s.<br>3b) Barbell Curls: 4 x 8-10. Rest 30s. - use fatgripz if you have them.<br>4) Banded Plank Rows: 4 x 8-10 ea. Rest 60s. | Recovery  | 1) Wide Stance Box Squat: 8 x 3 @65% of Day 1/Week 1, every 60s. - 15" Box - Or use 55% of you're using accommodating resistance<br>2) Speed Pull Banded Deadlift: 8 x 1 @65%, every 30s.<br>3) Barbell Split Squats: 4 x 8 ea. Rest 60-90s.<br>4) 45 Degree Back Raises (or on GHD): 3 x 30. Rest 60s. - squeeze your glutes hard on each rep.<br>5) Landmine Rotations: 3 x 30-40 (total). Rest 60s. | 1) Strict Pull-ups. Rest 2:00 between sets. Sets #1 + 2: Wide Grip Weighted x 3 Reps per set. Sets #3 + 4: Neutral Grip Weighted x 3 reps per set. Sets #5 + 6: Close Grip Chin-up Weighted x 3 reps per set.<br>2) Push Press: 1 x 10, 1 x 8, 1 x 6, 1 x 4. Rest 2:00<br>3a) Zottaman Curls: 4 x 6-8. Rest 30s.<br>3b) Single Arm OH Banded Tricep Extensions: 4 x 25 each. Rest 30s.<br>4) Banded Side Bends: 4 x 15 ea. Rest 60s. | Recovery  | OFF       |
| <b>FINISHER</b>                     | 5 Minutes of: Max Distance Farmer Carry with a weight you can go for long distances without stopping.   | Complete: Max Effort Push-ups in 60s  | 2-3 Rounds of:<br>Row x 5 Minutes<br>Bike x 5 Minutes<br>Ski Erg or Jog x 5 Minutes @120-130 BPM (Zone 1)<br>Then,<br>5 Minutes of Parasympathetic Breathing Drills +<br>5:00 of Light Foam Rolling This should NOT be painful and is used for recovery.  | Accumulate in as few of sets as possible:<br>100-150 Double Leg Banded Leg Curls   | 3 Rounds of 30s work/30s rest:<br>1a) DB Renegade Rows<br>1b) Goblet Squats  | 3 Options:<br>1) Pull a light sled for 20 minutes without stopping.<br>2) 20 minute light jog<br>3) 20 Minute light swim<br>Then,<br>5:00 of Light Foam Rolling<br>This should NOT be painful and is used for recovery.   |           |
| <b>ATHLETE NOTES</b>                | - <b>Strength:</b> Take 6-8 sets and build to a max rack deadlift. If you're able to use accommodating resistance, use it. 1 1/4 Front Squats should be moderately heavy, but focus more on perfect repetitions. GHRs should be challenging so add weight or band tension as needed.<br>- <b>Finisher:</b> You should be able to go for 5 minutes with minimal breaks. This should be lighter than last weeks Farmer Carries.                                 | - <b>Strength:</b> The first 3 movements are the same as last week. Try to increase your loading just slightly for all 3. Remember, speed bench press should be explosive both eccentrically and concentrically.<br>- <b>Finisher:</b> Denote your score. Keep this reps as strict as possible.   | - <b>Recovery:</b> You should feel better after today's session. If needed, take today completely off.  | - <b>Strength:</b> All sets should be explosive even though the weights are slightly heavier this week. All accessory work you should be able to "feel" the primary muscle-groups working.   | - <b>Strength:</b> All repetition effort work today. Challenge yourself but be smart. Build to a heavy set in the Push Press.<br>- <b>Finisher:</b> You should be able to work for 30s without stopping. Use light weights that you know you can go for 30s without stopping.  | - <b>Recovery:</b> Enjoy your recovery day today! If needed, you can swap the light jog for rowing or biking, but overall we are looking for 20 minutes of Zone 1 work.   |           |





# CONJUGATE STRENGTH V2: BLOCK ONE

## WEEK THREE

|                                     | DAY 1 ME LOWER   | DAY 2 DE UPPER   | DAY 3 RECOVERY  | DAY 4 DE LOWER  | DAY 5 ME UPPER  | DAY 6 RECOVERY  | DAY 7 OFF |
|-------------------------------------|--|--|---|---|---|---|-----------|
| <b>WARM-UP</b>                      | "Lower Warm-up #3"<br>3 Rounds of:<br>10 <u>Reverse Lunges in Place</u> (10 each)<br>20 <u>Banded Pull-Throughs</u> (squeeze glutes hard)<br>30 <u>Banded Leg Curls</u> each leg<br>*Rest as needed. This should not take longer than 8 minutes  | "Upper Warm-up #3"<br>3 Rounds of:<br>25 <u>Banded Pushdowns</u><br>50 <u>Banded Pull-aparts</u><br>25 <u>Shoulder Taps</u> (each)<br>*Rest as needed. This should not take longer than 8 minutes  | <u>Box Programming Dynamic Warm-up</u><br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation  | "Lower Warm-up #4"<br>3 Rounds of:<br>20 <u>Dimel Deadlifts</u> (light)<br>20 <u>Landmine Rotations</u> (total)<br>20 <u>Banded Face Pull-aparts</u><br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #4"<br>3 Rounds of:<br>15 <u>Yoga Push-ups</u><br>15 <u>1-Arm DB Rows</u> each (light)<br>15s <u>Stretched Plank</u>   | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch |           |
| <b>MAX EFFORT OR DYNAMIC EFFORT</b> | 1) <u>Anderson Front Squat</u> : Work to a heavy 3, then 3 attempts at a 1RM. Rest 2:00<br>- set pins so you start at parallel.<br>- use chains if you have them<br>2) <u>Sumo Stance RDLs</u> : 4 x 8-10. Rest 90s.<br>3) <u>Bulgarian Split Squat</u> : 3 x 12 ea. Rest 60s.<br>4) <u>Barbell Rows</u> : 4 x 8-10. Rest 60s.<br>5) <u>Ab Wheel</u> : 5 x 8-10. Rest 60s. | 1) <u>Speed Bench Press</u> : 9 x 3 @50%, every 30-40s.<br>- change grip every 3 sets ie. close, medium, wide grip<br>- if you have chains or bands use them.<br>2) <u>Barbell JM Presses</u> : 5 x 10. Rest 60s.<br>3) <u>Lat Pulldowns, Neutral Handle</u> : 4 x 15. Rest 60s.<br>4a) <u>Barbell Curls</u> : 3 x 10. Rest 30s.<br>4b) <u>Seated DB Cleans</u> : 3 x 15. Rest 30s.<br>5) <u>Stir the Pot</u> : 5 rounds of 20s work/40s rest. | Recovery  | 1) <u>Wide Stance Box Squat</u> : 6 x 3 @70%, every 60s.<br>- 15" Box<br>- Or use 60% of you're using accommodating resistance<br>2) <u>Speed Pull Banded Deadlift</u> : 6 x 1 @70%, every 30s.<br>3) <u>Glute Ham Raises</u> : 4 x 6-10. Rest 60s.<br>- add weight or band tension as needed.<br>4) <u>Barbell Split Squats</u> , Front Rack: 3 x 10 ea. Rest 60s.<br>5) <u>Banded Ab Pulldowns</u> : 4 x 20-25. Rest 60s. | 1) Push Press: Build to a 1RM. Rest 2:00<br>2) Close Grip <u>Chin-ups</u> : 1 x 12, 1 x 10, 1 x 8, 1 x 6 @BW. Rest 2:00<br>3a) <u>Decline DB Bench Press</u> : 4 x 12-15. Rest 30s.<br>3b) <u>Seated V-Handle Rows</u> : 4 x 12-15. Rest 30s.<br>4) Prone Incline Shoulder Circuit: 3 x 12-12-12. Rest 60s.<br>- Front Raise + Lateral Raise (Neutral Grip) + Lateral Raise (Supinated Grip)<br>5) <u>Banded Alphabets</u> : 3 sets on each side. Rest 60s. |   | Rest Day  |
| <b>FINISHER</b>                     | N/A  | Single Arm OH KB Carry x 4 Minutes Max Distance.   | 1 Mile Light <u>Sledpull Powerwalk</u> with a 20/10 weighted vest. Forward the entire time. Wear a HR monitor if you have one and make sure your HR does not exceed 130 BPM.<br>or<br>1 Mile Walk with weighted vest. Then,<br>5 minutes of light foam rolling<br>5 Minutes of <u>Parasympathetic Breathing</u><br>Then,<br>Later in the day Accumulate:<br>200 <u>Prone Ankle Weight Leg Curls</u> | Accumulate in as few of sets as possible:<br>200 <u>Banded Leg Curls</u>  | Accumulate in as few of sets as possible:<br>150 <u>Rope Pushdowns</u>  | Optional Recovery Work<br>3 Rounds of:<br>5 Minutes Row<br>5 Minute Light Sledpull<br>5 Minute Bike<br>At Zone 1 Pace (50-60% effort)<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of <u>Parasympathetic Breathing</u>  | OFF       |
| <b>ATHLETE NOTES</b>                | - <b>Strength</b> : Build to a heavy 3 in Anderson Front Squat off pins or spotter arms. These are intended to be done from a dead stop.   | - <b>Strength</b> : Final week of speed bench press. All sets should be explosive.<br>- Finisher: Try to go for max distance with as little rest as possible. Accumulate more volume on your weaker arm.   | - <b>Recovery</b> : Today's work should be easy and leave you feeling better after it's complete.   | - <b>Strength</b> : Final week of these variations for Dynamic Effort work. All sets should be fast and zero hesitation.  | - <b>Strength</b> : Build to a max Push Press over the course of 8-10 sets. If you have a previous 1RM try to beat it by 5#'s. Have a plan in mind before starting in terms how much weight you'll add each set. Your sets should look something like 3,3,2,2,1,1,1....   | - <b>Recovery</b> : Today's work should be easy and leave you feeling better after it's complete.   |           |



# CONJUGATE STRENGTH V2: BLOCK ONE

## WEEK FOUR

|                              | DAY 1 ME LOWER  | DAY 2 DE UPPER   | DAY 3 RECOVERY   | DAY 4 DE LOWER  | DAY 5 ME UPPER  | DAY 6 RECOVERY  | DAY 7 OFF |
|------------------------------|---|--|--|---|---|---|-----------|
| WARM-UP                      | "Lower Warm-up #3"<br>3 Rounds of:<br>10 <u>Reverse Lunges in Place</u> (10 each)<br>20 <u>Banded Pull-Throughs</u> (squeeze glutes hard)<br>30 <u>Banded Leg Curls</u> each leg<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #3"<br>3 Rounds of:<br>25 <u>Banded Pushdowns</u><br>50 <u>Banded Pull-aparts</u><br>25 <u>Shoulder Taps</u> (each)<br>*Rest as needed. This should not take longer than 8 minutes  | <u>Box Programming Dynamic Warm-up</u><br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation | "Lower Warm-up #4"<br>3 Rounds of:<br>20 <u>Dimel Deadlifts</u> (light)<br>20 <u>Landmine Rotations</u> (total)<br>20 <u>Banded Face Pull-aparts</u><br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #4"<br>3 Rounds of:<br>15 <u>Yoga Push-ups</u><br>15 <u>1-Arm DB Rows</u> each (light)<br>15s <u>Stretched Plank</u>   | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch   |           |
| MAX EFFORT OR DYNAMIC EFFORT | 1) <u>Sumo Deadlift</u> w. plates elevated 2" off the floor: 1RM. Rest 2:00<br>2) <u>Glute Ham Raises</u> : Accumulate 50 total reps. Use added resistance if needed. Rest 90s.<br>3) <u>Front Rack Double Kettlebell Reverse Lunges</u> : 4 x 8-10 ea. Rest 90s.<br>4) <u>Chest Supported Iso Dynamic Rows</u> : 3 x 20 (total). Rest 60s.<br>5) <u>Reverse Hypers</u> : 4 x 25. Rest 90s.<br>- keep reps strict and squeeze glutes hard at top. Pendulum should be under control. | 1) <u>Speed Floor Press</u> : 12 x 3 @40% of Day 5/Week 1, every 60s.<br>- change grip every 4 sets. Pause on the ground for 1 count.<br>2) <u>Single Arm DB Neutral Grip Bench Press</u> : 4 x 6 ea. AHAP. Rest 60s.<br>3) <u>Barbell Shrugs</u> : 4 x 10 (1 count at top). Rest 60s.<br>4a) <u>Barbell Curl 21s</u> : 3 x 7-7-7. Rest 30s.<br>- 1/4 ROM, 1/2 ROM + Full ROM<br>4b) <u>Dirty 30s</u> : 3 x 10-10-10. Rest 30s.<br>- Rollback Tricep Extensions + Pull-over + Neutral Grip Press.<br>5) <u>Flutter Kicks</u> : 200 Reps. Rest as needed.<br>- each side = 1 rep. | Recovery   | 1) <u>Speed Front Squats</u> : 5 x 5 @60%, every 60s.<br>- if you're able to use chains use them and use 50% of 1RM.<br>2) <u>Sumo Speed Pull Deadlift</u> off 2" Plates: 10 x 2 @70% of Week 4/Day 1, every 60s.<br>- reset on each rep.<br>3) <u>Sledpull Powerwalk</u> : 6 x 60 yards @heavy. Rest 60s.<br>4) <u>Barbell Split Squats</u> , Back Rack: 3 x 10 ea. Rest 60s.<br>5) <u>Banded Ab Pulldowns</u> : 4 x 25. Rest 60s. | 1) <u>Close Grip Bench Press</u> w. heavy chains: Build to a challenging 3 then 3 attempts at a 1RM. Rest 2:00<br>2) <u>Close Grip Bench</u> w. chains: 1 x Max reps @70% of #1.<br>3) <u>Barbell Rows</u> : 1 x 12, 1 x 10, 2 x 8. Rest 60s.<br>- add weight each set. Work up to a heavy set.<br>4a) <u>DB Lateral Raises</u> : 3 x 15. Rest 30s.<br>4b) <u>DB Hammer Curls</u> : 3 x 15. Rest 30s.<br>5) <u>Banded Side Bends</u> : 5 x 10 ea. Rest 60s. |   | OFF       |
| FINISHER                     | 400 Meter <u>Sledpull Powerwalk</u> @light weight. Sled straps attached to your weight-belt.  | 5 Minutes of Light Recovery on Air Bike  | 3 Rounds of:<br>4 Minutes of Rowing<br>4 Minutes of Air Bike<br>4 Minutes of Light <u>Sledpull Powerwalking</u> @120-130 BPM<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of <u>Parasympathetic Breathing</u><br><br>Later in the day Accumulate:<br>200 <u>Prone Ankle Weight Leg Curls</u>   | 5 Minutes of Light Recovery on Air Bike   | Accumulate in as few of sets as possible:<br>150 <u>Banded Pushdowns</u><br>150 <u>Banded Pull-aparts</u>   | 30-45 Minutes of GPP Work. Wear a 20/10# Weighted Vest Options<br>- Sledpulls (forward, backward, laterally, side-stepped): Weights/ Distances/Intervals are your choice<br>- Heavy Ball Carry against stomach: Weights/Distances/ Intervals are your choice<br>- Wheelbarrow: Weights/ Distances/Intervals are your choice<br>- Your choice how this 30 minutes is complete. You can perform intervals of 60 yards, you can alternate forward, backwards, laterally, side-stepped.<br>You can alternate pushing sled and pulling sled<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of <u>Parasympathetic Breathing</u> |           |
| ATHLETE NOTES                | - <b>Strength</b> : Build to a max in the Sumo Deadlift with plates elevated 2" off the floor. This should take roughly 7-10 sets.<br>- <b>Finisher</b> : This should be "easy" recovery work.  | - <b>Strength</b> : Use the weight you achieved on Day 5/Week 1 as a reference of a light weight weight for all 12 sets.   | - <b>Recovery</b> : All work should be "comfortable" and not leave you gasping for air. This work should allow you to feel more recovered for tomorrows training.  | - <b>Strength</b> : Week 1 of new DE variations. All sets should be efficient and fast. Do not sacrifice bar speed for loading.   | - <b>Strength</b> : Take 5-6 sets and build to a challenging triple, then another 3 singles to a 1RM. BB rows can be cheated slightly.  | - <b>GPP</b> : Enjoy a change of pace today. Today's work should be challenging but not leave you feeling rundown. If you have a HR monitor wear it and make sure your HR does not exceed 150 BPM. Rest until your HR returns to 110.   |           |





# CONJUGATE STRENGTH V2: BLOCK TWO

## WEEK ONE

|                                     | DAY 1 ME LOWER  | DAY 2 DE UPPER   | DAY 3 RECOVERY  | DAY 4 DE LOWER  | DAY 5 ME UPPER   | DAY 6 RECOVERY   | DAY 7 OFF |
|-------------------------------------|---|--|---|---|--|--|-----------|
| <b>WARM-UP</b>                      | "Lower Warm-up #2"<br>3 Rounds of:<br>10 X-Band Walks each direction<br>20 Banded Goodmornings (squeeze hard)<br>30 Russian Twists<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #2"<br>3 Rounds of:<br>15 DB Bench Press (neutral Grip, moderate weight)<br>15 Double DB Bent-over Rows<br>15s Abs with a plate switch<br>*Rest as needed. This should not take longer than 8 minutes   | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch                               | "Lower Warm-up #1"<br>3 Rounds of:<br>10 Slow + Controlled Goblet Squats<br>10 Russian Swings (squeeze glutes hard)<br>15s RKC Plank<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #1"<br>3 Rounds of:<br>15 DB Bench Press (moderate weight)<br>30 Banded Pull-aparts<br>15s Side Plank each side<br>*Rest as needed. This should not take longer than 8 minutes  | Box Programming Dynamic Warm-up<br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation  |           |
| <b>MAX EFFORT OR DYNAMIC EFFORT</b> | 1) Anderson Back Squat off pins: Work up to a 1RM. Rest 2:00 - set pins so you start at parallel. - If you have access to a Safety Squat Bar and heavy chains, use them.<br>2) Single Leg DB RDLs w. support: 4 x 6-8 ea. Rest 60s.<br>3) Front Rack Double Kettlebell Step-ups 4 x 6-8 ea. Rest 60s.<br>4) Single Arm Farmer Carry: 4 x 100 Ft on each arm. Rest 60s.<br>5) Banded Pull-Through: 3 x 50. Rest 60s. | 1) Speed Floor Press: 10 x 3 @45% of Day/Week 1, every 60s. - change grip every 2 sets. Pause on the ground for 1 count.<br>2) Ultra Wide Grip Pull-ups: 10-8-6-4-2. No rest. - Use bodyweight only<br>3) DB Rolling Tricep Extensions: 5 x 10. Rest 60s.<br>4) Prone Incline Lateral Raises 21s: 3 x 7 ea. Rest 30s.<br>5) Banded Pallof Press Iso Hold: 4 x 10s each side. Rest 60s. | Recovery  | 1) Speed Front Squats: 5 x 5 @65%, every 60s. - if you're able to use chains OR bands use them and use 55% of 1RM.<br>2) Sumo Speed Pull Deadlift off 2" Plates: 10 x 2 @75% of Day 1/ Week 4, every 60s. - reset on each rep.<br>3) Barbell Glute Bridges: 4 x 8, up to a heavy set. Rest 90s. - squeeze glutes for a 1 count at the top of each rep.<br>4) 1 1/4 DB Split Squats: 3 x 6-8 each. Rest 60s.<br>5) Banded Alphabets: 2 sets each side. Rest 60s. | 1) Seated Shoulder Press off Pins: Heavy 3 + 3 Attempts at 1RM. Rest 2:00 - set pins or arms so you start at "eye-level".<br>2) Close Grip Bench: 1 x 10, 1 x 8, 1 x 6, 1 x 10, adding weight each set. Rest 45s.<br>3) T-Bar Rows: 4 x 10-12. Rest 60s.<br>4) Bamboo Bar Shoulder Press or Light Barbell Shoulder Press: 3 x 25. Rest 90s. - Shoulder Width Grip for all sets.<br>5) Banded Low to High Woodchops: 3 x 15 ea. Rest 60s. | N/A  | OFF       |
| <b>FINISHER</b>                     | 400 Meter Sledpull Powerwalk @light weight. Sled straps attached to your weight-belt. - Alternate between forward + backward  | 3 Sets of:<br>50 Ft. Each Arm Bottoms-up KB Carry<br>50 Shoulder Taps (total)  | 1 Round of:<br>10 Minutes of light Jog<br>10 Minutes of Air Bike<br>10 Minutes of Light Sledpull Powerwalking<br>*Alternate between forward + backward + laterally @120-130 BPM<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of Parasympathetic Breathing<br>Later in the day Accumulate:<br>200 Prone Ankle Weight Leg Curls | 5 Minutes of Light Recovery on Air Bike   | Accumulate in as few of sets as possible:<br>150 Banded or Rope Pushdowns  | AMRAP 30:<br>Barbell Back Rack Carry x 100 Meters<br>Barbell Front Rack Carry x 75 Meters<br>Barbell Overhead Carry x 50 Meters<br>Barbell Zercher Carry x 25 Meters<br>Heavy Sledpush x 25 Meters<br>*Rest as needed between sets. This should be done for quality, not for score.<br>Then,<br>100 Banded Leg Curls<br>75 Banded Pull-Throughs<br>50 Banded hip-flexor pulls each<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of Parasympathetic Breathing |           |
| <b>ATHLETE NOTES</b>                | - <b>Strength:</b> Build to a max in the Anderson Back Squat. This should take roughly 7-10 sets.<br>- Finisher: Try to go without stopping for the entire 400m.  | - <b>Strength:</b> Use the weight you achieved on Week 1/Day 5 as a reference of a light weight weight for all 10 sets.<br>- Finisher: Move through this work at a controlled pace. Keep your reps as strict as possible on the shoulder taps.   | - <b>Recovery:</b> All work should be "comfortable" and not leave you gasping for air. This work should allow you to feel more recovered for tomorrows training.  | - <b>Strength:</b> Week 2 of DE variations. All sets should be efficient and fast. Do not sacrifice bar speed for loading. Use a moderate load for glute bridges.   | - <b>Strength:</b> Take 5-6 sets and build to a challenging triple, then another 3 singles to a 1RM. This shoulder press should be done from a dead-start where the bar starts at roughly eye-level. #2 each set should be challenging.  | - <b>GPP:</b> Today's work should be challenging but not leave you feeling rundown. If you have a HR monitor wear it and make sure your HR does not exceed 150 BPM. Rest until your HR returns to 110.   |           |



# CONJUGATE STRENGTH V2: BLOCK TWO

## WEEK TWO

|                                     | DAY 1 ME LOWER   | DAY 2 DE UPPER  | DAY 3 RECOVERY  | DAY 4 DE LOWER  | DAY 5 ME UPPER  | DAY 6 RECOVERY  | DAY 7 OFF |
|-------------------------------------|--|---|---|---|---|---|-----------|
| <b>WARM-UP</b>                      | "Lower Warm-up #2"<br>3 Rounds of:<br>10 X-Band Walks each direction<br>20 Banded Goodmornings (squeeze hard)<br>30 Russian Twists<br>*Rest as needed. This should not take longer than 8 minutes  | "Upper Warm-up #2"<br>3 Rounds of:<br>15 DB Bench Press (neutral Grip, moderate weight)<br>15 Double DB Bent-over Rows<br>15s Abs with a plate switch<br>*Rest as needed. This should not take longer than 8 minutes  | "Joe DeFranco Limber 11"<br>Foam Roll IT Band<br>Foam Roll Adductors<br>SMR Glutes (lax ball)<br>Bent-knee Iron Cross<br>Rollovers into V-sits<br>Rocking Frog stretch<br>Fire Hydrant circles<br>Mountain Climbers<br>Cossack Squats<br>Seated Piriformis stretch<br>Rear Foot Elevated Hip Flexor stretch | "Lower Warm-up #1"<br>3 Rounds of:<br>10 Slow + Controlled Goblet Squats<br>10 Russian Swings (squeeze glutes hard)<br>15s RKC Plank<br>*Rest as needed. This should not take longer than 8 minutes   | "Upper Warm-up #1"<br>3 Rounds of:<br>15 DB Bench Press (moderate weight)<br>30 Banded Pull-aparts<br>15s Side Plank each side<br>*Rest as needed. This should not take longer than 8 minutes   | Box Programming Dynamic Warm-up<br>BP Dynamic Consists of:<br>High Knees<br>Butt Kickers<br>Inside Taps<br>Outside Taps<br>A Skip<br>B Skip<br>Knee Hug + Lunge w. forearm to floor + thoracic rotation + toe point<br>Leg Swing opposite toe to opposite hand<br>Carioca<br>Jumping Jack Shuffle (switch half way)<br>90 Degree Hip Rotation   |           |
| <b>MAX EFFORT OR DYNAMIC EFFORT</b> | 1) Trap Bar Deadlift: Build to a heavy set of 3. Rest 2:00.<br>- Reset on each rep.<br>2) Goodmornings: 4 x 5 at a moderate weight. Rest 90s.<br>3) Goblet Box Squat: 4 x 10, AHAP. Rest 90s.<br>4) Rear Foot Elevated DB Split Squats: 3 x 12 ea. Rest 60s.<br>5) Lat Pulldowns, Wide Grip: 3 x 15. Rest 60s. | 1) Speed Floor Press: 9 x 3 @50%, every 40s.<br>- 3 Sets close Grip, 3 Sets medium grip, 3 Sets wide grip.<br>2) Snatch Grip High Pulls: 4 x 6. Rest 60s.<br>3) Push Press: 1 x 6, 1 x 8, 1 x 10. Rest 90s.<br>- Reset on each rep. Add weight each set.<br>4) Chest DB Supported Rows: 3 x 15. Rest 45s.<br>5) Straight Leg Weighted Sit-ups: 4 x 10-15. Rest 60s. | Recovery  | 1) Speed Front Squats: 5 x 4 @70%, every 60s.<br>- if you're able to use chains OR bands use them and use 60% of 1RM.<br>2) Sumo Speed Pull Deadlift off 2" Plates: 8 x 2 @80% of Monday, every 60s.<br>- reset on each rep.<br>3) Sledpull Powerwalk: 6 x 60 yards, AHAP. Rest 60s.<br>- Use same weight you used on Day 4/Week 4<br>4) Reverse Hypers: 5 x 20 @50% of your Back Squat max. Rest 60s.<br>5) Side Bends on Back Raise: 100 Total Reps split evenly between each side. Rest as needed. | 1) Dead Bench Press: Work up to a heavy 3 then 1RM. Rest 2:00<br>- use a medium grip and start so the bar is about 4-6" over your chest.<br>2) Dead Bench Press: 1 x Max Reps with 75% of Above.<br>3) Ultra Wide Grip Pull-ups: 4 x 6-10 at bodyweight or add light DB between feet. Rest 90s.<br>4a) Prone Incline Lateral Raise 21s: 3 x 7-7-7. Rest 30s.<br>- pronated + neutral + supinated<br>4b) Barbell Curls: 2 x 50. Rest 30s.<br>5) Stir the Pot: 5 x 20s work/40s Rest. | N/A   |           |
| <b>FINISHER</b>                     | 5:00 Max Distance Farmer Carry<br>*Try to beat distance achieved on DAY 1/WEEK 2   | Accumulate:<br>200 Banded Pull-aparts<br>*Complete sets of 50-75 at a time.   | 8-10 Rounds of:<br>1 Minute Row<br>1 Minute Light Sledpush<br>1 Minute Bike<br>1 Minute Ski Erg or Jog @120-130 BPM<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of Parasympathetic Breathing<br>Then, 5 minutes of light foam rolling<br>5 Minutes of Parasympathetic Breathing                | 5 Minutes of Light Foam Rolling   | Accumulate in as few of sets as possible:<br>100 Heavy Band Bent-over Pushdowns   | 10 Minutes of:<br>Moderate Weight Sledpushes<br>Rest as needed<br>10 Minutes of:<br>Barbell Carry<br>*Rotate between Back Rack + Front Rack + Zercher Carry<br>Rest as needed.<br>10 Minutes of:<br>ODD Object Carry<br>Rest as needed.<br>*Use a stone or DBall or whatever else you have access to that fits the bill<br>10 Minutes of:<br>Light Sledpull Powerwalk<br>*Alternate between forward + laterally + side stepped.<br>Then,<br>5 minutes of light foam rolling<br>5 Minutes of Parasympathetic Breathing | OFF       |
| <b>ATHLETE NOTES</b>                | - <b>Strength:</b> Build to a tough triple resetting on each rep over the course of 6-7 sets.<br>Goodmornings should be perfect execution so go lighter if needed.<br>- <b>Finisher:</b> Use a moderate weight DB or KB for carries and try go as long as possible without dropping.                           | - <b>Strength:</b> Final week of Speed Floor Press. Make sure you're able to be explosive on each set.  | - <b>Recovery:</b> All work should be "comfortable" and not leave you gasping for air. This work should allow you to feel more recovered for tomorrows training.  | - <b>Strength:</b> Final week of these Dynamic Effort Variations. Make sure all sets are smooth/fast. All steps with the sled should be forceful. The sled should jerk from side to side. If you're unable to perform sledpulls complete 5 minutes of recovery work on bike.  | - <b>Strength:</b> Build to a heavy set of 3 of deadpress over the course of 5 sets then perform 3-4 more sets of 1 to a max. After you'll take 75% of this max and perform 1 set for max reps. Each rep is done from a dead-stop.<br>- <b>Finisher:</b> Look to complete 20-25 reps each set. Use a heavier band than you normally use.  | - <b>GPP:</b> Today is an optional day, but this work should not get your heart-rate higher than 160 BPM. Rest 60-90s between efforts. Today is a high-resistance aerobic day.  |           |