

Microcycle 1

*Everything is submaximal effort for this phase, except for the Kettlebell Swings.

Day 1		Total							
Exercise		weight	reps	weight	reps	weight	reps	weight	reps
<i>Dynamic Effort</i>	Kettlebell Swing		5x6		5x4		5x5		
	Hip Exten.								
Submaximal Bilateral Saggital Impact Plyos & Unilateral Frontal Plyo	Wk.1 Sagg.Bil.Hop to Box/		2/4						
	Ice-Skater Absorb								
	Wk.2 Sagg. Bil-to Box				2/4				
	/Ice-Skater Red.								
	Wk.3 Bil..Sagg- to Box						2/5		
	/Ice-Skater Red.								
Optimal Joint Flexion Depth, Timing Sense, Rebound Coordination	Wk.1 Hops		10						
	Wk.2 Hops, Ali's				6e				
	Wk.3Hops, Alis, In-Out						5e		
Shock Prep									
LB Push	Dumbbell		4		5		6		5RM Test
Anti-Rotation	Bulgarian Split Squats		4		5		6		
	2-Handed		4		5		6		
	Rep-Related Increase		4		5		6		
UB Vertical Pull	Weighted Pronated Pullups		4		5		6		Rep-Test
Dorsiflex./Inv./Adduct.	Feet Hold DB		4		5		6		
	Same lbs. All 3 Wks.		4		5		6		
	Rep-Related Increase		4		5		6		
LB Push	Goblet Reverse/		4		5		6		
Unilateral	Lateral Lunge		4		5		6		
Saggital/	Same lbs. All 3 Wks.		4		5		6		
Frontal	Rep-Related Increase		4		5		6		
			4		5		6		
UB Pull	One-Arm Dumbbell		4		5		6		
Horizontal	Row		4		5		6		
Anti-Rotation	Same lbs. All 3 Wks.		4		5		6		
	Rep-Related Increase		4		5		6		
			4		5		6		
Anti-Rotation	Split Stance		10		12		15		
	Chop		10		12		15		
LB Pull	Single-Leg Barbell		4		5		6		
Unilateral	Romanian Deadlift		4		5		6		
Anti-Rotation	Same lbs. All 3 Wks.		4		5		6		
	Rep-Related Increase		4		5		6		
			4		5		6		

Microcycle 2

Day 1		Total							
Exercise		weight	reps	weight	reps	weight	reps	weight	reps
Accelerated Eccentric Hip Exten.	Manual Resisted Kettlebell Swing		5x6		5x4		5x5		5x3
<i>Dynamic Effort</i>	Wk.1 Sagg.Bil.Hop.to Box		2						
	Wk.2 Sagg. Bil. To Box to Drop Landing/				2/4				
	/landing								
	Ice-Skater Absorb								
	mechanics	Wk.3 Sagg.Bil.toBox-Drop Landing/ Ice-Skater					2/4		
/shock stimulation	Absorb								
<i>Submaximal Effort</i>	Wk.4 Sagg.Bil.toBox-To Sub-Max Broad/ Ice-Skater								2/4
	Redirect								
LB Push	Dumbbell Bulgarian	40	5	55	5	40	5	55	5
Unilateral <i>Repeated Effort</i>	Split Squats	60	3	70	3	60	3	70	3
	2-Handed	80	1	90	1	80	1	90	1
		90	10	100	6	95	10	110	6
UB Vertical Pull <i>Repeated Effort</i>	Weighted Pronated Pullups		6		4		5		3
	Feet Hold DB		6		4		5		3
	*Wk.2 5lb. Inc.		6		4		5		3
	*Wk.3 same as Wk.2		6		4		5		3
	*Wk. 4 inc. 5lbs.		6		4		5		3
LB Push Unilateral Sagittal/ Frontal <i>Submaximal Effort</i>	Goblet Reverse/ Lateral Lunge		6		4		5		3
	*Wk.2 inc. 10lbs.		6		4		5		3
	*Wk. 3 same as Wk.2		6		4		5		3
	*Wk. 4 inc. 10lbs.		6		4		5		3
	One-Arm Dumbbell Row		6		4		5		6
UB Pull Horizontal <i>Repeated Effort</i>	*Wk. 2 inc. 10lbs.		6		4		5		6
	*Wk. 3 same as Wk.2		6		4		5		6
	Wk. 4 same lb. as Wk.3		6		4		5		6
Anti-Rotation <i>Submaximal Effort</i>	Band Chops Split		10		12		15		15
	Stance/Knee Down		10		12		15		15
LB Pull Unilateral <i>Submaximal Effort</i>	Single-Leg Romanian Deadlift to Dumbbell Row		6		4		5		3
	Contralateral *follow Lunge Guidelines		6		4		5		3
			6		4		5		3
			6		4		5		3