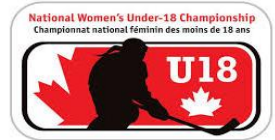


Name: _____

Program 4- In-Season Maintenance



Program Notes

If you finish the exercise w/ perfect form you must go up for the work set next time regardless. If you do not finish the exercise w/ perfect form you stay at the same weight. If you are stuck at the same weight for 3 sessions in a row let me know. The goal of the program is to increase Lower body and Power movements by 2-5 kg a session and upper body movements 2-3 kg per session.

YOU MUST RECORD WORKSET WEIGHTS AND NEXT TIME WEIGHTS. THIS WILL BE CHECKED

Week 20 Session 1					Week 20 Session 2					Week 21 Session 1					Week 21 Session 2						
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time		
Jumps Broad Jump 5x1 (Measure distance)					Jumps Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)					Jumps Broad Jump 6x1 (Measure distance)					Jumps Drop Jump 4x3 (12 inch box)						
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	SB Leg Curl	3x11	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	SB Leg Curl	3x12	Wall calf (30s/es)	/		
2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/		
2b	Pull-up	BS1	/	/	2b	DB Bench Press	BS2	/	/	2b	Pull-up	BS1	/	/	2b	DB Bench Press	BS2	/	/		
3a	BB RDL	BS1	Wall Couch Stretch (30s/es)	/	3a	Bent-Knee Inverted Row	3x11	90/90 stretch (60s/es)	/	3a	BB RDL	BS1	Wall Couch Stretch (30s/es)	/	3a	Bent-Knee Inverted Row	3x12	90/90 stretch (60s/es)	/	/	
3b	Slideboard Cossack Squat	2x11es	/	/	3b	1/2 Kneeling Cable Lift	3x11es		/	/	3b	Slideboard Cossack Squat	2x12es	/	/	3b	1/2 Kneeling Cable Lift		3x12es	/	/
4a	Assisted Pistol Squats	2x11es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x11		/	/	4a	Assisted Pistol Squats	2x12es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide		2x12	/	/
4b	DB Suitcase Carry (35% BW)	2x30s/es	/	/	3d	SB Roll-out	2x11		/	/	4b	DB Suitcase Carry (35% BW)	2x30s/es	/	/	3d	SB Roll-out		2x12	/	/

Week 22 Session 1					Week 22 Session 2					Week 23 Session 1					Week 23 Session 2						
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time		
Jumps Broad Jump 4x2 (Measure distance)					Jumps Drop Jump 4x3 (12 inch box)					Jumps Broad Jump 4x2 (Measure distance)					Jumps Drop Jump 4x3 (12 inch box)						
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	SB Leg Curl	3x13	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	SB Leg Curl	3x14	Wall calf (30s/es)	/		
2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/		
2b	Pull-up	BS1	/	/	2b	DB Bench Press	BS2	/	/	2b	Pull-up	BS1	/	/	2b	DB Bench Press	BS2	/	/		
3a	BB RDL	BS1	Wall Couch Stretch (30s/es)	/	3a	Bent-Knee Inverted Row	3x13	90/90 stretch (60s/es)	/	3a	BB RDL	BS1	Wall Couch Stretch (30s/es)	/	3a	Bent-Knee Inverted Row	3x14	90/90 stretch (60s/es)	/	/	
3b	Slideboard Cossack Squat	2x13es	/	/	3b	1/2 Kneeling Cable Lift	3x13es		/	/	3b	Slideboard Cossack Squat	2x14es	/	/	3b	1/2 Kneeling Cable Lift		3x14es	/	/
4a	Assisted Pistol Squats	2x13es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x13		/	/	4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide		2x14	/	/
4b	DB Suitcase Carry (40% BW)	2x30s/es	/	/	3d	SB Roll-out	2x13		/	/	4b	DB Suitcase Carry (40% BW)	2x30s/es	/	/	3d	SB Roll-out		2x14	/	/

Week 24 Session 1				Week 24 Session 2				Week 25 Session 1				Week 25 Session 2 (Taper)																			
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time												
Jumps				Broad Jump 5x2 (Measure distance)				Jumps				Drop Jump 4x3 (15 inch box)				Jumps				Broad Jump 3x3 (Measure distance)				Jumps				Drop Jump 3x3 (15 inch box)			
1	Squat Jump (2 sec pause @ bottom) 45% front squat WS	3x6	Wall calf (30s/es)	/	1	Single Leg SB Leg Curl	2x1es	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 45% front squat WS	3x6	Wall calf (30s/es)	/	1	Single Leg SB Leg Curl	2x1es	Wall calf (30s/es)	/												
2a	Trapbar Deadlift	B52	90/90 stretch (60s/es)	/	2a	Front Squat	B52	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	B52	90/90 stretch (60s/es)	/	2a	Front Squat	B52T1	Couch Stretch (60s/es)	/												
2b	Pull-up	B51	/	/	2b	DB Bench Press	B52	/	/	2b	Pull-up	B51	/	/	2b	DB Bench Press	B52T1	/	/												
3a	BB RDL	B51	Wall Couch Stretch (30s/es)	/	3a	Straight leg Inverted Row	3x14	/	/	3a	BB RDL	B51	Wall Couch Stretch (30s/es)	/	3a	Straight leg Inverted Row	2x14	90/90 stretch (60s/es)	/												
3b	Slideboard Cossack Squat	2x14es	/	/	3b	Split Position Cable Lift	3x14es	90/90 stretch (60s/es)	/	3b	Slideboard Cossack Squat	2x14es	/	/	3b	Split Position Cable Lift	2x14es	/	/												
4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/	3c	Seated Wall Slide	2x14	/	/	4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/																	
4b	DB Suitcase Carry (45% BW)	2x30s/es	/	/	3d	Plank Position Roll-out	2x14	/	/	4b	DB Suitcase Carry (45% BW)	2x30s/es	/	/																	
Week 26 Session 1 (Taper)				Week 26 Session 2 (Taper)				Week 28 Session 1				Week 28 Session 2																			
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time												
Jumps				Triple Jump 2x2 (measure distance)				Jumps				Drop Jump 2x3 (15 inch box)				Jumps				Triple Jump 3x3 (measure distance)				Jumps				Drop Jump 4x3 (15 inch box)			
1a	Trapbar Reset Jumps	BES2T2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	1x12es	Couch Stretch (60 sec a side)	/	1a	Trapbar Reset Jumps	BES2T1	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	3x12es	Couch Stretch (60 sec a side)	/												
1b	Lateral Band Walk	2x11es	/	/	2a	Landmine Snatch	BES1xT4	Wall Calf Mobility (60sec per side)	/	1b	Lateral Band Walk	3x12es	/	/	2a	Landmine Snatch	BES1xT1	Wall Calf Mobility (60sec per side)	/												
2a	BB Sumo Deadlift	B52T2	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52T4	/	/	2a	BB Sumo Deadlift	B52T1	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52T1	/	/												
2b	Bench Press	B52T2	/	/	3a	Back Squat	B52T4	Couch Stretch (60 sec a side)	/	2b	Bench Press	B52T1	/	/	3a	Back Squat	B52T1	Couch Stretch (60 sec a side)	/												
				/	3b	Chin up	1x5	/	/	3a	Pistol Squat to Box (15 inch box)	3x12es	Couch Stretch (60 sec a side)	/	3b	Chin up	3x9	/	/												
				/				/	/	3b	Straight Leg Inverted Row	3x14	/	/	4a	Split Position Cable Lift	3x13es	90/90 stretch (60s/es)	/												
				/				/	/	3c	SB Stir thePot	3x12es	/	/	4b	Back Extensions T:1:2:1	3x12	/	/												
Week 29 Session 1				Week 29 Session 2				Week 30 Session 1				Week 30 Session 2																			
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time												
Jumps				Triple Jump 3x3 (measure distance)				Jumps				Drop Jump 4x2 (18 inch box)				Jumps				Triple Jump 3x3 (measure distance)				Jumps				Drop Jump 4x2 (18 inch box)			
1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	3x13es	Couch Stretch (60 sec a side)	/	1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	3x13es	Couch Stretch (60 sec a side)	/												
1b	Lateral Band Walk	3x13es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/	1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/												
2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/	2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/												
2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/	2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/												
3a	Pistol Squat to Box (15 inch box)	3x13es	/	/	3b	Chin up	3x10	/	/	3a	Pistol Squat to Box (15 inch box)	3x14es	/	/	3b	Chin up	3x11	/	/												
3b	Feet Elevated Inverted Row	3x11	Couch Stretch (60 sec a side)	/	4a	Split Position Cable Lift	3x14es	90/90 stretch (60s/es)	/	3b	Feet Elevated Inverted Row	3x12	Couch Stretch (60 sec a side)	/	4a	Split Position Cable Lift	3x14es	90/90 stretch (60s/es)	/												
3c	SB Stir thePot	3x13es	/	/	4b	Back Extensions T:1:2:1	3x13	/	/	3c	SB Stir thePot	3x14es	/	/	4b	Back Extensions T:1:2:1	3x14	/	/												

Week 31 Session 1					Week 31 Session 2					Week 32 Session 1					Week 32 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 4x2 (18 inch box)					Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 3x2 (18 inch box)				
1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	3x14es	Couch Stretch (60 sec a side)	/	1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	2x14es	Couch Stretch (60 sec a side)	/
1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/	1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/
2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/	2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/
2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/	2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/
3a	Pistol Squat	3x8es	/	/	3b	Chin up	3x12	/	/	3a	Pistol Squat	2x9es	/	/	3b	Chin up	3x13	/	/
3b	Feet Elevated Inverted Row	3x13	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	3x12es	90/90 stretch (60s/es)	/	3b	Feet Elevated Inverted Row	2x14	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	2x13es	90/90 stretch (60s/es)	/
3c	SB Stir thePot	3x14es	/	/	4b	Weighted Back Extensions T:1:2:1	3x14	/	/	3c	SB Stir thePot	2x14es	/	/	4b	Weighted Back Extensions T:1:2:1	2x14	/	/
Week 33 Session 1					Week 33 Session 2					Week 34 Session 1					Week 34 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 3x2 (18 inch box)					Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 3x2 (18 inch box)				
1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	2x14es	Couch Stretch (60 sec a side)	/	1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	2x14es	Couch Stretch (60 sec a side)	/
1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/	1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/
2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/	2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/
2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/	2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/
3a	Pistol Squat	2x10es	/	/	3b	Chin up	3x14	/	/	3a	Pistol Squat	2x10es	/	/	3b	Chin up	3x14	/	/
3b	Feet Elevated Inverted Row	2x14	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	2x14es	90/90 stretch (60s/es)	/	3b	Feet Elevated Inverted Row	2x14	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	2x14es	90/90 stretch (60s/es)	/
3c	SB Stir thePot	2x14es	/	/	4b	Weighted Back Extensions T:1:2:1	2x14	/	/	3c	SB Stir thePot	2x14es	/	/	4b	Weighted Back Extensions T:1:2:1	2x14	/	/
Week 35 Session 1					Week 35 Session 2					Week 36 Session 1					Week 36 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 3x2 (18 inch box)					Jumps Triple Jump 3x3 (measure distance)					Jumps Drop Jump 3x2 (18 inch box)				
1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	2x14es	Couch Stretch (60 sec a side)	/	1a	Trapbar Reset Jumps	BES2	Wall Calf Mobility (60sec per side)	/	1	Single Leg SB Leg Curl	2x14es	Couch Stretch (60 sec a side)	/
1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/	1b	Lateral Band Walk	3x14es	/	/	2a	Landmine Snatch	BES1x	Wall Calf Mobility (60sec per side)	/
2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/	2a	BB Sumo Deadlift	B52	Groin Rock Stretch 60sec	/	2b	Pendlay Row	B52	/	/
2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/	2b	Bench Press	B52	/	/	3a	Back Squat	B52	Couch Stretch (60 sec a side)	/
3a	Pistol Squat	2x10es	/	/	3b	Chin up	3x14	/	/	3a	Pistol Squat	2x10es	/	/	3b	Chin up	3x14	/	/
3b	Feet Elevated Inverted Row	2x14	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	2x14es	90/90 stretch (60s/es)	/	3b	Feet Elevated Inverted Row	2x14	Couch Stretch (60 sec a side)	/	4a	Bilateral Cable Lift	2x14es	90/90 stretch (60s/es)	/
3c	SB Stir thePot	2x14es	/	/	4b	Weighted Back Extensions T:1:2:1	2x14	/	/	3c	SB Stir thePot	2x14es	/	/	4b	Weighted Back Extensions T:1:2:1	2x14	/	/

Week 37 Session 1					Week 37 Session 2					Week 38 Session 1					Week 38 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)				Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 4x3 (12 inch box)			
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Hang From Hip Clean Shrug	3x5	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Hang From Hip Clean Shrug	3x5	Wall calf (30s/es)	/
2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	BS2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2	Couch Stretch (60s/es)	/
2b	Pull-up	BS2	/	/	2b	DB Bench Press	BS2	/	/	2b	Pull-up	BS2	/	/	2b	DB Bench Press	BS2	/	/
3a	BB RDL	BS2	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	3x11	/	/	3a	BB RDL	BS2	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	3x12	/	/
3b	Slideboard Cossack Squat	2x11es	/	/	3b	1/2 Kneeling Cable Chop	3x11es	90/90 stretch (60s/es)	/	3b	Slideboard Cossack Squat	2x12es	/	/	3b	1/2 Kneeling Cable Chop	3x12es	90/90 stretch (60s/es)	/
4a	Assisted Pistol Squats	2x11es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x11	/	/	4a	Assisted Pistol Squats	2x12es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x12	/	/
4b	Farmer Carry (80% BW)	2x30sec	/	/	3d	SB Pike	2x11	/	/	4b	Farmer Carry (80% BW)	2x30sec	/	/	3d	SB Pike	2x12	/	/
Week 39 Session 1 (Playoff Taper)					Week 49 Session 2 (Playoff Taper)					Week 40 Session 1 (Playoff Taper)					Week 40 Session 2 (Playoff Taper)				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)				Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 4x3 (12 inch box)			
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Hang Above Knee Clean Shrug	3x5	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Hang Below Clean Shrug	3x5	Wall calf (30s/es)	/
2a	Trapbar Deadlift	BS2T1	90/90 stretch (60s/es)	/	2a	Front Squat	BS2T1	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	BS2T2	90/90 stretch (60s/es)	/	2a	Front Squat	BS2T2	Couch Stretch (60s/es)	/
2b	Pull-up	BS2T1	/	/	2b	DB Bench Press	BS2T1	/	/	2b	Pull-up	BS2T2	/	/	2b	DB Bench Press	BS2T2	/	/
3a	BB RDL	BS2T1	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	3x13	/	/	3a	BB RDL	BS2T2	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	2x14	/	/
3b	Slideboard Cossack Squat	2x13es	/	/	3b	1/2 Kneeling Cable Chop	3x13es	90/90 stretch (60s/es)	/	3b	Slideboard Cossack Squat	2x14es	/	/	3b	1/2 Kneeling Cable Chop	2x14es	90/90 stretch (60s/es)	/
4a	Assisted Pistol Squats	2x13es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x13	/	/	4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x14	/	/
4b	Farmer Carry (80% BW)	2x40sec	/	/	3d	SB Pike	2x13	/	/	4b	Farmer Carry (80% BW)	2x40sec	/	/	3d	SB Pike	2x14	/	/
Week 41 Session 1					Week 41 Session 2 (Playoff Taper)					Week 42 Session 1					Week 42 Session 2				
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time
Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)				Jumps	Triple Jump 4x1 (measure distance)				Jumps	Drop Jump 4x3 (12 inch box)			
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Clean Shrug from the floor	3x5	Wall calf (30s/es)	/	1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)	/	1	Hang Below Clean Shrug	3x5	Wall calf (30s/es)	/
2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)	/	2a	Front Squat	BS2T3	Couch Stretch (60s/es)	/	2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)	/	2a	Front Squat	BS2T3	Couch Stretch (60s/es)	/
2b	Pull-up	BS2T3	/	/	2b	DB Bench Press	BS2T3	/	/	2b	Pull-up	BS2T3	/	/	2b	DB Bench Press	BS2T3	/	/
3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	3x14	/	/	3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)	/	3a	Straight Leg Inverted Row	2x14	/	/
3b	Slideboard Cossack Squat	2x14es	/	/	3b	1/2 Kneeling Cable Chop	3x14es	90/90 stretch (60s/es)	/	3b	Slideboard Cossack Squat	2x14es	/	/	3b	1/2 Kneeling Cable Chop	2x14es	90/90 stretch (60s/es)	/
4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x14	/	/	4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)	/	3c	Supine Floor Slide	2x14	/	/
4b	Farmer Carry (80% BW)	2x50sec	/	/	3d	SB Pike	2x14	/	/	4b	Farmer Carry (80% BW)	2x50sec	/	/	3d	SB Pike	2x14	/	/

Week 43 Session 1					Week 43 Session 2					Week 44 Session 1					Week 44 Session 2					
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	
Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)					Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 4x3 (12 inch box)					
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Clean Shrug from the floor	3x5	Wall calf (30s/es)		1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Hang Below Clean Shrug	3x5	Wall calf (30s/es)		
2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		
2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			
3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		
3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop	3x14es				3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop		3x14es	
4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide	2x14				4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide		2x14	
4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike	2x14				4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike		2x14	
Week 45 Session 1					Week 45 Session 2					Week 46 Session 1					Week 46 Session 2					
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	
Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)					Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 4x3 (12 inch box)					
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Clean Shrug from the floor	3x5	Wall calf (30s/es)		1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Hang Below Clean Shrug	3x5	Wall calf (30s/es)		
2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		
2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			
3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		
3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop	3x14es				3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop		3x14es	
4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide	2x14				4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide		2x14	
4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike	2x14				4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike		2x14	
Week 47 Session 1					Week 47 Session 2					Week 48 Session 1					Week 48 Session 2					
Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	Order	Exercise	Loading	Rest	Workset/Next Time	
Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 3x3 (12 inch box) (priority #1 quick off the ground, #2 height)					Jumps Triple Jump 4x1 (measure distance)					Jumps Drop Jump 4x3 (12 inch box)					
1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Clean Shrug from the floor	3x5	Wall calf (30s/es)		1	Squat Jump (2 sec pause @ bottom) 40% front squat WS	3x6	Wall calf (30s/es)		1	Hang Below Clean Shrug	3x5	Wall calf (30s/es)		
2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		2a	Trapbar Deadlift	BS2T3	90/90 stretch (60s/es)		2a	Front Squat	BS2T3	Couch Stretch (60s/es)		
2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			2b	Pull-up	BS2T3			2b	DB Bench Press	BS2T3			
3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		3a	BB RDL	BS2T3	Wall Couch Stretch (30s/es)		3a	Straight Leg Inverted Row	3x14	90/90 stretch (60s/es)		
3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop	3x14es				3b	Slideboard Cossack Squat	2x14es			3b	1/2 Kneeling Cable Chop		3x14es	
4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide	2x14				4a	Assisted Pistol Squats	2x14es	Band Lat stretch (30s/es)		3c	Supine Floor Slide		2x14	
4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike	2x14				4b	Farmer Carry (80% BW)	2x60sec			3d	SB Pike		2x14	