

HS S&C

February - Week 1

1/29/18

	Day A				Day B				Day C			
	Exercise	Sets x Reps	Notes	Timing	Exercise	Sets x Reps	Notes	Timing	Exercise	Sets x Reps	Notes	Timing
Recovery - Quality	Adductors calves quads Tspine			0-10'	Glutes Hamstring Post Shoulder Hip Flexors			0-10'	Adductors calves quads Tspine			10'
Warm Up - Length	Flexibility W1 Flexibility W2 Muscle Activation W3	PRI Floor Angel Dbl Groin Stetch w/Lateral & fwd reach Supine Clams	2x10 ea 2x5 ea 2x10 ea		W1 RFE Hip Flexor Stretch W2 Shoulder CARS W3 Scap Push Up	2x5 2x5 ea 2x10			W1 PRI Floor Angel W2 Dbl Groin Stetch w/Lateral & fwd W3 Supine Clams	2x10 ea 2x5 ea 2x10 ea		
Core	Core Prep C1 Core Prep C2	Anterior Plate/DB Raise Split Stance Pallof	2x10 2x10 ea	Regress to SK if need	C1 SB Army Crawl C2 SA KB Farmer Hold	2x5 2x30s			C1 Anterior Plate/DB Raise C2 Split Stance Pallof	2x10 2x10 ea		
Movement Training - Temperature	Dynamic Flexibility M1 Dynamic Flexibility M2 Movement (Linear/Lateral) M3	SL Cone Touch Stationary Bear Crawl Cat/Camel Combo 5 yd Acceleration variation	2x10 ea 2x10 2x4	drop/base	M1 Bretzel w Foot Grab M2 Xover/Drop Lunge M3 Multi directional Shuffle/Crossover	2x5 ea 2x5 ea 3-4x		Fwd or Bkwd	M1 Dbl Groin Stetch w/Lateral & fwd M2 Stationary Bear Crawl Cat/Camel M3 5 yd Acceleration variation	2x10 ea 2x10 2x4		
Speed/Agility	Speed S1 Agility S2 Power S3	Speed Sled Linear Ladder Variation SL MB Slam	3x1 3x5 3x5		S1 Lateral Sled Drag S2 1-2 Stick Agilty Ring S3 Lateral Box Jump	3x1 3x10 ea 3x5 ea			S1 Speed Sled S2 Linear Ladder Variation S3 SL MB Slam	3x1 3x5 3x5		
Power - Neurological	P1 P2	KB Swings OLY lift variation	3x10 4x3		P1 KB Swing variation P2 OLY lift variation	3x 4x3			P1 KB Swings P2 OLY lift variation	3x10 4x3		
Core Lifts - Strength	LB Core Lift A1 UB Core Lift A2	Squat Pull Up	5x5 5x5		A1 Deadlift A2 Horz Press Variation	5x5 5x5			A1 Squat A2 Pull Up	5x5 5x5		
Strength Circuit - Strength	LB Strength B1 UB Strength B2 Core B3	SL Hip Thruster SA Landmine Press Variation	3x10 ea 3x5		B1 Asymetrical KB Rack Squat B2 TRX Row B3	3x5 ea 3x5			B1 SL Hip Thruster B2 SA Landmine Press Variation B3	3x10 ea 3x5 0		0
Conditioning - Tolerance	C1				C1				C1	0		0