

Day 1	WK 1	WK 2	WK 3
Hurdle warmup			
Box Agility	4 drills, 2 each	4 drills, 2 each	4 drills, 2 each
Hng Sn+OH Sqt+RDL+Row	2x5e	2x5e	2x5e
MB Hanging Tuckups	3x10	3x15	3x20
DB Split Snatch	5x4/2e leg	5x4/2e leg	5x4/2e leg
DB Floor Press	4x10/	4x8/	4x6/
Box Sqt (touch)	5/ 5/ 5/ 3x5/	5/ 4/ 3/ 3x3/	5/ 4/ 3/ 2/ 3x1/
Reev Grip Pullups (5 sec lower)	4x1	1x2,3x1	2x2,2x1
Hurdle Hops w/ bounce	4x	4x	4x
RDL	3x10/	3x8/	3X6/
Ankle on Disc	3x:30	3x:45	3x1:00

Day 2			
Hurdle warmup			
Ladder Agility	6 drills, 2 each	6 drills, 2 each	6 drills, 2 each
Hng Cln+F Sqt+Press	2x5e	2x5e	2x5e
TRX 3 Pos. Knee Tucks	3x3e	3x4e	3x5e
KB Swing	3x10	3x10	3x10
Deadlift	5/ 5/ 5/ 3x5/	5/ 4/ 3/ 3x3/	5/ 4/ 3/ 2/ 3x1/
1-Arm DB Row	4x10e	4x8e	4x6e
DB Lo Alt. Shldr Press	4x10e	4x8e	4x6e
Pistol on 1/2 F.R. (round side up)	3x6e	3x8e	3x10e
1-leg Swiss Ham	3x8e	3x10e	3x12e

Day 3			
Hurdle warmup			
Dot Drill	x2	x2	x2
DB Complex #1	x2	x3	x4
Push Press	5x5/	5x4/	5x3/
Lat Sqt	3x10e/	3x8e/	3x6e/
Bench	5/ 5/ 5/ 3x5/	5/ 4/ 3/ 3x3/	5/ 4/ 3/ 2/ 3x1/
MB Back Ext	3x10	3x15	3x20
Speed Skaters w/ stick	3x5e	4x5e	5x5e
Body Holds (4 pos.)	2x:30e	2x:45e	2x1:00e
Reev Grip Pullups (5 sec lower)	4x1	1x2,3x1	2x2,2x1