

WEEK 3

Day 1

Warmup: jog 3-5 minutes

Dynamic Warmup w/ running drills

Field work:

4x T-drill (2 ea direction)

4x Short Shuttle (5-10-15)

Weightroom:

Hng Pwr Sn + Gdmrn + Press 3x4
Back Extensions 3x10
Ankle on disc 3x:40

Squats 10@40% 8@50% 6@60% 5@70% 5@75% 5@80%
Side Box Jumps 3x5 ea
Hammer Pullups 3x10

DB Alt. High Bench 3x8
TRX Hamstring 3x6
MB Abs 3x40
BW Pwr Steppers 3x16T

Stretch for 10 minutes

Day 2

Bike or Jog 3-5 minutes

Dynamic Warmup

Hill sprints x8

Weightroom:

Plate w/u

Ladder Agility (6 exercises done 2x each)

Hng Cln + F Lunge + Press 3x4
MB Underhand Throw 3x8
DB Pwr Shrug 3x8

Pwr Clns 5@65% 5@70% 5@75% 5@80% 5@85%
BW Sqt Jumps 3x6

DB Inc. 3x10
1-arm DB Rows 3x10
Bar Lunges 3x5/40-50kg
DB RDL 3x6

Body Holds 3x:40 ea pos

Day 3

Jump Rope 5 min.

Dynamic w/u

Field work: Sprints (1:10 rest between reps)

4x60yd

6x40yd

6x60yd

Weightroom:

Pick any Crossfit

Stretch afterwards for 10 minutes

WEEK 4

Day 1

Warmup: jog 3-5 minutes

Dynamic Warmup w/ running drills

Field work:

4x T-drill (2 ea direction)

4x Short Shuttle (5-10-15)

Weightroom:

Hng Pwr Sn + Gdmrn + Press 3x5

Back Extensions 3x12

Ankle on disc 3x:40

Squats 8@50% 6@60% 5@70% 3@80% 3@85%

Side Box Jumps 3x6 ea

Hammer Pullups 3x12

DB Alt. High Bench 3x6

TRX Hamstring 3x8

MB Abs 3x45

BW Pwr Stepovers 3x20T

Stretch for 10 minutes

Day 2

Bike or Jog 3-5 minutes

Dynamic Warmup

Hill sprints x8

Weightroom:

Plate w/u

Ladder Agility (6 exercises done 2x each)

Hng Cln + F Lunge + Press					3x5
MB Underhand Throw					3x10
DB Pwr Shrug					3x10
Pwr Clns	3@70%	3@75%	3@80%	3@85%	
BW Sqt Jumps					3x6
DB Inc.					3x8
1-arm DB Rows					3x8
Bar Lunges					3x5/40-50kg
DB RDL					3x8
Body Holds					3x:40 ea pos

Day 3

Jump Rope 5 min.

Dynamic w/u

Field work: Sprints (1:00 rest between reps)

4x60yd

6x40yd

6x60yd

Weightroom:

Pick any Crossfit

Stretch afterwards for 10 minutes