

WEEK 5

Day 1

Warmup: jog 3-5 minutes

Dynamic Warmup w/ running drills

Field work:

6x L-drill (3 ea direction)

6x Pro Agility (5-10-5) – 3 each way

Weightroom:

Hng Sn + OH Sqt + OH Lunge 3x4
Back Extension + Hold 3x10+:10
MB Underhand Throws 3x8

Squats 10@40% 8@50% 6@60% 5@70% 5@75% 5@80%
Reverse Box Jumps w/ ½ twist 3x5 ea
Reverse grip Pullups 4x10

1-Arm DB Bench 3x10
MR Hamstring Curl 3x6
MB Abs 3x50
Speed skaters 3x12T

Stretch for 10 minutes

Day 2

Bike or Jog 3-5 minutes

Dynamic Warmup

Weightroom:

Plate w/u

Box Agility (6 exercises done 2x:10 each)

Hng Cln + F Lunge + Jerk 3x4
MB Sqt PP 3x8
TRX 3 pos. knee tucks 3x5ea

Pwr Clns 3@70% 3@75% 3@80% 3@85% 2@90%
DB Sqt Jumps 3x6

DB Alt. Inc. Low 3x6 ea
Inv. Rows 3x10
DB Stepup + Press 3x5 ea
Sn grip RDL 3x5

Body Holds 3x:50 ea pos

Run 300yd shuttle x2 (5 min rest between reps)

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

WEEK 6

Day 1

Warmup: jog 3-5 minutes
Dynamic Warmup w/ running drills

Field work:
6x L-drill (3 ea direction)
6x Pro Agility (5-10-5) – 3 each way

Weightroom:

Hng Sn + OH Sqt + OH Lunge 3x5
Back Extension + Hold 3x10+:20
MB Underhand Throws 3x10

Squats 8@50% 6@60% 5@70% 5@75% 3@80% 3@85%
Reverse Box Jumps w/ ½ twist 3x6 ea
Reverse grip Pullups 4x12

1-Arm DB Bench 3x8
MR Hamstring Curl 3x8
MB Abs 3x55
Speed skaters 3x20T

Stretch for 10 minutes

Day 2

Bike or Jog 3-5 minutes
Dynamic Warmup

Weightroom:

Plate w/u
Box Agility (6 exercises done 2x:10 each)

Hng Cln + F Lunge + Jerk 3x5
MB Sqt PP 3x10
TRX 3 pos. knee tucks 3x8ea

Pwr Clns	3@75%	3@80%	3@85%	3@90%	2@95%
DB Sqt Jumps		3x10			
DB Alt. Inc. Low		3x8 ea			
Inv. Rows		3x15			
DB Stepup + Press		3x8 ea			
Sn grip RDL		3x5			
Body Holds		3x:50 ea pos			

Run 300yd shuttle x2 (5 min rest between reps)

Day 3

Jump Rope 5 min.

Dynamic w/u

Field work: Sprints (:50 rest between reps)

4x60yd

6x40yd

6x60yd

Weightroom:

Pick any Crossfit

Stretch afterwards for 10 minutes