

Athlete: Athlete 1

#-Pos

Maxes Squat 110

Bench 100

Power Clean 65

# Field Hockey

100%	Day 1				Day 3				100%	Day 5													
	24-Mar-14	31-Mar-14	7-Apr-14	14-Apr-14	26-Mar-14	2-Apr-14	9-Apr-14	16-Apr-14		28-Mar-14	4-Apr-14	11-Apr-14	18-Apr-14										
	Reps	Load	Sets	Notes	Reps	Load	Sets	Notes	Reps	Load	Sets	Notes	Reps	Load	Sets	Notes							
110	Back Squat	5	50	1	Lax Glute	5	65	75	1	Lax Glute	110	Back Squat	5	50	1	Roll IT Band	5	50	60	1	Roll IT Band		
	pair w/ Fire Hydrants	10		1	Each Way	12			1	Each Way		pair w/ Mt. Climbers	10		1	Each Side	10			1	Each Side		
	pair w/ TKE	10		1	Each Leg	12			1	Each Leg		pair w/ Cat/Camel	10		1		12			1			
110	Back Squat	5	65	75	1	Roll Calves	5	85	90	1	Roll Calves	110	Back Squat	5	65	75	1	Roll Mid Back	5	85	90	1	Roll Mid Back
	pair w/ Arm Haulers	12		1		15			1			pair w/ Bulgarian Split Squat Iso	155		1	Each Side	155			1	Each Side		
	pair w/ Seated Band Abduction	15		1		15			1			pair w/ Triangle Terror	10		1	Each Way	12			1	Each Way		
110	Back Squat	5	95	95	3	Record Weight	5	95	95	3	Record Weight	110	Back Squat	3	90	95	3	6:0:0:0	3	100	100	3	0:3:0:0
	pair w/ Glute bridge	6		3	Feet Up	8			3	Feet Up		pair w/ Box Jump	4		3		5			3			
	pair w/ Triangle Terror	5		3	Each Side	6			3	Each Side		pair w/ Rollover/Vsit	3		3	Roll Groin	5			3	Roll Groin		
65	Military Press	5		3	Record Weight	8	15	15	2	Record Weight	100	Bench Press	5	60	70	1		5			3		
	pair w/ Shoulder Taps	5		3	Each Arm	5			3	Each Arm		pair w/ Stir the pot	5		1	Each Way	8			3	Each Arm		
	pair w/ Balance SL Squat	3		3	Each Leg	5			3	Each Leg		pair w/ Sumo Band Hold	155		1	Each Side	6			3	Each Side		
60	Pull Up	5		3		6			3		100	Bench Press	5	85	90	3		5			3	Each Side	
	pair w/ Wrist Extension	10		2		12			2			pair w/ Stir the pot	5		2	Each Way	6			2	Wide stance Behind Head		
	pair w/ Plate Hold	15S		2		15S			2			pair w/ Sumo Band Hold	155		2	Each Side	15S			2	Each Leg		
	Falling starts	6		1	10yd	4			1	10yd	72	RDL	5		3		5			3			
	pair w/ Flying 20's	4		1	20yd build up	6			1	20yd build up		pair w/ Inverted Row	8		3		10			3			
	pair w/ Partner chase/Tag	4		1		x			1														
	Down Dog Stretch	15S		2		15S			2			pair w/ Plyos											
	BK Iron Cross Stretch	10S		2	Each Leg	15S			2	Each Leg		pair w/ MB Throws											
	pair w/ Foot stretch series	10S		2		15S			2			pair w/ Down Dog Stretch	30s		1		30s			1			
	pair w/ Sumo Squat Stretch	15S		2		15S			2			pair w/ BK Iron Cross Stretch	15S		2	Each Leg	30s			1	Each Leg		
												pair w/ Foot stretch series	15S		2		15S			2			
												pair w/ Sumo Squat Stretch	30s		1		30s			1			

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