Periodization Schedule

BACK SQUAT	PUSH	PRESS /	PUSH JE	RK
Week 1 64% 10 reps	Week 1	67%	3 reps	Push Press
Week 2 76% 6 reps	Week 2	70%	3 reps	Push Press
Week 3 79% 5 reps	Week 3	73%	3 reps	Push Press
Week 4 82% 5 reps	Week 4	82 %	•	Push Jerk
Week 5 85% 3 reps	Week 5	85%	2 reps	Push Jerk
Week 6 88% 3 reps	Week 6	88%	1 rep	Push Jerk
Week 7 Max 3 reps Back Squat	Week 7	Max	1 rep	Push Jerk
BENCH PRESS		POWER (CLEAN	
Week 1 70% 8 reps	Week 1	73%	3 reps	
Week 1 70% 8 reps Week 2 76% 6 reps	Week 1 Week 2	73% 76%	3 reps 3 reps	
Week 2 76% 6 reps	= =		•	
Week 2 76% 6 reps	Week 2	76%	3 reps	
Week 2 76% 6 reps Week 3 79% 5 reps	Week 2 Week 3	76% 79%	3 reps 3 reps	
Week 2 76% 6 reps Week 3 79% 5 reps Week 4 85% 5 reps	Week 2 Week 3 Week 4	76% 79% 82%	3 reps 3 reps 3 reps	
Week 2 76% 6 reps Week 3 79% 5 reps Week 4 85% 5 reps Week 5 88% 3 reps	Week 2 Week 3 Week 4 Week 5	76% 79% 82% 85%	3 reps 3 reps 3 reps 2 reps	

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development			
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Press	Quick Bear Machine Jumps	Olympic Deadlift to Knee	Hang Snatch (SPEED!)
warm up - 3 reps	2 sets - 20 reps	2 sets - 3 reps	4 sets - 3 reps
55% - 3 reps			
61% - 3 reps	Bench Press	Power Clean	Close Grip Bench with Chains
64% - 3 reps	warm up-8 reps	warm up - 3 reps	(Stop and Stab)
67% - 3 reps	55% - 8 reps	55% - 3 reps	4 sets -6 reps
	64% - 8 reps	61% - 3 reps	
Low Box Back Squat	70% - 8 reps	67% - 3 reps	Land Mine Row
warm up - 10 reps		73% - 3 reps	3 sets - 8 reps
55% - 10 reps	Seated Plate Raise	Clean Pulls	
61% - 10 reps	2 sets - 20 reps	79% - 3 reps	Barbell Lying Triceps Ext.
64% - 10 reps		82% - 3 reps	3 sets - 10 reps
	Weighted Dips	Front Squat	
Pull Ups	3 sets - 10 reps	warm up - 5 reps	Dumbbell Standing Alternate Curl
3 sets - 5-10 reps		4 sets - 5 reps	3 sets - 10 reps each arm
	Barbell Curls	55% - 5 reps	
Offense - Glute Ham Raises	3 sets 10 reps	61% - 5 reps	4 Way Neck Machine
2 sets - 10 reps		64% - 5 reps	1 set - 10 reps each direction
	4 Way Neck ISO with Partner	67% - 5 reps	
Defense - Reverse Hyper Ext.	1 set - 6 reps each direction	Offense - Glute Ham Raises	
2 sets - 20 reps	·	2 sets - 10 reps	
		Defense - Reverse Hyper Ext.	
Bar Hang - 1:00		2 sets - 20 reps	
Stretch - Low Back and Hamstrings			

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development			
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Press	Quick Bear Machine Jumps	Olympic Deadlift to Knee	Hang Snatch (SPEED!)
warm up - 3 reps	2 sets - 20 reps	2 sets - 3 reps	4 sets - 3 reps
55% - 3 reps		Power Clean	120, 140, 150, 160
61% - 3 reps	Bench Press	warm up - 3 reps	
64% - 3 reps	warm up - 8 reps	61% - 3 reps	Close Grip Bench with Chains
70% - 3 reps	55% - 6 reps	67% - 3 reps	(Stop and Stab)
	64% - 6 reps	70% - 3 reps	4 sets - 6 reps
Low Box Back Squat	70% - 6 reps	76% - 3 reps	
warm up - 6 reps	76% - 6 reps	Clean Pulls	Landmine Row
55% - 6 reps		82% - 3 reps	3 sets - 8 reps
64% - 6 reps	Seated Plate Raise	85% - 3 reps	
70% - 6 reps	2 sets - 20 reps		Barbell Lying Triceps Ext.
76% - 6 reps		Front Squat	3 sets - 10 reps
	Weighted Dips	warm up - 5 reps	
Pull Ups	3 sets - 8 reps	4 sets - 5 reps	Standing Dumbbell Alternate Curls
3 sets - 5-10 reps		55% - 5 reps	3 sets - 10 reps each arm
	Barbell Curls	64% - 5 reps	
Offense - Reverse Hyper Ext.	3 sets- 10 reps	67% - 5 reps	4 Way Neck Machine
2 sets - 15 reps		70% - 5 reps	1 set - 10 reps each direction
	4 Way Neck ISO with Partner	Offense - Glute Ham Raises	
Defense - Glute Ham Raises	1 set - 6 reps each direction	2 sets - 10 reps	
2 sets - 10 reps		Defense - Reverse Hyper Ext.	
		2 sets - 15 reps	
Bar Hang - 1:00		Bar Hang - 1:00	
Stretch - Low Back and Hamstrings			

WEEK: 3 2014 Winter Surge Sample Strength - Power

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development			
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Press	Series Box Jumps (6 Boxes - 18")	Olympic Deadlift to Knee	Hang Snatch (SPEED!)
warm up - 3 reps	4 sets	2 sets - 3 reps	4 sets - 3 reps
55% - 3 reps		Power Clean	120, 140, 150, 160
61% - 3 reps	Bench Press	warm up - 3 reps	
67% - 3 reps	warm up - 6 reps	61% - 3 reps	Close Grip 2 Board Bench Press
73% - 3 reps	55% - 5 reps	67% - 3 reps	(Stop and Stab)
	61% - 5 reps	73% - 3 reps	4 sets - 5 reps
Low Box Back Squat	67% - 5 reps	79% - 3 reps	
warm up - 5 reps	73% - 5 reps	Clean Pulls	Seated Cable Row
61% - 5 reps	79% - 5 reps	85% - 3 reps	3 sets - 8 reps
67% - 5 reps		88% - 3 reps	
73% - 5 reps	Lat. Pulldowns		Dumbbell Lying Triceps Ext.
79% - 5 reps	(underhand to front)	Front Squat	5 sets - 8 reps
	3 sets - 8 reps	warm up - 5 reps	(15 second rest between sets)
Lateral Squat		4 sets - 5 reps	
2 sets - 6 reps	Cinder Block Push Ups	55% - 5 reps	Curl Bar - Buddy Curls
	3 sets - 10 reps	64% - 5 reps	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps
Offense - Glute Ham Raises		70% - 5 reps	
2 sets - 10 reps	Dumbbell Incline Curls	73% - 5 reps	4 Way Neck Iso with Partner
	3 sets - 10 reps - each arm	Offense - Reverse Hyper Ext.	1 set - 6 reps each direction
Defense - Reverse Hyper Ext.		2 sets - 20 reps	OR
2 sets - 20 reps	4 Way Neck Machine	Defense - Glute Ham Raises	4 Way Neck Machine
	1 set - 10 reps each direction	2 sets - 10 reps	1 set - 10 reps each direction
		Bar Hang - 1:10	
Stretch - Low Back and Hamstrings			

PHASE 2

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
oot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development			
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Jerk	Series Box Jumps (6 Boxes - 18")	Olympic Deadlift to Knee	Power Snatch
warm up - 3 reps	4 sets	2 sets - 3 reps	4 sets - 3 reps
64% - 3 reps		Power Clean	
70% - 3 reps	Bench Press	warm up - 3 reps	Close Grip 2 Board Bench Press
76% - 3 reps	warm up - 8 reps	55% - 3 reps	(Stop and Stab)
82% - 3 reps	61% - 5 reps	64% - 3 reps	4 sets- 5 reps
	67% - 5 reps	70% - 3 reps	
Back Squat	73% -5 reps	76% - 3 reps	Seated Cable Row
warm up - 5 reps	79% - 5 reps	82% - 3 reps	3 sets - 8 reps
61% - 5 reps	85% - 5 reps	Clean Pulls	
70% - 5 reps		88% - 3 reps	Dumbbell Lying Triceps Ext.
76% - 5 reps	Lat. Pulldowns	91% - 3 reps	5 sets - 8 reps
82% - 5 reps	(underhand to front)	Barbell Step Ups	(15 second rest between sets)
Lateral Squat	3 sets - 8 reps	3 sets - 5 reps	
2 sets - 6 reps		Barbell Lunges	Curl Bar - Buddy Curls
	Cinder Block Push Ups	3 sets - 5 reps	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps
Offense - Glute Ham Raises	3 sets - 8 reps		
2 sets - 10 reps		Offense - Reverse Hyper Ext.	4 Way Neck ISO with partner
	Dumbbell Incline Curls	2 sets - 20 reps	1 set - 6 reps each direction
Defense - Reverse Hyper Ext.	3 sets - 8 reps each arm	Defense - Glute Ham Raises	OR
2 sets - 20 reps		2 sets - 10 reps	4 Way Neck Machine
	4 Way Neck Machine		1 set - 10 reps each direction
	1 set - 10 reps each directon	Bar Hang - 1:00	
Stretch - Low Back and Hamstrings			

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development	Ab - Core Development	Ab - Core Development	Ab - Core Development
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Jerk	Explosive Box Step Ups - with Vest	Power Clean	Power Snatch
warm up - 3 reps	3 sets - 4 reps each leg	warm up - 3 reps	4 sets - 3 reps
61% - 3 reps		61% - 3 reps	
67% - 3 reps	Bench Press	67% - 3 reps	Dumbbell Bench Press
73% - 3 reps	warm up - 5 reps	73% - 3 reps	(Stop and Stab)
79% - 2 reps	61 % - 5 reps	79% - 2 reps	4 sets - 5 reps
85% - 2 reps	70% - 5 reps	85% - 2 reps	
	76% - 5 reps		Bent Over Barbell Rows
Back Squat	82 % - 3 reps	Clean Pulls	3 sets - 10, 8, 6 reps
64% - 5 reps	88% - 3 reps	91% - 3 reps	
70% - 5 reps		94% - 3 reps	Dominator Throws
76% - 5 reps	Pull Ups - 3 sets - 5-10 reps		1 set - 5 reps - each side
79% - 3 reps		Barbell Step Ups	
85% - 3 reps	Curl Bar Lying Triceps Ext.	3 sets - 5 reps	Bumper Plate Walking Grippers
Extended Squat	4 sets - 10, 8, 6, 4		4 sets - 20 yards
2 sets - 5 reps		Barbell Lunges	
	4 way Neck ISO with partner	3 sets - 5 reps	4 Way Neck ISO with Partner
Offense-Reverse Hyper Exten.	1 set - 6 reps each direction		1 set - 6 reps each direction
2 sets - 15 reps	OR	Offense - Glute Ham Raises	OR
	4 Way Neck Machine	2 sets - 10 reps	4 Way Neck Machine
Defense - Glute Ham Raises	1 set - 10 reps each direction		1 set - 10 reps each direction
2 sets - 10 reps	·	Defense - Reverse Hyper Ext.	
		2 sets - 20 reps	
Bar Hang - 1:15			
Stretch - Low Back and Hamstrings	Stretch - Low Back and Hamstrings	Stretch - Low Back and Hamstrings	Stretch - Low Back and Hamstrings

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up	Dynamic Warm Up
Foot Speed Development	Foot Speed Development	Foot Speed Development	Foot Speed Development
Ab - Core Development			
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Jerk	Explosive Box Step Ups-with vest	Power Clean	Power Snatch
warm up - 3 reps	3 sets - 4 reps each leg	warm up - 3 reps	4 sets - 3 reps
64% - 3 reps		64% - 3 reps	
70% - 3 reps	Bench Press	70% - 3 reps	Dumbbell Bench Press
76% - 2 reps	warm up - 5 reps	76% - 2 reps	(Stop and Stab)
82% - 2 reps	64% - 3 reps	82% - 2 reps	4 sets - 5 reps
88% - 1 rep	73% - 3 reps	85% - 2 reps	
Back Squat	79% - 3 reps		Bent Over Barbell Rows
warm up - 5 reps	85% - 3 reps	Clean Pulls	3 sets - 10, 8, 6 reps
61% - 3 reps	91% - 2 reps	94% - 3 reps	
70% - 3 reps		97% - 3 reps	Dominator Throws
76% - 3 reps	Pull Ups - 3 sets - 5-10 reps		1 set - 5 reps - each side
82% - 3 reps		Barbell Step Ups	
88% - 3 reps	Curl Bar Lying Triceps Ext.	3 sets - 5 reps	Bumper Plate Walking Grippers
	4 sets - 8, 8, 6, 6		4 sets - 20 yards
Extended Squat		Barbell Lunges	
2 sets - 5 reps	4 Way Neck ISO with partner	3 sets - 5 reps	4 Way Neck ISO with partner
	1 set - 10 reps each direction		1 set - 6 reps each direction
Offense-Reverse Hyper Ext.	OR	Offense - Glute Ham Raises	OR
2 sets - 20 reps	4 Way Neck Machine	2 sets - 8 reps	4 Way Neck Machine
	1 set 10 reps each direction		1 set 10 reps each direction
Defense - Glute Ham Raises		Defense - Reverse Hyper Ext.	
2 sets - 10 reps		2 sets - 20 reps	
Bar Hang - 1:15			
Stretch - Low Back and Hamstrings			

WEEK: 7 2014 Winter Surge Sample Strength - Power

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PUSH JERK MAX	POWER CLEAN MAX	BENCH PRESS MAX	VERTICAL JUMP 10 yard time	40 yard Test 20 yard Shuttle
BACK SQUAT MAX		SIT AND REACH TEST		