STRENGTH N HONOR TRAINING

ATHLETE:

	WEEK 1			WEEK 2			WEEK	2		WEEK 4			
							WEEK	<u>ა</u>					
DATE		BW						1			BW		
S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1			
HIP FLEXOR KNEELING	2	20 SECONDS		2	2 20 SECONDS		2	2 20 SECONDS		2 20 SECONDS		NDS	
EACH LEG		Г			ı						ı		
SEAL STRETCH	2	30 SEC	ONDS	2	30 SEC	ONDS	2	30 SECC	ONDS	2	30 SECC	NDS	
T-SPINE	2	EACH SIDE 10		2	EACH S	SIDE 10	2	EACH SIDE 10		2	EACH SIDE 10		
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		
SPIDER MANS	1		10	1		10	1		10	1		10	
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN	
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
HANGING LEG LIFTS	3	BDY	10		BDY	10		BDY	10	3	BDY	10	
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20	
HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10	
MED BALL SLAMS	3		3	3		3	3		3	3		3	
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
SQUAT	1		10										
	1		8										
	2		5										
	1		3										
	0==0		5550	0==0			0==0		5-50	0==0		5550	
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
UPPER BACK / NECK	SETS	\A/T	DEDS	SETS	\A/T	REPS	SETS	WT	REPS	SETS	WT	REPS	
OFFER BACK / NECK	SETS	VV 1	NEF3	3213	VV 1	KEFS	SETS	VV 1	NEF3	SEIS	VVI	INEFS	
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	

PRE-WORKOUT SNACK Y/N HYDRATED Y/N HOURS OF SLEEP___ INJURIES____

STRENGTH N HONOR TRAINING

ATHLETE:

	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
DATE	BW									BW		
S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SEC	ONDS	2	20 SEC	ONDS	2	20 SECC	ONDS	2	20 SECC	NDS
EACH LEG											•	
SEAL STRETCH	2	30 SEC	ONDS	2	30 SEC	ONDS	2	30 SECC	ONDS	2	30 SECC	NDS
T-SPINE	2	EACH SIDE 10		2	EACH S	IDE 10	2	EACH SIDE 10		2	2 EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
TRAP BAR DEAD LIFT	1		10									
	1		8									
	2		5									
	1		3									
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
UPPER BACK / NECK	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

PRE-WORKOUT SNACK Y/N

HYDRATED Y/N

HOURS OF SLEEP___

INJURIES_

STRENGTH N HONOR TRAINING

ATHLETE:

	WEEK 1			WEEK 2			WEEK 3			WEEK 4			
DATE	BW									BW			
S N H WARM UP	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1			
HIP FLEXOR KNEELING	2	20 SEC	ONDS	2	20 SEC	ONDS	2	20 SECC	ONDS	2	20 SECC	NDS	
EACH LEG					ı			ı					
SEAL STRETCH	2	30 SEC	ONDS	2	30 SEC	ONDS	2	30 SECC	ONDS	2	30 SECC	NDS	
T-SPINE		2 EACH SIDE 10			EACH S			EACH SIDE 10		-	2 EACH SIDE 10		
PIGEON STRETCH	2	+		2	20 SECONDS		2	2 20 SECONDS		2	20 SECONDS		
SPIDER MANS	1		10	1		10	1		10	1		10	
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN	
STRENGTH N HONOR PREHAB	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10	
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20	
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10	
MED BALL SLAMS	3		3	3		3	3		3	3		3	
MAIN COUMPOUND LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
BENCH	1		10										
	1		8										
	2		5										
	1		3										
FILLERS FOR MAIN LIFT	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
SUPERSET 1	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
AUX./SPORT SPECIFIC	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
UPPER BACK / NECK	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	
POSTERIOR CHAIN / CORE	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	

PRE-WORKOUT SNACK Y/N

HYDRATED Y/N

HOURS OF SLEEP___

INJURIES_