

PEDDIE STRENGTH

TEAM:
DATE:
WEIGHT:

SEASON: summer
PHASE: Acceleration Power
WEEK: 1

Monday - Lower Body #1

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

POWER - Plyometrics

Broad Jumps - 3sets x5reps Bounding foul line to foul line - 6 sets MB Track Start throws (for distance) - 3sets x5reps

STRENGTH	MAX	Warm Up Sets						Work Sets								
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7		
		REPS	35%	REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	
BB Power Clean	185	5	65	5	85	5	105	5	125	5	140	5+	160			
DB Squat Jumps		5	15	5	20	5	25	5	30	5	35	5	40			
BB Deadlift	375	5	135	5	170	5	210	5	245	5	285	5+	320			
BB Forward Lunges								8e		8e		8e		8e		
PREHAB				SETS	REPS	TEMPO	CORE							SETS	REPS	TEMPO
Mini Band Squats				1	20		Ball Plank w/ Knee Drive							2	15e	
							Hang Knee Raise							2	12	

POST WORKOUT

Foam Roll

Stretch

Tuesday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg walking lunges (HUGE strides) w/ rotation x10 each 25 pushups 10 chinups

POWER - Plyometrics

5 x10 reps each

MB Wall Chest Throws MB Over Head Throw MB Track Start throws MB Rotational Throws (similar to baseball swing)

STRENGTH		Warm Up Sets						Work Sets								
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7		
		REPS	35%	REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	
Pullups	MAX							50								
BB Bench Press	225	5	80	5	105	5	125	5	150	5	170	5+	195			
DB 1 arm Row	100	5	35	5	45	5	55	5	65	5	75	5+	85			
BB Incline Press	160	5	60	5	75	5	90	5	105	5	120	5+	140			
PREHAB		SETS		REPS	TEMPO	CORE								SETS	REPS	TEMPO
Shoulder DB Circuit		2		10 each		DB Side Bends								2	10e	
DB rear delt raise						Ab Wheel								2	15	
DB lateral raises																
DB Shrugs																

POST WORKOUT

Foam Roll

Stretch

Thursday - Lower Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

POWER - Plyometrics

Broad Jumps - 3sets x5reps Bounding foul line to foul line - 6 sets MB Track Start throws (for distance) - 3sets x5reps

STRENGTH		Warm Up Sets						Work Sets							
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7	
		REPS	35%	REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%
MAX															
Sled Sprints		10 x20 yards													
BB Box Squat	375	5	135	5	170	5	210	5	245	5	285	5+	320		
BB RDL	185	5	65	5	85	5	105	5	125	5	140	5+	160		
BB Glute Bridge								8		8		8		8	
PREHAB				SETS	REPS	TEMPO	CORE						SETS	REPS	TEMPO
Mini Band Squats				1	20		Ball Plank w/ Knee Drive						2	15e	
							Hang Knee Raise						2	12	

POST WORKOUT

Foam Roll

Stretch

Friday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg walking lunges (HUGE strides) w/ rotation x10 each 25 pushups 10 chinups

POWER - Plyometrics

5 x10 reps each

MB Wall Chest Throws MB Over Head Throw MB Track Start throws MB Rotational Throws (similar to baseball swing)

STRENGTH	MAX	Warm Up Sets						Work Sets								
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7		
		REPS	35%	REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	
DB 1 arm Row	100	5	35	5	45	5	55	5	65	5	75	5+	85			
BB Rack Bench Press	205	5	75	5	95	5	115	5	135	5	155	5+	175			
DB Chinups (hold between feet)								25								
BB Incline Press	145	5	55	5	70	5	80	5	95	5	110	5+	125			
PREHAB				SETS	REPS	TEMPO	CORE							SETS	REPS	TEMPO
Shoulder DB Circuit				2	10 each		DB Side Bends							2	10e	
DB rear delt raise							Ab Wheel							2	15	
DB lateral raises																
DB Shrugs																

POST WORKOUT

Foam Roll

Stretch

PEDDIE STRENGTH	
TEAM:	SEASON: summer
DATE:	PHASE: Acceleration Power
WEIGHT:	WEEK: 2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

Broad Jumps - 3sets x5reps Bounding foul line to foul line - 6 sets MB Track Start throws (for distance) - 3sets x5reps

	Warm Up Sets	Work Sets
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PREHAB				CORE			
	SETS	REPS	TEMPO		SETS	REPS	TEMPO

POST WORKOUT	Foam Roll	Stretch
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Tuesday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg	walking lunges (HUGE strides) w/ rotation x10 each	25 pushups	10 chinups
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MB Wall Chest Throws	MB Over Head Throw	MB Track Start throws	MB Rotational Throws (similar to baseball swing)

Warm Up Sets	Work Sets
1. Warm Up 2. Warm Up 3. Warm Up 4. Warm Up 5. Warm Up 6. Warm Up 7. Warm Up 8. Warm Up 9. Warm Up 10. Warm Up 11. Warm Up 12. Warm Up 13. Warm Up 14. Warm Up 15. Warm Up 16. Warm Up 17. Warm Up 18. Warm Up 19. Warm Up 20. Warm Up 21. Warm Up 22. Warm Up 23. Warm Up 24. Warm Up 25. Warm Up 26. Warm Up 27. Warm Up 28. Warm Up 29. Warm Up 30. Warm Up 31. Warm Up 32. Warm Up 33. Warm Up 34. Warm Up 35. Warm Up 36. Warm Up 37. Warm Up 38. Warm Up 39. Warm Up 40. Warm Up 41. Warm Up 42. Warm Up 43. Warm Up 44. Warm Up 45. Warm Up 46. Warm Up 47. Warm Up 48. Warm Up 49. Warm Up 50. Warm Up 51. Warm Up 52. Warm Up 53. Warm Up 54. Warm Up 55. Warm Up 56. Warm Up 57. Warm Up 58. Warm Up 59. Warm Up 60. Warm Up 61. Warm Up 62. Warm Up 63. Warm Up 64. Warm Up 65. Warm Up 66. Warm Up 67. Warm Up 68. Warm Up 69. Warm Up 70. Warm Up 71. Warm Up 72. Warm Up 73. Warm Up 74. Warm Up 75. Warm Up 76. Warm Up 77. Warm Up 78. Warm Up 79. Warm Up 80. Warm Up 81. Warm Up 82. Warm Up 83. Warm Up 84. Warm Up 85. Warm Up 86. Warm Up 87. Warm Up 88. Warm Up 89. Warm Up 90. Warm Up 91. Warm Up 92. Warm Up 93. Warm Up 94. Warm Up 95. Warm Up 96. Warm Up 97. Warm Up 98. Warm Up 99. Warm Up 100. Warm Up	1. Work Set 2. Work Set 3. Work Set 4. Work Set 5. Work Set 6. Work Set 7. Work Set 8. Work Set 9. Work Set 10. Work Set 11. Work Set 12. Work Set 13. Work Set 14. Work Set 15. Work Set 16. Work Set 17. Work Set 18. Work Set 19. Work Set 20. Work Set 21. Work Set 22. Work Set 23. Work Set 24. Work Set 25. Work Set 26. Work Set 27. Work Set 28. Work Set 29. Work Set 30. Work Set 31. Work Set 32. Work Set 33. Work Set 34. Work Set 35. Work Set 36. Work Set 37. Work Set 38. Work Set 39. Work Set 40. Work Set 41. Work Set 42. Work Set 43. Work Set 44. Work Set 45. Work Set 46. Work Set 47. Work Set 48. Work Set 49. Work Set 50. Work Set 51. Work Set 52. Work Set 53. Work Set 54. Work Set 55. Work Set 56. Work Set 57. Work Set 58. Work Set 59. Work Set 60. Work Set 61. Work Set 62. Work Set 63. Work Set 64. Work Set 65. Work Set 66. Work Set 67. Work Set 68. Work Set 69. Work Set 70. Work Set 71. Work Set 72. Work Set 73. Work Set 74. Work Set 75. Work Set 76. Work Set 77. Work Set 78. Work Set 79. Work Set 80. Work Set 81. Work Set 82. Work Set 83. Work Set 84. Work Set 85. Work Set 86. Work Set 87. Work Set 88. Work Set 89. Work Set 90. Work Set 91. Work Set 92. Work Set 93. Work Set 94. Work Set 95. Work Set 96. Work Set 97. Work Set 98. Work Set 99. Work Set 100. Work Set

PREHAB				CORE			
	SETS	REPS	TEMPO		SETS	REPS	TEMPO

POST WORKOUT	Foam Roll	Stretch
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Thursday - Lower Body #2 @ Volkmar's Garage Gym

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

Broad Jumps - 3sets x5reps	Bounding foul line to foul line - 6 sets	MB Track Start throws (for distance) - 3sets x5reps
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	Warm Up Sets	Work Sets
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PREHAB				CORE			
	SETS	REPS	TEMPO		SETS	REPS	TEMPO

POST WORKOUT	Foam Roll	Stretch
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Friday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg walking lunges (HUGE strides) w/ rotation x10 each 25 pushups 10 chinups

MB Wall Chest Throws	MB Over Head Throw	MB Track Start throws	MB Rotational Throws (similar to baseball swing)
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PREHAB				CORE			
	SETS	REPS	TEMPO		SETS	REPS	TEMPO

POST WORKOUT	Foam Roll	Stretch
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PEDDIE STRENGTH

SEASON: summer

PHASE: Acceleration Power

WEEK: 3

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

POWER - Plyometrics

Broad Jumps - 3sets x5reps	Bounding foul line to foul line - 6 sets	MB Track Start throws (for distance) - 3sets x5reps

STRENGTH		Warm Up Sets						Work Sets							
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7	
		REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	REPS	95%
BB Power Clean	185	3	85	3	105	3	125	5	140	3	160	1	180	1	180
DB Squat Jumps		5	25	5	30	3	35	3	40	3	45	3	50		
BB Deadlift	375	3	170	3	210	3	245	5	285	3	320	1	360	1	360
BB Forward Lunges								8e		8e		8e		8e	

PREHAB			CORE		
	SETS	REPS	TEMPO		
Mini Band Squats	1	20		Ball Plank w/ Knee Drive	2 15e
				Hang Knee Raise	2 12

POST WORKOUT	Foam Roll	Stretch
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Tuesday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg	walking lunges (HUGE strides) w/ rotation x10 each	25 pushups	10 chinups
POWER: Plyometrics			
5 x10 reps each			

POWER - Plyometrics	5 x10 reps each
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MB Wall Chest Throws	MB Over Head Throw	MB Track Start throws	MB Rotational Throws (similar to baseball swing)
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STRENGTH		Warm Up Sets						Work Sets							
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7	
		REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	REPS	95%
Pullups								50							
BB Bench Press	225	3	105	3	125	3	150	5	170	3	195	1	215	1	215
DB 1 arm Row	100	3	45	3	55	3	65	5	75	3	85	1	95	1	95
BB Incline Press	160	3	75	3	90	3	105	5	120	3	140	1	155	1	155

PREHAB				CORE			
	SETS	REPS	TEMPO		SETS	REPS	TEMPO
Shoulder DB Circuit	2	10 each		DB Side Bends	2	10e	
DB rear delt raise				Ab Wheel	2	15	
DB lateral raises							
DB Shrugs							

POST WORKOUT	Foam Roll	Stretch
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Thursday - Lower Body #2 @ Volkmar's Garage Gym

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

good morning stretch x15 single leg good morning stretch x10 each leg barbell good morning stretch x10 walking lunges (HUGE strides) w/ rotation x10 each

POWER Plyometrics

POWER - Plyometrics

	Warm Up Sets	Work Sets
1. Cardio	10 min	10 min
2. Strength	10 min	10 min
3. Flexibility	10 min	10 min
4. Core	10 min	10 min
5. Cardio	10 min	10 min
6. Strength	10 min	10 min
7. Flexibility	10 min	10 min
8. Core	10 min	10 min
9. Cardio	10 min	10 min
10. Strength	10 min	10 min
11. Flexibility	10 min	10 min
12. Core	10 min	10 min
13. Cardio	10 min	10 min
14. Strength	10 min	10 min
15. Flexibility	10 min	10 min
16. Core	10 min	10 min
17. Cardio	10 min	10 min
18. Strength	10 min	10 min
19. Flexibility	10 min	10 min
20. Core	10 min	10 min
21. Cardio	10 min	10 min
22. Strength	10 min	10 min
23. Flexibility	10 min	10 min
24. Core	10 min	10 min
25. Cardio	10 min	10 min
26. Strength	10 min	10 min
27. Flexibility	10 min	10 min
28. Core	10 min	10 min
29. Cardio	10 min	10 min
30. Strength	10 min	10 min
31. Flexibility	10 min	10 min
32. Core	10 min	10 min
33. Cardio	10 min	10 min
34. Strength	10 min	10 min
35. Flexibility	10 min	10 min
36. Core	10 min	10 min
37. Cardio	10 min	10 min
38. Strength	10 min	10 min
39. Flexibility	10 min	10 min
40. Core	10 min	10 min
41. Cardio	10 min	10 min
42. Strength	10 min	10 min
43. Flexibility	10 min	10 min
44. Core	10 min	10 min
45. Cardio	10 min	10 min
46. Strength	10 min	10 min
47. Flexibility	10 min	10 min
48. Core	10 min	10 min
49. Cardio	10 min	10 min
50. Strength	10 min	10 min
51. Flexibility	10 min	10 min
52. Core	10 min	10 min
53. Cardio	10 min	10 min
54. Strength	10 min	10 min
55. Flexibility	10 min	10 min
56. Core	10 min	10 min
57. Cardio	10 min	10 min
58. Strength	10 min	10 min
59. Flexibility	10 min	10 min
60. Core	10 min	10 min
61. Cardio	10 min	10 min
62. Strength	10 min	10 min
63. Flexibility	10 min	10 min
64. Core	10 min	10 min
65. Cardio	10 min	10 min
66. Strength	10 min	10 min
67. Flexibility	10 min	10 min
68. Core	10 min	10 min
69. Cardio	10 min	10 min
70. Strength	10 min	10 min
71. Flexibility	10 min	10 min
72. Core	10 min	10 min
73. Cardio	10 min	10 min
74. Strength	10 min	10 min
75. Flexibility	10 min	10 min
76. Core	10 min	10 min
77. Cardio	10 min	10 min
78. Strength	10 min	10 min
79. Flexibility	10 min	10 min
80. Core	10 min	10 min
81. Cardio	10 min	10 min
82. Strength	10 min	10 min
83. Flexibility	10 min	10 min
84. Core	10 min	10 min
85. Cardio	10 min	10 min
86. Strength	10 min	10 min
87. Flexibility	10 min	10 min
88. Core	10 min	10 min
89. Cardio	10 min	10 min
90. Strength	10 min	10 min
91. Flexibility	10 min	10 min
92. Core	10 min	10 min
93. Cardio	10 min	10 min
94. Strength	10 min	10 min
95. Flexibility	10 min	10 min
96. Core	10 min	10 min
97. Cardio	10 min	10 min
98. Strength	10 min	10 min
99. Flexibility	10 min	10 min
100. Core	10 min	10 min

STRENGTH	MAX	SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7	
		REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	REPS	95%
Sled Sprints		10 x20 yards													
BB Box Squat	375	3	170	3	210	3	245	5	285	3	320	1	360	1	360
BB RDL	185	3	85	3	105	3	125	5	140	3	160	1	180	1	180
BB Glute Bridge								8		8		8		8	

PREHAB		SETS	REPS	TEMPO	CORE		SETS	REPS	TEMPO
Mini Band Squats	1	20			Ball Plank w/ Knee Drive	2	15e		
					Hang Knee Raise	2	12		

POST WORKOUT	
Foam Roll	Stretch

Friday - Upper Body #2

WARM UP - Foam Roll + Dynamic Stretch + Mobility

Foam Roll - Quads, IT Bands, Calfs, Upper Back. 1 minute each

single leg good morning stretch x10 each leg	walking lunges (HUGE strides) w/ rotation x10 each	25 pushups	10 chinups
POWER - Plyometrics			
5 x10 reps each			

POWER - Plyometrics	5 x10 reps each
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MB Wall Chest Throws	MB Over Head Throw	MB Track Start throws	MB Rotational Throws (similar to baseball swing)
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STRENGTH		Warm Up Sets						Work Sets							
		SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		SET 7	
		REPS	45%	REPS	55%	REPS	65%	REPS	75%	REPS	85%	REPS	95%	REPS	95%
DB 1 arm Row	100	3	45	3	55	3	65	5	75	3	85	1	95	1	95
BB Rack Bench Press	205	3	95	3	115	3	135	5	155	3	175	1	195	1	195
DB Chinups (hold between feet)								25							
BB Incline Press	145	3	70	3	80	3	95	5	110	3	125	1	140	1	140

PREHAB		SETS	REPS	TEMPO	CORE		SETS	REPS	TEMPO
Shoulder DB Circuit		2	10 each		DB Side Bends		2	10e	
	DB rear delt raise				Ab Wheel		2	15	
	DB lateral raises								
	DB Shrugs								

POST WORKOUT Foam Roll Stretch