



Name:		Phase: Preparatory
Warm up/Injury Prevention		
Prehab/Rehab Work	Foam Roll - 30sec each body part: Any specific exercises here:	
Warm Up	Movement Prep: Leg Swings, Prone Scissors, Scorpion Kicks, T-Rotations, 1x20: Band Circuit: Lateral Walks, Monster Walks, Staggered Walks, Hand Walks (forward and lateral) 1x20: Gym Based x3 warm up sets: Court Based: 10m Walking Lunge, Lateral Lunge, Spiderman Crawls, Inchworms, Pogos, Broad Jump, Lateral Jumps,	

Day 1 - Gym based						Day 2 - Court side					
Exercise/Tempo	Rest	Session 1	Session 2	Session 3	Notes	Exercise/Tempo	Rest	Session 1	Session 2	Session 3	Notes
1A) Power Clean (technique)	120sec	4x3	4x3	4x4	50-60-70-70%	1A) Reactive Accels	60sec	5x10m	5x10m	5x10m	Various different starts
2A) DB Forward Reach Lunge					Tempo of 2-X-2-X: Weight 7-8RPE	2A) Turn and go	60sec	4x10m	4x10m	4x10m	Alternate left and right side
2B) OH Step Up						3A) 45 Degree Bounds	120sec	4x6 each leg	4x6 each leg	4x6 each leg	Distance and height
3C) Inverted Rows						3A) Shuttles	1:3:5min	3x2x6	3x2x6	3x2x6	Emphasis on shoulder drop and foot plant
3D) TRX Push Up		4x45w:30r: Rest 2min between rounds	4x50w:30r: Rest 2min between rounds	4x60w:30r: Rest 2min between rounds							
3E) Landmine Rotations											
3F) Lat Pull Down											
3G) Stir the pot											

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Disclaimer:

Those participating in exercise programs should check with their doctor prior to initiating such activities. Anyone participating in these activities should understand that such training initiatives may be dangerous if performed incorrectly. The author assumes no liability for injury; this is purely an educational manual to guide those already proficient with the demands of such programming.