

Monthly Overview						
Phase: Realisation/Competition						
<i>Notes: Each exercise performed as explosively as possible. Dynamic yet rhythmic work is required at all times.</i>						
Order	Exercise	Week 1	Week 2	Week 3	Week 4	Rest Interval
1	Jumping Half Squats	2x15/50%	2x20/50%	2x20/50%	2x25/50%	4-5min
2	MB Side Throws	2x30	2x40	3x40	3x50	2-4min
3	MB Overhead Throws	3x15	3x20	2x30	3x30	2min
4	Decels	12 reps	15 reps	20 reps	20 reps	3min

Loading Pattern		High		High
	Medium		Medium	

Example of power endurance training from Bompa, Buzzichelli:2015

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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.