



STRENGTH & CONDITIONING EDUCATION

Warm up/Injury Prevention	
Prehab/Rehab Work	Foam Roll - 30sec each body part: Knee to Wall with Band 2x10es: Hip Band Stretch 2x30sec: Y - Balance 2x6es
Warm Up	Squat and Reach, Squat to Stand, Reverse Lunge and twist, Lateral Lunge, Walkouts, Hip Openers, Mini Dogs, Knee Drops 1x10 reps: Barbell Complex: Overhead Squat, Push Press, RDL, Jump Shrug 2x4 10kg

Day 1									
Exercise/Tempo	Rest	Session 1	Notes	Session 2	Notes	Session 3	Notes	Session 4	Notes
1A) Depth Jump	120sec	4x5		4x5		4x5		4x5	
2A) Power Clean	120sec	6x2		6x2		6x2		6x2	
3A) Eccentric Front Squat 5-0-X	120sec	5x3		5x3		5x3		5x3	
4A) 1/2 Squat x-x-x	120sec	3x3		3x3		3x3		3x3	
5A) GHR 2-0-X	120sec	4x8		4x8		4x8		4x8	
Loading Pattern: RPE 9-10 Red, Orange, 7-8, Green >6: Maximal intent on concentric phase of each lift (unless stated otherwise)									

Warm up/Injury Prevention	
Prehab/Rehab Work	Foam Roll - 30sec each body part: Foot Prep and Strength work
Warm Up	Jog, side steps, carioca, high knees, heel flicks, Knee Picks, Hip Lifts, Walking Lunge, Lateral Lunge, Inchworms, Spiders: 10m Jog back, Alternating foot taps, pogos, broad jumps, Lateral Jumps, Push Up Accelerations all done to 15metres with walk back recovery

Day 3 Conditioning									
Exercise	Rest	Session 1	Notes	Session 2	Notes	Session 3	Notes	Session 4	Notes
10m Sprints		5		5		5		5	
Extensive Intervals: MAS		3min: 90sec Active Recovery: x3 Rest 4' x2	80% MAS	3min: 60sec Active Recovery: x3 Rest 4' x2	80% MAS	4min: 60sec Active Recovery: x3 Rest 4' x2	90% MAS	3min: 60sec Active Recovery: x3 Rest 4' x2	80% MAS

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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.