



Foam Rolling:

- IT Band/Tensor Fasciae Latae
- Quads
- Hip Flexors
- Adductors
- Hamstrings
- Lats
- Pecs
- Rhomboids
- Thoracic Extension
- Arches of Feet (ball)
- Calves and peroneals (ball)
- Piriformis/Glutes (ball)
- Infraspinatus (ball)

Warm-ups (preferably, barefoot)

1-leg Supine Bridge	1x8/side
Split-Stance Kneeling Adductor Mobs	1x8/side
Wall Hip Flexor Mobs	1x8/side
Wall Ankle Mobs	1x8/side
Squat to Stand	1x6
Walking Spiderman w/Overhead Reach	1x5/side
Cross-Behind Overhead Reverse Lunge	1x5/side
No Money Drill	1x8



Monday

A1) Front Squats

Date	Week	Sets	Reps	Rest	Tempo
	1	5	3		
	2	4	3		
	3	5	3		
	4	3	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Scapular Wall Slides

Week	Sets	Reps	Rest	Tempo
1	4	8		
2	3	8		
3	4	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B) Speed Deadlifts (barefoot)

Week	Sets	Reps	Rest	Load
1	6	2	60s	50%
2	6	2	60s	55%
3	6	2	60s	60%
4	4	2	60s	65%

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) DB Reverse Lunges from Deficit

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	3	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Pallof Press Iso Holds

Week	Sets	Reps	Rest	Tempo
1	3	3		10s iso
2	3	3		hold at
3	3	3		lockout
4	3	3		each rep

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Split-Stance Kneeling Adductor Stretch - Forward Position

Week	Sets	Reps	Rest	Tempo
1	2	30s/side		
2	2	30s/side		
3	2	30s/side		
4	2	30s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) 1-arm Doorway Pec Stretch

Week	Sets	Reps	Rest	Tempo
1	2	30s/side		
2	2	30s/side		
3	2	30s/side		
4	2	30s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6



Wednesday

A1) Alternating DB Bench Press

Date	Week	Sets	Reps	Rest	Tempo
	1	4	5/side		
	2	4	5/side		
	3	5	5/side		
	4	3	5/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Neutral Grip Pull-ups

Week	Sets	Reps	Rest	Tempo
1	4	5		
2	4	5		
3	5	5		
4	3	5		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Feet-Elevated Push-ups

*wrap a band around your back to add resistance

Week	Sets	Reps	Rest	Tempo
1	3	10		
2	3	10		
3	3	10		
4	3	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Seated Cable Rows - Pronated Grip

Week	Sets	Reps	Rest	Tempo
1	3	10		
2	3	10		
3	3	10		
4	3	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Dumbbell Hammer Curls

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Crossover Reverse Fly

Week	Sets	Reps	Rest	Tempo
1	3	10		
2	3	10		
3	3	10		
4	3	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Ab Wheel (or Bar) Rollout

Week	Sets	Reps	Rest	Tempo
1	3	8		
2	3	8		
3	3	8		
4	3	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Walking Spiderman w/Overhead Reach

Week	Sets	Reps	Rest	Tempo
1	3	5/side		
2	3	5/side		
3	3	5/side		
4	3	5/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

Thursday

A1) Trap (Hex) Bar Deadlifts (if you don't have access to a trap/hex bar, you can do slightly-elevated conventional DLs) (barefoot)

Date	Week	Sets	Reps	Rest	Tempo
	1	4	5		
	2	4	5		
	3	5	5		
	4	4	5		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Wall Ankle Mobs (barefoot)

Week	Sets	Reps	Rest	Tempo
1	3	8/side		
2	3	8/side		
3	4	8/side		
4	3	8/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Walking DB Lunges

Week	Sets	Reps	Rest	Tempo
1	4	6/side		
2	3	6/side		
3	4	6/side		
4	3	6/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Quadruped Chin Tucks

Week	Sets	Reps	Rest	Tempo
1	3	5		
2	3	5		
3	3	5		
4	3	5		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Side Bridge Wall Slides

Week	Sets	Reps	Rest	Tempo
1	3	10/side		
2	3	10/side		
3	3	10/side		
4	3	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Natural Glute-Ham Raises

Week	Sets	Reps	Rest	Tempo
1	3	6		
2	3	6		
3	3	6		
4	3	6		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Stability Ball Adductor Stretch on Wall

Week	Sets	Reps	Rest	Tempo
1	2	30s		
2	2	30s		
3	2	30s		
4	2	30s		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) Kneeling Heel-to-Butt Stretch

Week	Sets	Reps	Rest	Tempo
1	2	30s/side		
2	2	30s/side		
3	2	30s/side		
4	2	30s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

Saturday

A1) Close-Grip Bench Press

Date	Week	Sets	Reps	Rest	Tempo
	1	5	3		
	2	4	3		
	3	6	3		
	4	3	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Pull-ups

Week	Sets	Reps	Rest	Tempo
1	5	3		
2	4	3		
3	6	3		
4	3	3		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Low Incline DB Press

Week	Sets	Reps	Rest	Tempo
1	3	6		
2	3	6		
3	3	6		
4	3	6		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Chest-Supported Row - neutral grip

Week	Sets	Reps	Rest	Tempo
1	3	10		
2	3	10		
3	3	10		
4	3	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Prone Bridge Arm March

Week	Sets	Reps	Rest	Tempo
1	3	10/side		
2	3	10/side		
3	3	10/side		
4	3	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Side-Lying External Rotation - arm propped at 30 degrees abduction

Week	Sets	Reps	Rest	Tempo
1	3	10/side		
2	3	10/side		
3	3	10/side		
4	3	10/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Elbow/Wrist Flexors Stretch

Week	Sets	Reps	Rest	Tempo
1	2	30s/side		
2	2	30s/side		
3	2	30s/side		
4	2	30s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) 3-way Band Hamstrings Stretch

Week	Sets	Reps	Rest	Tempo
1	2	15/15/15s/side		
2	2	15/15/15s/side		
3	2	15/15/15s/side		
4	2	15/15/15s/side		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6



Option 1

Tuesday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

Heidens

20-yd Falling Starts

Week 1	Week 2	Week 3	Week 4
4x5/side	4x5/side	4x5/side	4x5/side
x6/side, 80%	x6/side, 90%	x6/side, 100%	x4/side, 100%

Friday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

15-yd Side Shuffle to 15-yd Sprint

50-yd Build-ups

Week 1	Week 2	Week 3	Week 4
x4/side, 80%	x4/side, 90%	x4/side, 100%	x3/side, 100%
x8, 80%	x8, 90%	x8, 90%	x5, 100%

Notes:

1. Don't run at 100% this month unless you have already been doing some sprinting and feel you're prepared. We don't want any pulled hamstrings, adductors, or hip flexors! Week 1 is intentionally low in intensity because you will be running with soreness from lifting!
2. Some of you may find the transition to sprinting (if you haven't been doing it) easier if you run in grass.
3. Carioca is about hip range of motion, not rotating the lower back.
4. "Per Side" on Falling Starts refers to which leg reaches out first as you start.



Option 2

Tuesday

Mobility Warm-up

Bike, Elliptical, or Rowing Intervals for 15 minutes (20s work: 40s rest)

"Rest" should be easy pedaling, striding, or rowing, respectively.

OR

Mobility Warm-up

10x100m sprints at 90% effort w/walk-backs as rest b/t sets

Friday

Mobility Warm-up

Circuit (3x through, 2:00 rest b/t sets):

Body Weight Jump Squats x 12

In-Place Heideis x 6/side

T-Push-ups x 4/side

Alternating Lateral Lunge Walk x 6/side

Front Squat to Push Press to Overhead Reverse Lunge [5/side] x 10 (bar only!)

1-leg Prone Bridge x15s/side

Notes (if you choose to sprint on Tuesday for your intervals)

1. Don't run at 100% this month unless you have already been doing some sprinting and feel you're prepared. We don't want any pulled hamstrings, adductors, or hip flexors!
2. Some of you may find the transition to sprinting (if you haven't been doing it) easier if you run in grass.



Option 3

Tuesday

Mobility Warm-up

Bike, Elliptical, or Rowing Intervals for 15 minutes (20s work: 40s rest)

"Rest" should be easy pedaling, striding, or rowing, respectively.

OR

Mobility Warm-up

10x100m sprints at 90% effort w/walk-backs as rest b/t sets

Friday

Mobility Warm-up

Side shuffle w/Overhead Reach (15 yards/side)

High Knee Skip (15 yards)

Easy Carioca (15 yards/side)

Backpedal (15 yards)

15-yd Side Shuffle to 15-yd Sprint

50-yd Build-ups

Week 1	Week 2	Week 3	Week 4
x4/side, 80%	x4/side, 90%	x4/side, 100%	x3/side, 100%
x8, 80%	x8, 90%	x8, 90%	x5, 100%

Notes:

1. Don't run at 100% this month unless you have already been doing some sprinting and feel you're prepared. We don't want any pulled hamstrings, adductors, or hip flexors! Week 1 is intentionally low in intensity because you will be running with soreness from lifting!
2. Some of you may find the transition to sprinting (if you haven't been doing it) easier if you run in grass.
3. Carioca is about hip range of motion, not rotating the lower back.
4. "Per Side" on Falling Starts refers to which leg reaches out first as you start.