

TOTAL ATHLETIC PERFORMANCE - NAPLES

TRAINING

WEEK# 1 PHASE: ACC DAY: MONDAY

WARM-UP (QUICK DNR WITH LUNGE SERIES)										
VERTIMAX										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
1**	90S EC		10		10		10		10	
COMMENTS:										
BACK SQUATS SS DB SQUAT JUMPS										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
1**	90S EC		8		6		6		6	
COMMENTS: DB SQUAT JUMPS 3X4										
BARBELL STEP-UPS--GOOD SIDE FIRST										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
121	60 SEC		12E		12E					
COMMENTS: AIS ACTIVE LATERAL HAMSTRING										
GLUTE HAM / RAISES										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
	90 SEC		8		6		6			
COMMENTS:										
AUXILLARY										
SL CALF RAISES TEMPO 404							SET	REP	WEIGHT	
							2	15E	25	
PREHAB										
CORE:										
CRUNCH							2	20		
STRAIGHT LEG CRUNCH							2	20		
REVERSE CRUNCH							2	20		
FROGGIES							2	15		

WEEK# PHASE: DAY: THURSDAY

WARM-UP (TOE TOUCH PROGRESSIONS AND DB)										
VERTIMAX										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
***	90 SEC		8		8		10		10	
COMMENTS:										
BULGARIAN SQUATS (GOOD 1ST)										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
22*	2 MIN		8E		8E		8E			
COMMENTS: AIS MEDIAL HAMSTRING X15										
RDL'S WITH CURL TO TOE										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		10		8		8	
COMMENTS: BOX JUMPS 4X4										
OVHD STEP-UPS (GOOD 1ST)										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201			12E		12E		12E			
COMMENTS:										
AUXILLARY										
SLOW / FAST CALF RAISES							SET	REP	WEIGHT	
							2	15E		
PREHAB										
SL BALANCE SISSEL							3	30 S		
HIP STRETCH										
CORE:										
MB WORK										

DAY: TUESDAY

WARM-UP (GLUTE STRETCH, INT/EXT HIP X-OVER, DB)										
BOX JUMPS / DEPTH DROPS										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
1**	2 MIN		5E		5E		5E		5E	
COMMENTS:										
BENCH PRESS (SS) PRONE T RAISES										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
221	2 MIN		REP		5		5		5	
COMMENTS: 2X12 T RAISES										
DB SA ROWS (GOOD 1ST)(SS) PRO / RE TRACTION										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
212	2 MIN		8E		8E		8E		8E	
COMMENTS: 2X15 PRO/RE										
DB INC PRESS (SS) PRONE Y RAISES										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
221	2 MIN		10		10		10			
COMMENTS: 2X12 Y RAISES										
AUXILLARY										
DB SHOULDER BLAST							SET	REP	WEIGHT	
							2	10E		
PREHAB										
CORE:										
CORE BRIDGES										
PB STABILITY										
LOW BACK										

DAY: FRIDAY

WARM-UP (GLUTE STRETCH, INT/EXT HIP X-OVER, DB)										
BARBELL BENCH (SS) CHEST STRETCH										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		8		8		6	
COMMENTS:										
PULL-UPS / INVERTED ROWS										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		10		10		10	
COMMENTS:										
DB INC BENCH PRESS										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	90 SEC		4		4		4			
COMMENTS:										
DB PULLOVER EXT										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	90 SEC		10		10		8		8	
COMMENTS:										
AUXILLARY										
REAR DELT RAISES							SET	REP	WEIGHT	
							3	10 E		
PREHAB										
CORE:										
CORE BRIDGES										
PB STABILITY										

