

# TOTAL ATHLETIC PERFORMANCE - NAPLES

COMBINE TRAINING 2011

WEEK# 3 PHASE: STR / PWR DAY: MONDAY

| WARM-UP (TOE TOUCH PROGRESSIONS AND DB)     |          |        |     |    |     |     |        |    |     |    |
|---|----------|--------|-----|----|-----|-----|--------|----|-----|----|
| FLOOR CLEAN / PULLS                         |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                       | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 1**   | 90S EC   |        | 6   |    | 6   |     | 6      |    |     |    |
| COMMENTS:                                   |          |        |     |    |     |     |        |    |     |    |
| BACK SQUATS SS DB SQUAT JUMPS               |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                       | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 12*   | 90S EC   |        | 8   |    | 6   |     | 6      |    | 4   |    |
| COMMENTS: DB SQUAT JUMPS 3X4                |          |        |     |    |     |     |        |    |     |    |
| PARTNER GLUTE HAM / RAISES                  |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                       | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
|   | 90 SEC   |        | 8   |    | 6   |     | 6      |    |     |    |
| COMMENTS: AIS ACTIVE LATERAL HAMSRTING      |          |        |     |    |     |     |        |    |     |    |
| OVHD STEP-UPS BOX                           |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                       | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
|   | 90 SEC   |        | 8E  |    | 6E  |     | 6E     |    |     |    |
| COMMENTS: BROAD JUMPS 3X4                   |          |        |     |    |     |     |        |    |     |    |
| AUXILLARY                                   |          |        |     |    |     |     |        |    |     |    |
| SL CALF RAISES TEMPO 404                    |          |        |     |    | SET | REP | WEIGHT |    |     |    |
| BACKWARD WALKING W/ SLEDS 4X5PLATES 25 YRDS |          |        |     |    | 2   | 15E | 25     |    |     |    |
| PREHAB                                      |          |        |     |    | SET | REP | WEIGHT |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
| CORE:                                       |          |        |     |    | SET | REP | WEIGHT |    |     |    |
| CRUNCH                                      |          |        |     |    | 2   | 20  |        |    |     |    |
| STRAIGHT LEG CRUNCH                         |          |        |     |    | 2   | 20  |        |    |     |    |
| REVERSE CRUNCH                              |          |        |     |    | 2   | 20  |        |    |     |    |
| FROGGIES                                    |          |        |     |    | 2   | 15  |        |    |     |    |

WEEK# PHASE: DAY: FRIDAY

| WARM-UP (TOE TOUCH PROGRESSIONS AND DB) |          |        |     |    |     |     |        |    |     |    |
|---|----------|--------|-----|----|-----|-----|--------|----|-----|----|
| SNATCH-LIGHT OF SPEED                   |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| ***                                     | 90 SEC   |        | 5   |    | 5   |     | 5      |    |     |    |
| COMMENTS:                               |          |        |     |    |     |     |        |    |     |    |
| VERTIMAX DOUBLE JUMPS                   |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 22*                                     | 2 MIN    |        | 5   |    | 5   |     | 5      |    |     |    |
| COMMENTS: DROP LUNGE 3X6E               |          |        |     |    |     |     |        |    |     |    |
| DEPTH DROPS TO JUMP                     |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 201                                     | 2 MIN    |        | 5   |    | 5   |     | 5      |    |     |    |
| COMMENTS:                               |          |        |     |    |     |     |        |    |     |    |
| BARBELL RDL'S                           |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO                                   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 201                                     |          |        | 5   |    | 5   |     | 5      |    |     |    |
| COMMENTS:                               |          |        |     |    |     |     |        |    |     |    |
| AUXILLARY                               |          |        |     |    |     |     |        |    |     |    |
| SL SQUAT TOUCHDOWNS                     |          |        |     |    | SET | REP | WEIGHT |    |     |    |
| SL DB RDLs 2X12E                        |          |        |     |    | 2   | 8E  | 24     |    |     |    |
| PREHAB                                  |          |        |     |    | SET | REP | WEIGHT |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
| CORE:                                   |          |        |     |    | SET | REP | WEIGHT |    |     |    |
| MB WORK                                 |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |

DAY: WEDNESDAY

| 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:                                       |          |        |     |    |     |     |        |    |     |    |
| DB BENCH PRESS                                  |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 201   | 2 MIN    |        |     |    |     |     |        |    |     |    |
| COMMENTS: PLUS 4 MORE                           |          |        |     |    |     |     |        |    |     |    |
| DB SA ROWS (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 INCLINE BENCH PRESS                          |          |        |     |    |     |     |        |    |     |    |
|   |          | % MAX: |     |    |     |     |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT  | REP    | WT | REP | WT |
| 221   | 2 MIN    |        | 5   |    | 5   |     | 5      |    |     |    |
| COMMENTS: 2X12 Y RAISES                         |          |        |     |    |     |     |        |    |     |    |
| AUXILLARY                                       |          |        |     |    |     |     |        |    |     |    |
| FRONT LAT PULLDOWNS                             |          |        |     |    | SET | REP | WEIGHT |    |     |    |
|   |          |        |     |    | 3   | 6   |        |    |     |    |
| PREHAB  |          |        |     |    | SET | REP | WEIGHT |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
|   |          |        |     |    |     |     |        |    |     |    |
| CORE:   |          |        |     |    | SET | REP | WEIGHT |    |     |    |
| CORE BRIDGES                                    |          |        |     |    |     |     |        |    |     |    |
| PB STABILITY                                    |          |        |     |    |     |     |        |    |     |    |
| LOW BACK  |          |        |     |    |     |     |        |    |     |    |

DAY: SATURDAY

| WARM-UP (GLUTE STRETCH, INT/EXT HIP X-OVER, DB) |          |        |     |    |     |      |        |    |     |    |
|---|----------|--------|-----|----|-----|------|--------|----|-----|----|
| WEIGHTED PULL-UPS                               |          |        |     |    |     |      |        |    |     |    |
|   |          | % MAX: |     |    |     |      |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT   | REP    | WT | REP | WT |
| 201   | 2 MIN    |        | 6   |    | 6   |      | 6      |    | 6   |    |
| COMMENTS:                                       |          |        |     |    |     |      |        |    |     |    |
| BARBELL INC BENCH PRESS                         |          |        |     |    |     |      |        |    |     |    |
|   |          | % MAX: |     |    |     |      |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT   | REP    | WT | REP | WT |
| 201   | 2 MIN    |        | 8   |    | 6   |      | 4      |    |     |    |
| COMMENTS:                                       |          |        |     |    |     |      |        |    |     |    |
| KNEELING CABLE ROWS                             |          |        |     |    |     |      |        |    |     |    |
|   |          | % MAX: |     |    |     |      |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT   | REP    | WT | REP | WT |
| 201   | 90 SEC   |        | 5E  |    | 5E  |      | 5E     |    |     |    |
| COMMENTS:                                       |          |        |     |    |     |      |        |    |     |    |
| DB PULLOVER EXT                                 |          |        |     |    |     |      |        |    |     |    |
|   |          | % MAX: |     |    |     |      |        |    |     |    |
| TEMPO   | REST INT | MAX    | REP | WT | REP | WT   | REP    | WT | REP | WT |
| 201   | 90 SEC   |        | 10  |    | 10  |      | 10     |    |     |    |
| COMMENTS:                                       |          |        |     |    |     |      |        |    |     |    |
| AUXILLARY                                       |          |        |     |    |     |      |        |    |     |    |
| REAR DELT RAISES                                |          |        |     |    | SET | REP  | WEIGHT |    |     |    |
| BI TRI WORK                                     |          |        |     |    | 3   | 10 E |        |    |     |    |
| PREHAB  |          |        |     |    | SET | REP  | WEIGHT |    |     |    |
|   |          |        |     |    |     |      |        |    |     |    |
|   |          |        |     |    |     |      |        |    |     |    |
|   |          |        |     |    |     |      |        |    |     |    |
| CORE:   |          |        |     |    | SET | REP  | WEIGHT |    |     |    |
| CORE BRIDGES                                    |          |        |     |    |     |      |        |    |     |    |
| PB STABILITY                                    |          |        |     |    |     |      |        |    |     |    |
|   |          |        |     |    |     |      |        |    |     |    |

