

	Weeks 1-3	Reps	Weeks 4-6	Reps	Weeks 7-8	Reps
<b>Foam Roll</b>	Glutes/Hamstrings/Calves/Quads/Adductors/Lo w Back/Upper Back/Lats	5-10 min	Glutes/Hamstrings/Calves/Quads/Adductors/Lo w Back/Upper Back/Lats	5-10 min	Glutes/Hamstrings/Calves/Quads/Adductors/Lo w Back/Upper Back/Lats	5-10 min
<b>Mobility</b>						
	Hip 90/90 PAILs and RAILs Quadruped Hip CARs Adductor Rock Alternating Spiderman Sleeper Stretch	3x each direction 3x each direction x8 x5 x3 breaths	Hip 90/90 PAILs and RAILs Quadruped Hip CARs Adductor Rock Alternating Spiderman Sleeper Stretch	3x each direction 3x each direction x8 x5 x3 breaths	Hip 90/90 PAILs and RAILs Quadruped Hip CARs Adductor Rock Alternating Spiderman Sleeper Stretch	3x each direction 3x each direction x8 x5 x3 breaths
	Kneeling Shoulder CARs Wall Calf Stretch	x 3 each direction x10 each side	Kneeling Shoulder CARs Wall Calf Stretch	x 3 each direction x10 each side	Kneeling Shoulder CARs Wall Calf Stretch	x 3 each direction x10 each side
<b>Moving Warm-up</b>	High Knees Butt Kicks Lateral Shuffle Carioca Backwards Run	5-10 min	High Knees Butt Kicks Lateral Shuffle Carioca Backwards Run	5-10 min	High Knees Butt Kicks Lateral Shuffle Carioca Backwards Run	5-10 min
<b>Plyometric</b>						
	<i>Upper Body</i> Overhead Medball Slam <i>Lower Body</i> Box Jump <i>Sprint</i> Bear Crawl	3 rounds x8 x5 x10	Overhead Medball Slam Box Jump Bear Crawl	3 rounds x8 x5 x10	Overhead Medball Slam Box Jump Bear Crawl	3 rounds x8 x5 x10
<b>Strength</b>	<b>Lift Tier 1</b> <i>Power</i> KB Swing <i>Core</i> Anti-Rotation Press-Out <i>Mobility</i> Cossack Squat (Body Weight Lateral Squat)	3 rounds x8 x8 x4	<b>Lift Tier 1</b> KB Swing Anti-Rotation Press-Out Cossack Squat (Body Weight Lateral Squat)	3 rounds + increase weight x 5-6 x 5-6 x 5-6	<b>Lift Tier 1</b> KB Swing Anti-Rotation Press-Out Cossack Squat (Body Weight Lateral Squat)	3 rounds + increase weight x4 x4 x4
	<b>Lift Tier 2</b> <i>Lower Body Push</i> Split Squat <i>Core</i> Side Plank <i>Upper Body Pull</i> Push Up	3 rounds x8 x 15 seconds x10	<b>Lift Tier 2</b> Split Squat Side Plank Push Up	3 rounds + increase weight x 5-6 x 5-6 x10 + weight on back	<b>Lift Tier 2</b> Split Squat Side Plank Push Up	3 rounds + increase weight x4 x4 x10 + weight on back
	<b>Lift Tier 3</b> <i>Lower Body Pull</i> Glute Bridge <i>Core</i> TRX Row <i>Upper Body Push</i> Farmer Carry x 25 yds down/back	3 rounds x8 x8 x25 yards down and back	<b>Lift Tier 3</b> Glute Bridge TRX Row Farmer Carry x 25 yds down/back	3 rounds + increase weight x 5-6 x 5-6 x25 yards down and back	<b>Lift Tier 3</b> Glute Bridge TRX Row Farmer Carry x 25 yds down/back	3 rounds + increase weight x4 x4 x25 yards down and back
<b>Conditioning</b>	1:2 rest (15 sec on :30 sec rest) Bike or Run Interval Sprints	x8	1:1 rest (30 sec on :30 sec rest) Bike or Run Interval Sprints	x 8	2:1 rest (30 sec on :15 sec rest) Bike or Run Interval Sprints	x 8