

**STRENGTH AND CONDITIONING  
MESOCYCLE 1, MICROCYCLE 1.1-1.2**

Push / Pull / Leg Complex      Set / Rep Scheme      Rest Period  
 3 x 12      30 seconds/1 Minute

EXERCISE	WK 1 DAY 1			WK 1 DAY 2			WK 1 DAY 3			WK 2 DAY 1			WK 2 DAY 2			WK 2 DAY 3		
Warm Up Progression	Warm Up 1 Lunge Emphasis			Warm Up 3 Combined			Warm Up 2 Squat Emphasis			Warm Up 1 Lunge Emphasis			Warm Up 3 Combined			Warm Up 2 Squat Emphasis		
Dumbbell "DB" Bench	35	35	40				35	35	40	35	35	40				35	40	40
Alt. DB Bench				25	25	25							25	25	25			
DB Incline Bench	60	60	5				60		65	60	65	65				60	65	65
Alt. DB Incline Bench				25	25	25							25	25	25			
DB Bench-Physioball																		
Alt. DB Bench-Physioball-"PBall"																		
Alt. Seated DB Shoulder Press-"PBall"																		
Standing DB Shoulder Press																		
Alt. Standing DB Shoulder Press																		
Modified Push Ups																		
Modified Pull Ups				Bwt	Bwt.	Bwt.												
Lat. Pulldown	110	110	110				110	110	110									
Low Row				135	135	135												
High-Low Cable Pull (Squat Position)	75	75	80				75	75	80									
Rotational Cable Pulls (Squat Position)				50	50	50												
Low High Cable Pull (Squat Position)	80	80	80				80	80	80									
Back Squat																		
DB Front Squat																		
Straight Leg. Dead Lift																		
RDL Deadlift																		
Step Up (18" Box-90 Degree)																		
DB Lunge-Walking																		
<b>Core Session</b>	Core Workout 1			Core Workout 2			Core Workout 1			Core Workout 1			Core Workout 2			Core Workout 1		

Indicated the Training Cycle and week. Microcycle 1.1-1.2 means training weeks 1 and 2. Mesocycle means the major training period.

Indicates which warm up to perform on each day. Three warm ups are written and emphasize different movement capabilities to aid in athletic development. See folder with windows media clips for exercises.

Fill in Weights/Load in each box corresponding to each day and exercise. E.g., 60, 60, 65. We already know sets & reps.

Sets and Repetitions per exercise. E.g., 3 sets of 12 repetitions. These will change every 2 weeks. See program overview for this 12 week model.

Increase the load when you can maintain technique and complete each repetition fairly easily. 2.5-5lb increment increases is recommended. Increase load with corresponding decrease in sets and repetitions as indicated every two weeks and in the program overview.

Rest between exercises pressing, pulling, legs. E.g., 1 x 12, rest 30, 2 x 12, rest 30, 3 x 12 rest 30. Rest 1 minute between groups.

The Press, Pull, and Lower Extremity core exercises taught at the camp are outlined in black. Notice the grey color pattern corresponds to the exercises to be performed on each specific day. Only perform the grey exercises. Day 1 and 3 are the same. Day 2 is for variation. Stay consistent with two sessions that are the same each week!

Core Session to be performed at the end of each workout three times per week. These can be designed on your own and alternate with different movement patterns being used in each session.