

NAME:	

	Master Sch		
Day T0 (PRE)	Lift / Condition/ Functional	Classroom / Wrestling Testing Breakdown/College Packets	Location 804
T1 (PRE)	Bench/Squat/Pull-up (Weight)		Weight room
T2 (PRE)	400/ Power Clean/ (Make-up)		Track/Weightroom
<u>T3 (PRE)</u>	Squat BW+25/Bench BW (Make-up)		Weight room
T4 (PRE)	AMRAP (BW + 1 DB) 10 Minutes	Goal Setting on Testing/College Packets Elite HS to College Packets	804
2	Squat Push/Pull Complex Circtuit for Time	Elite HS to college Fackets	Wrestling Room/ 804 Weight Room
3	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
4	AMRAP (Cleanpull/P-up/HEX (Time) 10 Minutes		Weight Room
5	Body Control circuit for Time	High School Course Calander	Wrestling Room/ 804
6	1 Mile Active Recovery		HOME HOME
8	GVT BW Legs/Shoulder	Athlete Nutrition (Match Day/ IN Season)	Wrestling Room/ 804
9	GVT Chest/Back		Weight Room
10	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
11 12	GVT Legs/Shoulder GVT BW CHEST/BACK (DB/PUPBAR)	How to be a Kid and an Athlete (Smart Decisions)	Weight Room Wrestling Room/ 804
13	Jump Rope Routine	The to be a rid and an Athlete (Ghart Decisions)	Home
14	Active Recovery		Home
15	Total Body Strength Core BW	Social media an asset or a curse	Wrestling Room/ 804
<u>16</u> 17	Lower Body Strength Shoulder and Hip Mobility	Wrestling Technique	Weight Room Wrestling Room
18	Upper Body Strength		Weight Room
19	Total Body Strength Core BW	Program Culture	Wrestling Room/ 804
20	1 Mile		Home
21	Active Recovery BW Rotations for time	Program Culture (Cont.) What we do	Home
22 23	Power Movements for Time	Program Culture (Cont.) what we do	Wrestling Room/ 804 Weight Room
24	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
25	Mass Set for time		Weight Room
26	Mass Set BW for Time	Core Covenants	Wrestling Room/ 804
27 28	Jump Rope Routine Active Recovery		Home Home
20	Spring Bre	ak	Home
<u>T0 (1)</u>	N/A	Reclaiming/Assesing Motivation and Aligning Goals	
<u>T1 (1)</u>	Bench/Squat/Pull-up (Weight)		Weight room
<u>T2 (1)</u> T3 (1)	400/ Power Clean/ (Make-up) Squat BW+25/Bench BW (Make-up)		Track/Weightroom Weight room
T4 (1)	Oqual BW (20/Benon BW (Make up)	Goal Setting Broken down into Areas	804
29	Total Body Strength Core BW	Toxic Vs. Builder Relationships	Wrestling Room/ 804
30 31	Lower Body Strength	W/restling Technique	Weigh Room
32	Shoulder and Hip Mobility Upper Body Strength	Wrestling Technique	Wrestling Room Weigh Room
33	Total Body Strength Core BW	Analyzing Film	Wrestling Room/ 804
34	1 Mile		Home
35 36	Active Recovery GVT BW Legs/Shoulder	Accountability Check	Home Wrestling Room/ 804
37	GVT Chest/Back		Weight Room
38	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
39			Weight Room
40 41	GVT BW CHEST/BACK (DB/PUPBAR) Jump Rope Routine	The fun in getting better (Process driven)	Wrestling Room/ 804 Home
42	Active Recovery		Home
43	AMRAP (BW + 1 DB) 10 Minutes	Winning? What is Winning?	Wrestling Room/ 804
44 45	Squat Push/Pull Complex Circtuit for Time	W/rectling Technique	Weight Room
45	Shoulder and Hip Mobility AMRAP (Cleanpull/P-up/HEX (Time) 10 Minutes	Wrestling Technique	Wrestling Room Weight Room
47	Body Control circuit for Time	Controllables	Wrestling Room/ 804
48	2 Mile		HOME
49 50	Active Recovery BW Rotations for time	Champion Vs. Chumpion	HOME Wrestling Room/ 804
51	Power Movements for Time		Weight Room/ 804
52	Shoulder and Hip Mobility	Wrestling Technique	Wrestling Room
53	Mass Set for time	Deing a Drance The DD Oter day I	Weight Room
54 55	Mass Set BW for Time Jump Rope Routine	Being a Bronco The RB Standard	Wrestling Room/ 804 HOME
56	Active Recovery		HOME
57	Total Body Strength Core BW	Being the one every wants to be	Wrestling Room/ 804
58 59	Lower Body Strength	Wrootling Technique	Weigh Room
59 60	Shoulder and Hip Mobility Upper Body Strength	Wrestling Technique	Wrestling Room Weight Room
61	Total Body Strength Core BW	What does all this mean? Contibution to Society	Wrestling Room/ 804
62	2 Mile		HOME
	Active Recovery	No Sobool	HOME
63 T0 (0)	No School	No School	No School Weight room
T0 (2)			
	Bench/Squat/Pull-up (Weight) 400/ Power Clean/ (Make-up)		
T0 (2) T1 (2) T2 (2) T3 (2)	Bench/Squat/Pull-up (Weight)		Track/Weightroom Weight room
T0 (2) T1 (2) T2 (2) T3 (2) T4 (2)	Bench/Squat/Pull-up (Weight) 400/ Power Clean/ (Make-up)	Why Coaches Coach	Track/Weightroom Weight room 804
T0 (2) T1 (2) T2 (2) T3 (2)	Bench/Squat/Pull-up (Weight) 400/ Power Clean/ (Make-up)	Why Coaches Coach Summer Season Plan State of the Program	Track/Weightroom Weight room

## Wrestling Max Lifts/ Goals

	Weight	Bench Max	Squat Max	Power Clean	400 time	Pull-up Max	Squat BW +25	Bench BW	Differential	2 Sentences on why this
Name	Day of Test	5+ Reps	5+ reps	1 Rep	1 lap	Arm ext Chin above	Max Reps	Max Reps	Total Athlete Formula Above 0 good above 20 Elite	is important to you:
Johnny Wrestle	165	225	315	185	58	20	20	20	20.4	
Differenti	al Equation: 7	+ (Total Bencl	n/Squat Power	Clean) / Weig	ht + 7 + (Total	Pull-up/Squat	reps/Bench R	eps) - 400 Tin	ne	
									#DIV/0!	Pre- Test(March)
										GOAL 1
Date:			Examiner	:			Notes on Moo	od Sleep Etc:		
									#DIV/0!	Test 1 (April)
										GOAL 2
Date:			Examiner	-			Notes on Moo	od Sleep Etc:		
									#DIV/0!	Test 2 (May)
										GOAL 3
Date:			Examiner	:			Notes on Moo	od Sleep Etc:		
									#DIV/0!	Test 3 (June)
										GOAL 5
Date:			Examiner	:			Notes on Moo	d Sleep Etc:		
									#DIV/0!	Test 4 (TBD)
										GOAL 5
Date:			Examiner				Notes on Moo	od Sleep Etc:		

1     Max Rotations in 10 Minutes     2     FOR TIME       Exercise     RX     Weight     Reps     Image: Constraint of the service of the servi									R	B Wrestl	ing Spring
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	1	Max	Rotations	s in 10 Min	utes		2		FC	R TIME	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	Exercise	RX	Weight	Reps		Barriers	Exercise	RX	Weight	REPS	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words						eaking F	Squat (BOX)	135		50	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	Turkish get-up			3 Each arm		ce is bre	Push-Press	115		25	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words					utes:_	Embra	Pull-up	you		10	
Notes: How did it feel? Thoughts:     Notes: How did it feel? Thoughts:       3     Classroom Work       Shoulder Mobility     Hip Mobility       Wall Crawl     Band Hamstring       Ext/Int Rotation     Band Lunge       Upright row     Band Half Pigeon       Shoulder Extention     Lateral Band Walk       Band Pull Apart     Monster Walks       Side bend pull     Banded Glute Bridges					n 8 Mir	ig hard!		45		25	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	PIKE Push-up			6	leted in	e it bein	Push-press	95		25	
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words					Comp	Embrac	Pull-up	you		10	d Time
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	MED BALL				tations	uilder! I	Front Squat	95		25	nplete
Notes: How did it feel? Thoughts:       Notes: How did it feel? Thoughts:         3       Classroom Work         Shoulder Mobility       Hip Mobility       Monday Topic:         Wall Crawl       Band Hamstring       Notes:         Ext/Int Rotation       Band Lunge       Notes:         Upright row       Band Half Pigeon       Notes:         Shoulder Extention       Lateral Band Walk       Descibe in your own words         Side bend pull       Banded Glute Bridges       WednesdayTechnque of the week:       Descibe in your own words	JUMP			9	ull Ro	ness B	Push-Press	65		25	CO
3     Classroom Work       Shoulder Mobility     Hip Mobility     Monday Topic:       Wall Crawl     Band Hamstring     Notes:       Ext/Int Rotation     Band Lunge     Notes:       Upright row     Band Half Pigeon     Shoulder Extention       Shoulder Extention     Lateral Band Walk     WednesdayTechnque of the week:		<b></b>			ш	Tough				10	
Shoulder Mobility     Hip Mobility     Monday Topic:       Wall Crawl     Band Hamstring     Notes:       Ext/Int Rotation     Band Lunge     Notes:       Upright row     Band Half Pigeon     Notes:       Shoulder Extention     Lateral Band Walk     Notes:       Band Pull Apart     Monster Walks     WednesdayTechnque of the week:	Notes: How did it feel?	? I noughts:					Notes: How di	a it feel? I no	ugnts:		
Shoulder Mobility     Hip Mobility       Wall Crawl     Band Hamstring       Ext/Int Rotation     Band Lunge       Upright row     Band Half Pigeon       Shoulder Extention     Lateral Band Walk       Band Pull Apart     Monster Walks       Side bend pull     Banded Glute Bridges			3					Class	room Wor	k	
Wall Crawl       Band Hamstring         Ext/Int Rotation       Band Lunge         Upright row       Band Half Pigeon         Shoulder Extention       Lateral Band Walk         Band Pull Apart       Monster Walks         Side bend pull       Banded Glute Bridges	Shoulder Mo	obility	ŀ	lip Mobility	y	_	Topic:				
Upright row       Band Half Pigeon         Shoulder Extention       Lateral Band Walk         Band Pull Apart       Monster Walks         Side bend pull       Banded Glute Bridges         WednesdayTechnque of the week:       Descibe in your own words	Wall Crawl		Band Ha	amstring		Notes:					
Shoulder Extention     Lateral Band Walk       Band Pull Apart     Monster Walks       Side bend pull     Banded Glute Bridges         WednesdayTechnque of the week:     Descibe in your own words	Ext/Int Rotation		Band	Lunge							
Band Pull Apart     Monster Walks       Side bend pull     Banded Glute Bridges       WednesdayTechnque of the week:   Descibe in your own words	Upright row		Band Ha	lf Pigeon							
Side bend pull     Banded Glute Bridges     WednesdayTechnque of the week:     Descibe in your own words	Shoulder Extention		Lateral B	and Walk							
week:	Band Pull Apart		Monste	er Walks							
Diagional Pull Band Clam Shells	Side bend pull		Banded Glu	ute Bridges		Wedneso		ue of the	Desci	be in your	own words
	Diagional Pull		Band Cla	am Shells							
Pull Rotation     Band Fire Hydrants       Notes: How did it feel? Thoughts:			Band Fire	Hydrants							

Workout D	ays (Wee	ek 1)								
Max Ro	otations in	10 Minute	es	4			FOR	TIME		5
	Reps	Weight	RX	Exercise	larriers		Reps	Weight	RX	Exercise
					aking E		2X 3		YOU	Pistol Squat
	3		135	Clean PULL	te is bre		15		YOU	PerfectPull-up
utes:					Embrac		2 X10		25	MAN MAKER
8 Min					g hard!		2X 3		YOU	Pistol Squat
Full Rotations Completed in 8 Minutes:	6		YOU	Push-up	e it bein		10		YOU	PerfectPull-up
Compl					Embrace	Completed Time:	2 X10		25	MAN MAKER
ations					uilder! E	pleted	2X 3		YOU	Pistol Squat
ull Rot	9		135	HEX BAR	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Con	5		YOU	PerfectPull-up
Ш.					Tough		2 X10		25	MAN MAKER
Notes: How did it feel?	? Thoughts:					Notes: How	did it feel? Tho	ughts:		
	Cla	ss Work					6			7
Friday Topic:					Run	Ti	ime	Notes: How Thou		Active rest Choose 1-2
Notes:		ļ			1 Mile:					10 minute strecthing routine
										2- 4 mile Walk
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
Weekly Recap: Co	ompletion, C	competition a	nd Capabili	ity (Did you co	omplete, Did	you compe	ete, Did you o	lo to your ful	capacity)	

								RB V	Vrestling	Spring
8	1	2	3	4	5	6	7	8	9	10
Walking Lunges	X25	X25	X25	X25	X25	X25	X25	X25	X25	X25
Band-pulls	X25	X25	X25	X25	X25	X25	X25	X25	X25	X25
Frog Squat	X10	X10	X10	хх	xx	xx	xx	xx	хх	xx
Hand-stand push-ups	X10	X10	X10	хх	хх	xx	xx	xx	хх	xx
9	1	2	3	4	5	6	7	8	9	10
Bench Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Pull Up	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Horzintol pull-up	X10	X10	X10	xx	xx	хх	xx	xx	хх	хх
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	хх
	М	ake sure (	every set i	s Challen	ging after	set 1. (Ma	x 1:30 bet	ween sets	)	
Notes: How did it feel?	? Thoughts:					Notes: How di	d it feel? Thou	ghts:		
		10					Classr	oom Worl	κ	
Shoulder Mo	obility	ŀ	lip Mobility	/	Monday	Горіс:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral Ba	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Glu	ute Bridges		Wednesc	layTechnq week:	ue of the	Descib	be in your	own words
Diagional Pull		Band Cla	ım Shells							
Pull Rotation		Band Fire	Hydrants							
Notes: How did it feel?	? Thoughts:									

Workout Day	ys (Week	2)								
11	1	2	3	4	5	6	7	8	9	10
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	хх	xx
Lateral Raises	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx
12	1	2	3	4	5	6	7	8	9	10
Explosive Push-up	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
DB ROW	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10
Inverted tempo push-up	X10	X10	X10	xx	xx	xx	xx	xx	xx	хх
Chin-up	X10	X10	X10	xx	xx	xx	хх	xx	xx	хх
	M	ake sure e	every set i	s Challen	ging after s	set 1. (Ma	x 1:30 bet	ween sets	;)	
Notes: How did it feel?	Thoughts:					Notes: How di	d it feel? Thou	ights:		
	Clas	ss Work					13			14
Friday Topic:					Jump Rope	Rou	tine	Notes: How Thou		Active rest Choose 1-2
Notes:										10 minute strecthing routine
										2- 4 mile Walł
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
					1					
Weekly Recap: Co	mpletion, Co	ompetition a	nd Capability	y (Did you c	omplete, Did	you compet	e, Did you de	o to your full	capacity)	

								RB	Wrestling	g Spring
15	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	16
Alternating Shoulder Taps	You X 30	You X 30	You X 30	You X 30	centric 3	X MAX	X MAX	X MAX	X MAX	Chin ups
Side Plank	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	ond Con	X 15	X 12	X 10	X 8	Squats
Elbow to hand plank	You X MAX	You X MAX	You X MAX	You X MAX	ric 5 Sec	X 15	X 12	X 10	X 8	DB Walking Lunges
Duck Walk	20 Yards	20 Yards	20 Yards	20 Yards	i Eccenti	X 15	X 12	X 10	X 8	Hex Bar
Squat to side lunge	You X 15	You X 15	You X 15	You X 15	r Tensior	X 15	X 12	X 10	X 8	Squat Jumps
Jump Tuck	X 15	X 12	X 10	X 8	me unde	X 15	X 12	X 10	X 8	Hammy Killers
Hanging knee raises	X 15	X 12	X 10	X 8	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	X 15	X 12	X 10	X 8	Level change Press
Med ball sit-ups	X 15	X 12	X 10	X 8	ALL TUT					
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Tho	ughts:		
	17						Class	room Wor	k	
Shoulder M	Shoulder Mobility Hip Mobility					Горіс:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Gl	ute Bridges							
Diagional Pull		Band Cla	am Shells							
Pull Rotation		Band Fire	Hydrants		Wednesc	layTechno week:	que of the	Desci	be in your	own words
								-		
Notes: How did it feel	? Thoughts:									

Wor	kout Day	s (Week 3	3)							
18	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	19
Pull-ups	X MAX	X MAX	X MAX	Х МАХ	centric 3	X MAX	X MAX	X MAX	X MAX	Muscle Up
Power-Cleans	X 8	X 8	X 6	X 3	cond Cone	X 15	X 15	X 15	X 15	Body Weight full Squat
Bench Press	X 15	X 12	X 10	X 8	ric 5 Sec	X 15	X 12	X 10	X 8	Bicep Curl
DB Press	X 15	X 12	X 10	X 8	n Eccent	X 15	X 12	X 10	X 8	Tricep Extension
Dumb bell flys	X 15	X 12	X 10	X 8	er Tensic	You X 30/2	You X 30/3	You X 30/4	You X 30/5	Bird dog Hold
Band pull down	X 15	X 12	X 10	X 8	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	X 15	X 15	X 15	X 15	Explosive sit- up
Band Rev Fly	X 15	X 12	X 10	X 8	T Sets: 1	X 15	X 12	X 10	X 8	Supermans
					ALL TU	X 15	X 12	X 10	X 8	Toes to bar
Notes: How did it feel	? Thoughts:					Notes: How d	id it feel? Tho	ughts:		
				20			21			
Friday Topic:					Run	Tir	me		v did it feel? ights:	Active rest Choose 1-2
Notes:					1 Mile:					10 minute strecthing routine
										2- 4 mile Walk
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
Weekly Recap: Co	ompletion, C	ompetition a	nd Capabilit	y (Did you co	omplete, Dic	l you compe	te, Did you c	lo to your ful	capacity)	

								RB W	/restling	Spring
22	Į	5 Rotation	s For Time	Э		23		3 Rota	tions for t	ime
Exercise		Reps	Weight	RX	eps		RX	Weight	Reps	Exercise
Pull-ups		20		You	ete! No lazy I		135		5	Power Clean
Push-ups		30		You	s! Be an Athl		135		5	Dead Lift
Sit-ups	ime:	40		You	Power Movements! Be an Athlete! No lazy reps	ime:	TIRE		5	Tire Flip
Squats	Completed Time:	50		You	Pow	Completed Time:	Run		1 lap	400M
Notes: How did it feel	Notes: How did it feel? Thoughts:						did it feel? Tho	ughts:		
		24					Class	room Wor	k	
Shoulder M	obility	ŀ	lip Mobilit	y	Monday	Topic:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Gl	ute Bridges		Wedneso	dayTechn week:	que of the	Desci	be in you	r own words
Diagional Pull		Band Cla	am Shells							
Pull Rotation		Band Fire	Hydrants							
Notes: How did it feel	? Thoughts:									

Workou	t Days (	Week 4)								
25		For	Time				For	Time		26
Exercise	RX	Weight	Reps		sdə		Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25		Power Movements! Be an Athlete! No lazy reps		25		you	Burpees
Clean Pull	135		10		lete! N		25		25	Crunch to sky
Squat	135		25		an Ath		25		you	Squat Jumps
Push-Press	95		50	Completed Time:	ts! Be	Completed Time:	25		you	Toes to bar
				pleted	/emen	npleted	25		you	Split jumps
				Com	er Mov	Corr	100 meters		25's	Inchworms
		ss Work				NOICES. FIUW	27	ugnus.		28
Notes: How did it feel?	Thoughts:					Notes: How	did it feel? Tho	ughts:		
Friday Topic:	Cia				Jump			Notes: How		Active rest
Notes:					Rope	RC	outine	Thou	ghts:	Choose 1-2
										routine
										2- 4 mile Walk
							1			Ice bath or Chyro Notes: How did it
										feel? Thoughts:
Weekly Recap: Con	npletion, C	competition a	nd Capabilit	y (Did you c	omplete, Did	l you comp	ete, Did you c	to to your full	capacity)	
Weekly Recap: Con	npletion, C	competition a	nd Capabilit	y (Did you c	omplete, Did	l you comp	ete, Did you c	lo to your full	capacity)	<u> </u>

								F	RB Wrest	ing Spring
29	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	30
Alternating Shoulder Taps	You X 30	You X 30	You X 30	You X 30	centric 3	X MAX	X MAX	X MAX	X MAX	Chin ups
Side Plank	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	and Con	X 15	X 12	X 10	X 8	Squats
Elbow to hand plank	You X MAX	You X MAX	You X MAX	You X MAX	ic 5 Sec	X 15	X 12	X 10	X 8	DB Walking Lunges
Duck Walk	20 Yards	20 Yards	20 Yards	20 Yards	Eccentr	X 15	X 12	X 10	X 8	Hex Bar
Squat to side lunge	You X 15	You X 15	You X 15	You X 15	r Tensior	X 15	X 12	X 10	X 8	Squat Jumps
Jump Tuck	X 15	X 12	X 10	X 8	me unde	X 15	X 12	X 10	X 8	Hammy Killers
Hanging knee raises	X 15	X 12	X 10	X 8	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	X 15	X 12	X 10	X 8	Level change Press
Med ball sit-ups	X 15	X 12	X 10	X 8	ALL TUT					
Notes: How did it feel			Notes: How d	id it feel? Thou	ughts:					
		31					Class	room Wor	k	
Shoulder M	obility	ŀ	lip Mobilit	у	Monday	Горіс:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Glu	ute Bridges							
Diagional Pull		Band Cla	ım Shells							
Pull Rotation		Band Fire	Hydrants		Wednesd	ayTechno week:	que of the	Desci	be in your	own words
Notes: How did it feel	? Thoughts:									

Workou	ut Days (V	Veek 5)								
32	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	33
Pull-ups	Х МАХ	X MAX	X MAX	X MAX	centric 3	X MAX	X MAX	X MAX	X MAX	Muscle Up
Power-Cleans	X 8	X 8	X 6	X 3	ond Con	X 15	X 15	X 15	X 15	Body Weight full Squat
Bench Press	X 15	X 12	X 10	X 8	ric 5 Sec	X 15	X 12	X 10	X 8	Bicep Curl
DB Press	X 15	X 12	X 10	X 8	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Seconc	X 15	X 12	X 10	X 8	Tricep Extension
Dumb bell flys	X 15	X 12	X 10	X 8	er Tensio	You X 30/2	You X 30/3	You X 30/4	You X 30/5	Bird dog Hold
Band pull down	X 15	X 12	X 10	X 8	ime unde	X 15	X 15	X 15	X 15	Explosive sit- up
Band Rev Fly	X 15	X 12	X 10	X 8	T Sets: T	X 15	X 12	X 10	X 8	Supermans
					ALL TU	X 15	X 12	X 10	X 8	Toes to bar
Notes: How did it feel?	? Thoughts:					Notes: How d	lid it feel? Tho	ughts:		
	Clas	ss Work					34			35
Friday Topic:					Run	Tii	me		v did it feel? ughts:	Active rest Choose 1-2
Notes:					1 Mile:					10 minute strecthing routine
										2- 4 mile Walk
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
Weekly Recap: Co	ompletion, C	ompetition a	nd Capabilit	y (Did you co	omplete, Did	you compe	te, Did you c	lo to your ful	l capacity)	
Weekly Recap: Co	ompletion, C	ompetition a	nd Capabilit	y (Did you co	omplete, Did	you compe	te, Did you c	lo to your ful	I capacity)	

								RB	Vrestling	Spring	
36	1	2	3	4	5	6	7	8	9	10	
Explosive Push-up	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10	
DB ROW	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10	
Inverted tempo push-up	X10	X10	X10	хх	хх	xx	xx	xx	xx	xx	
Chin-up	X10	X10	X10	хх	хх	xx	xx	xx	xx	xx	
37	1	2	3	4	5	6	7	8	9	10	
Squats	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10	
Shouler Press	X10	X10	X10	X10	X10	X10	X10	X10	X10	X10	
Dead Lifts	X10	X10	X10	xx	xx	xx	xx	xx	xx	xx	
Lateral Raises	X10	X10	X10	хх	хх	xx	xx	xx	xx	xx	
	М	ake sure e	every set i	s Challen	ging after s	set 1. (Max	k 1:30 betv	ween sets	)		
Notes: How did it feel?	? Thoughts:					Notes: How die	d it feel? Thou	ghts:			
		38			Classroom Work						
Shoulder Mo	obility	F	lip Mobility	y	Monday Topic:						
Wall Crawl		Band Ha	mstring		Notes:						
Ext/Int Rotation		Band	Lunge								
Upright row		Band Ha	lf Pigeon								
Shoulder Extention		Lateral Ba	and Walk								
Band Pull Apart		Monste	r Walks								
Side bend pull		Banded Glu	ute Bridges		Wednesd	ayTechnq week:	ue of the	Descib	be in your	own words	
Diagional Pull		Band Cla	m Shells								
Pull Rotation		Band Fire	Hydrants								
Notes: How did it feel?	? Thoughts:										

Worko	out Days (\	Neek 6)								
39	1	2	3	4	5	6	7	8	9	10
Bench Press	X10 _	X10	X10	X10	X10	X10	X10	X10_	X10	X10
Pull Up	X10 _	X10	X10	X10	X10	X10	X10	X10	X10	X10
Horzintol pull-up	X10 _	X10	X10	xx	xx	xx	xx	xx	хх	хх
Push-up	X10	X10	X10	xx	xx	xx	xx	xx	хх	хх
40	1	2	3	4	5	6	7	8	9	10
Walking Lunges	X25 _	X25	X25	X25	X25	X25	X25	X25	X25	X25
Band-pulls	X25	X25	X25	X25	X25	X25	X25	X25	X25	X25
Frog Squat	X10	X10	X10	xx	xx	xx	xx	xx	хх	хх
push-ups	X10	X10	X10	хх	xx	хх	хх	xx	хх	хх
	Mal	ke sure ev	very set is	s Challeng	ging after s	set 1. (Ma	x 1:30 bet	ween sets)	)	
Notes: How did it feel?	Thoughts:					Notes: How di	d it feel? Thou	ghts:		
	Class	Work					41			42
Friday Topic:					Jump Rope	Rou	tine	Notes: How Thoug		Active rest Choose 1-2
Notes:	I									10 minute strecthing routine
										2- 4 mile Walł
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
Weekly Recap: Con	npletion, Con	npetition and	d Capability	(Did you co	omplete, Did	you compete	e, Did you de	o to your full	capacity)	

								RB	Wrestlin	ng Spring
43	Max	Rotations	s in 10 Min	utes		Max	Rotations	s in 10 Min	utes	44
Exercise	RX	Weight	Reps		arriers		Reps	Weight	RX	Exercise
Turkish get-up			3 Each arm	inutes:	! Embrace is breaking B	inutes:	3		135	Clean PULL
PIKE Push-up			6	Full Rotations Completed in 8 Minutes:	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Full Rotations Completed in 8 Minutes:	6		YOU	Push-up
MED BALL JUMP SQUAT			9	Full Rotations	Toughness Builde	Full Rotations	9		135	HEX BAR
Notes: How did it feel?	? Thoughts:					Notes: How d	id it feel? Tho	ughts:		
		45					Class	room Wor	k	
Shoulder Mo	obility	ŀ	lip Mobility	/	Monday	Topic:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Gl	ute Bridges		Wednesc	layTechno week:	que of the	Desci	be in you	r own words
Diagional Pull		Band Cla	am Shells					•		
Pull Rotation		Band Fire	Hydrants							
Notes: How did it feel?	? Thoughts:									

Workout E	Days (We	eek 7)								
46		FOR	TIME				FOR	TIME		47
Exercise	RX	Weight	REPS		arriers		Reps	Weight	RX	Exercise
Squat (BOX)	135		50		aking B		2X 3		YOU	Pistol Squat
Push-Press	115		25		ce is bre		15		YOU	PerfectPull-up
Pull-up	you		10		Embrao		2 X10		25	MAN MAKER
Over-head squat	45		25		ng hard		2X 3		YOU	Pistol Squat
Push-press	95		25		ice it bei		10		YOU	PerfectPull-up
Pull-up	you		10	Completed Time:	Toughness Builder! Embrace it being hard! Embrace is breaking Barriers	Completed Time:_	2 X10		25	MAN MAKER
Front Squat	95		25	mplete	Builder	mplete	2X 3		YOU	Pistol Squat
Push-Press	65		25	Cor	hness	Cor	5		YOU	PerfectPull-up
Pull-up	you		10		Toug		2 X10		25	MAN MAKER
Notes: How did it feel?			ł			Notes: How o	did it feel? Tho	ughts:		
	Cla	ss Work					48			49
Friday Topic:							-10	Notes: How	/ did it feel?	Active rest
					Run	Ti	me	Thou	ights:	<u>Choose 1-2</u>
Notes:					2 Mile:					10 minute strecthing routine
										2- 4 mile Walk
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
						<u> </u>	<u>I</u>	1		
Weekly Recap: Cor	mpletion, C	Competition a	nd Capability	y (Did you c	omplete, Did	you compe	te, Did you c	lo to your ful	capacity)	

								RB	Wrestling	y Spring
50	Ę	5 Rotation	s For Time	Э		51		3 Rotat	tions for ti	me
Exercise	RX	Reps	Weight		reps	Exercise	RX	Weight	Reps	
Pull-ups	You	20			ete! No lazy	Power Clean	135		5	
Push-ups	You	30			s! Be an Athl	Dead Lift	135		5	
Sit-ups	You	40		ime:	Power Movements! Be an Athlete! No lazy reps	Tire Flip	TIRE		5	
Squats	You	50		Completed Time:	Powe	400M	Run		1 lap	Completed Time:
Notes: How did it feel	? Thoughts:					Notes: How di	d it feel? Tho	ughts:		
		52					Class	room Wor	k	
Shoulder M	obility	ŀ	Hip Mobilit	У	Monday	Topic:				
Wall Crawl		Band Ha	amstring		Notes:			-		
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Gl	ute Bridges		Wedneso	dayTechnq week:	ue of the	Desci	be in your	own words
Diagional Pull		Band Cla	am Shells							
Pull Rotation		Band Fire	Hydrants							
Notes: How did it feel	? Thoughts:									

Workd	out Days	(Week 8)								
53		For	Гime				For	Time		54
Exercise	RX	Weight	Reps		eps		Reps	Weight	RX	Exercise
Clean/Press/Squat	115		25		Power Movements! Be an Athlete! No lazy reps		25		you	Burpees
Clean	135		10		lete! N		25		25	Crunch to sky
Squat	135		25		an Ath		25		you	Squat Jumps
Push-Press	95		50	Completed Time:	ıts! Be	Completed Time:	25		you	Toes to bar
				Ipleted	vemer	npleted	25		you	Split jumps
				Com	er Mo	Cor	100 meters		25's	Inchworms
Notes: How did it feel?		ss Work				Notes: How	did it feel? Tho	ughts:		56
	Cla	ss Work					55			56
Friday Topic: Notes:					Jump Rope	Ro	utine	Notes: How Thou		Active rest Choose 1-2
notes.										10 minute strecthing routine
										2- 4 mile Walk
							1			Ice bath or Chyro Notes: How did it
										feel? Thoughts:
Weekly Recap: Cor	mpletion. C	Competition a	nd Capabilit	v (Did vou c	omplete. Did		ete. Did vou c	to to your full	capacity)	
			Jupubilit	, (=.4 ,04 0		, jeu compt			suparity)	

	RB Wrestling Sprin									
57	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	58
Alternating Shoulder Taps	You X 30	You X 30	You X 30	You X 30	centric 3	X MAX	X MAX	X MAX	X MAX	Chin ups
Side Plank	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	You X 45 Sec/2	ond Con	X 15	X 12	X 10	X 8	Squats
Elbow to hand plank	You X MAX	You X MAX	You X MAX	You X MAX	ric 5 Sec	X 15	X 12	X 10	X 8	DB Walking Lunges
Duck Walk	20 Yards	20 Yards	20 Yards	20 Yards	n Eccent	X 15	X 12	X 10	X 8	Hex Bar
Squat to side lunge	You X 15	You X 15	You X 15	You X 15	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	X 15	X 12	X 10	X 8	Squat Jumps
Jump Tuck	X 15	X 12	X 10	X 8	ime unde	X 15	X 12	X 10	X 8	Hammy Killers
Hanging knee raises	X 15	X 12	X 10	X 8	T Sets: T	X 15	X 12	X 10	X 8	Level change Press
Med ball sit-ups	X 15	X 12	X 10	X 8	ALL TU					
lotes: How did it feel? Thoughts:						Notes: How d	id it feel? Thou	ughts:		
	59						Class	room Wor	k	
Shoulder M	obility	ŀ	Hip Mobilit	У	Monday	Горіс:				
Wall Crawl		Band Ha	amstring		Notes:					
Ext/Int Rotation		Band	Lunge							
Upright row		Band Ha	lf Pigeon							
Shoulder Extention		Lateral B	and Walk							
Band Pull Apart		Monste	er Walks							
Side bend pull		Banded Gl	ute Bridges							
Diagional Pull		Band Cla	am Shells		Wednesc	layTechno week:	que of the	Desci	be in your	own words
Pull Rotation		Band Fire	Hydrants							
		<u> </u>								
Notes: How did it feel	? Thoughts:									

Workout	Days (We	eek 9)								
60	Set 1	Set 2	Set 3	Set 4	Second	Set 4	Set 3	Set 2	Set 1	61
Pull-ups	X MAX	X MAX	X MAX	X MAX	centric 3	X MAX	X MAX	X MAX	X MAX	Muscle Up
Power-Cleans	X 8	X 8	X 6	X 3	ALL TUT Sets: Time under Tension Eccentric 5 Second Concentric 3 Second	X 15	X 15	X 15	X 15	Body Weight full Squat
Bench Press	X 15	X 12	X 10	X 8	ric 5 Sec	X 15	X 12	X 10	X 8	Bicep Curl
DB Press	X 15	X 12	X 10	X 8	n Eccent	X 15	X 12	X 10	X 8	Tricep Extension
Dumb bell flys	X 15	X 12	X 10	X 8	er Tensic	You X 30/2	You X 30/3	You X 30/4	You X 30/5	Bird dog Hold
Band pull down	X 15	X 12	X 10	X 8	ime und	X 15	X 15	X 15	X 15	Explosive sit- up
Band Rev Fly	X 15	X 12	X 10	X 8	T Sets: T	X 15	X 12	X 10	X 8	Supermans
					ALL TU	X 15	X 12	X 10	X 8	Toes to bar
Notes: How did it feel?	? Thoughts:					Notes: How d	lid it feel? Tho	ughts:		
	Clas	ss Work					62			63
Friday Topic:					Run	Tii	me		v did it feel? ughts:	Active rest Choose 1-2
Notes:					2 Mile:			1		10 minute strecthing routine
										2- 4 mile Walk
										Ice bath or Chyro
										Notes: How did it feel? Thoughts:
Weekly Recap: Co	ompletion, C	ompetition a	nd Capabilit	y (Did you co	omplete, Dic	l you compe	te, Did you c	lo to your ful	l capacity)	

		Wrestling Accountat	olility team				
Team Name	Athlete	Projected Weight	TO Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	to Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	TU Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	TU Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	10 Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	to Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	то Day	20 Day	30 Day	40 Day	50 Day
Team Name	Athlete	Projected Weight	10 Day	20 Day	30 Day	40 Day	50 Day