

Phase 3 - Transition - Day 1

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RELEASE							
Foam rolling	20-40 sec						
Lacrosse ball	20-40 sec						
RESET A							
1A) Crocodile or Supine Breathing	8-10 breaths	RESET B		1A) Crocodile or Supine	8-10 Breaths		
1B) Hip Flexor Stretch	2x30 s.			1B) Side-Lying Clams	2x5	Lie on side you shift towards	
1C) Glute Bridge	2x10 reps			1C) Moneymaker	2x5	Lie on side you shift away from	
READINESS							
Dead bug	8 Reps Each Leg						
Glute Bridge with leg raise	8 Reps						
Side-Lying Reach	8 Reps Each Arm						
Half-Kneeling Rotations	8 Reps Each Side						
Pull-Back Butt Kicks	8 Reps Each Side						
Forearm Floor Slides	8 Reps						
Wall Ankle Mobilizations	8 Reps Each Side						
Groiners to Inverted dog	8 Reps Each Side						
Around the clock lunges	8 Reps						
REACTIVE							
	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
Forward/Backward Line Hops	Explosive	3x8-10s.	3-4x8-10s.	3-4x8-10s.	3-4x8-10s.	Fast feet – the ground is HOT!	
Half-Kneeling Med Ball Chest Pass	Explosive	3x10	3-4x10	3-4x10	3-4x10	Torso tall, ribs down	
Box Jumps	Explosive	3x5	3-4x5	3-4x5	3-4x5	Ninja landings! - walk down	
RESISTANCE							
	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
1A) Front Squats	201	2-3x6	3-4x6	3-4x5	3-4x3-4	Chest up, sit back Push knees out	60 s.
1B) Body Rows	211	2-3x8	3-4x8	3-4x6-8	3-4x6	Pull through elbows Squeeze shoulder blades BACK	60 s.
2A) Bulgarian Dumbbell Split-Squats	201	2-3x10	3-4x10	3-4x8-10	3-4x8	90/90 set-up Foot/knee/hip in alignment Stay tall, pull up on abs	60 s.
2B) Neutral Grip Floor Press	201	2-3x8	3-4x8	3-4x6-8	3-4x6	Core/glutes tight Push away hard at top	60 s.
3A) One arm pull back and rotate	211	2-3x8	3x8	3-4x10	3-4x10	Drive from shoulder blades Core and glutes tight	30 s.
3B) Wall press abs	301	3x8	3x8	3-4x10	3-4x10	Core tight Do not allow back to sag!	60 s.
RECILIENCY							
	Tempo	Week 1	Week 2	Week 3	Week 4	Comments	Rest
Tempo Push-ups or	303	3 x 60 sec	4 x 60 sec	5 x 60 sec	6 x 60 sec	or 202 tempo	60 sec
Tempo Inverted Rows							
RECOVERY							
Breathing							
Stretching							