

| w/c      | 7/10    | 14/10   | 21/10 | 28/10          | 4/11        | 11/11   | 18/11 | 25/11        | 2/12           |
|----------|---------|---------|-------|----------------|-------------|---------|-------|--------------|----------------|
| Opponent | USW (H) | UWE (H) |       | Gloucester (H) | USW (A) Cup | USW (A) |       | Bath Spa (H) | Gloucester (A) |

| SESSION 1 - LB MAX/EXP STRENGTH                                                     | 7/10                                                                                                                                              | 14/10              | 21/10             | 28/10                                                                                                                                             | 4/11           | 11/11          | 18/11                                                                                                                                              | 25/11              | 2/12               |
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| SESSION PREP                                                                        | a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es)<br>b) Plate Counterbalance Cossack Squat 3 x 3es c) Long Contact Pogo (3 x 5) |                    |                   | a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es)<br>b) Plate Counterbalance Cossack Squat 3 x 3es c) Long Contact Pogo (3 x 5) |                |                | a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es)<br>b) Plate Counterbalance Cossack Squat 3 x 3es c) Multi-Contact Pogo (3 x 8) |                    |                    |
| 1) EXP/ACC STR                                                                      | Pause Squat + Squat                                                                                                                               |                    |                   | Squat                                                                                                                                             |                |                | 1) Squat >0.5m/s                                                                                                                                   |                    |                    |
| Sets x Reps (%)                                                                     | 3 x 1 + 2 (80+)                                                                                                                                   | 3 x 1 + 2 (80-85+) | 3-5 x 1 + 1 (85+) | 3 x 3 (80-85+)                                                                                                                                    | 3 x 3 (80-90+) | 3 x 3 (85-90+) | 3 x 3RM                                                                                                                                            | 3 x 3 (85-90 x3RM) | 3 x 3 (85-90 x3RM) |
| 1b) EXP COMPLEX                                                                     | DB Jump (20-40kg)                                                                                                                                 |                    |                   | Band Eccentric-Release Jump                                                                                                                       |                |                | 2) 20kg Jump Squat (Peak m/s)                                                                                                                      |                    |                    |
| Sets x Reps                                                                         | 3 x 3                                                                                                                                             | 3 x 3              | 3 x 3             | 3 x 3                                                                                                                                             | 3 x 3          | 3 x 3          | 3 x 3                                                                                                                                              | 3 x 3              | 2 x 2              |
| 2a) EXP STR 3 x 5es                                                                 | RFE DB Split Squat                                                                                                                                |                    |                   | DB Reverse Lunge                                                                                                                                  |                |                | 3a) Prowler Switches/Acceleration                                                                                                                  |                    |                    |
| 2b) POSTERIOR STR 3 x 6s/es                                                         | Supine ISO SL Hip Extension (kg+)                                                                                                                 |                    |                   | GHD SL ISO Hip Extension (BW+)                                                                                                                    |                |                | 3b) GHD SL ISO Hip Extension (BW+)                                                                                                                 |                    |                    |
| SPECIFIC STR/PREP SERIES (If GD-1 = Remove 1 Set Off Series 1, and Remove Series 2) | a) Attack and Smash 3 x 3-5es b) Band Repeat Hit + Split (Deceleration Return) 3 x 3es<br>c) Banded Face Row + OH Press 3 x 10                    |                    |                   | a) Prowler Switches 3 x 5m b) Lateral Drop + Return 3 x 3es<br>c) Prone Scarecrows 3 x 10                                                         |                |                | a) Banded Decelerations 3 x 3es b) Lateral Drop > Split 3 x 3es<br>c) Band Raise + Pullapart 3 x 15-20                                             |                    |                    |

| SESSION 2 - LB MAX/EXP STRENGTH                                                            | 7/10                                                                                                                                | 14/10           | 21/10           | 28/10                                                                                                                                                            | 4/11              | 11/11           | 18/11                                                                                                                                                | 25/11             | 2/12                |
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| SESSION PREP                                                                               | a) KB Kang Squat, Swing, Reverse Lunge 2 x 5+5+3es b) Bird Dog 2 x 8-10es<br>c) 1/2 Kneeling Pallof Press 2 x 8-10es d) Pogo 2 x 10 |                 |                 | a) KB Kang Squat, Swing, Reverse Lunge 2 x 5+5+3es b) Plank Perturbations 2 x 20-30s<br>c) 1/2 Kneeling Pallof w/OH Reach 2 x 8-10es d) Band Assisted Pogo 2 x 5 |                   |                 | a) KB Kang Squat, Swing, Reverse Lunge 2 x 5+5+3es b) Plank 2 x 20s<br>c) Pallof Press w/ Plate Perturbations 2 x 6-8es d) Band Pogo RRLL... 2 x 3es |                   |                     |
| 1) EXP/ACC STR                                                                             | TB Deadlift                                                                                                                         |                 |                 | TB Deadlift (with Bands)                                                                                                                                         |                   |                 | TB Deadlift                                                                                                                                          |                   |                     |
| Sets x Reps (%/RIR)                                                                        | 3 x 3 (2-3 RIR)                                                                                                                     | 3 x 3 (2-3 RIR) | 3 x 3 (2-3 RIR) | 3 x 3 (2-3 RIR)                                                                                                                                                  | 3-5 x 3 (1-2 RIR) | 4 x 2 (1-2 RIR) | 3 x 3 (1-2 RIR)                                                                                                                                      | 4 x 2-3 (1-2 RIR) | 3-5 x 1-3 (1-2 RIR) |
| 1b) EXP COMPLEX                                                                            | Band Resisted Broad Jump                                                                                                            |                 |                 | Broad Jump                                                                                                                                                       |                   |                 | Repeated Broad Jump                                                                                                                                  |                   |                     |
| Sets x Reps                                                                                | 3 x 3                                                                                                                               | 3 x 3           | 3 x 3           | 3 x 3                                                                                                                                                            | 3 x 3 (Measure)   | 3 x 3 (Measure) | 3 x 3                                                                                                                                                | 3 x 3 (Measure)   | 3 x 3 (Measure)     |
| 2a) SL REACTIVE/EXP/MAX STR 3 x 3-5es                                                      | Step Up (Bench Drive GD-1 Option)                                                                                                   |                 |                 | Sprinter Split SQ Off Pins (Concentric GD-1 Option)                                                                                                              |                   |                 | Low Step Up (Low Bench Drive GD-1 Option)                                                                                                            |                   |                     |
| 2b) LATERAL/ROTATIONAL STR 3 x 5                                                           | Lateral Sled Drag (Band Held Hit and Split Option)                                                                                  |                 |                 | Band Lateral Drives w/Deceleration Lateral Return                                                                                                                |                   |                 | Modified Pro-Agility (2.5m)                                                                                                                          |                   |                     |
| AUX STR SERIES (If GD-1 = Remove 1 Set Off Series 1, and See Alternative Series 2 Options) | a) Landmine Throw 3 x 3-5es b) Slam 3 x 3-5                                                                                         |                 |                 | a) Lying MB Throw 3 x 3-5 b) Power Pull Up 3 x 3-5                                                                                                               |                   |                 | a) Plyo Press Up 3 x 3-5 b) Ski-Erg 3 x 3 'Explosive Rows'                                                                                           |                   |                     |

| UB STR OPTION                                     | 7/10                                                                                                                                                                 | 14/10           | 21/10       | 28/10                                                                          | 4/11            | 11/11           | 18/11                                                         | 25/11           | 2/12            |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------|--------------------------------------------------------------------------------|-----------------|-----------------|---------------------------------------------------------------|-----------------|-----------------|
| GENERAL/SHOULDER PREP                             | a) Press Up to Pike (Slow ECC return) 2 x 6 b) Groiner to Thoracic Extension 2 x 6es c) Band Raise to Pullapart 2 x 10 d) Band Held External Rotation ISO 2 x 10s/es |                 |             |                                                                                |                 |                 |                                                               |                 |                 |
| 1a) PRESS MAX STR                                 | DB Bench Press                                                                                                                                                       |                 |             | Pause Bench Press                                                              |                 |                 | Bench Press                                                   |                 |                 |
| 1b) PULL/ROW MAX STR                              | Pull Up                                                                                                                                                              |                 |             | Prone DB Row                                                                   |                 |                 | Prone TB Row                                                  |                 |                 |
| Sets x Reps (RIR)                                 | 3 x 5 (1-2 RIR)                                                                                                                                                      | 4 x 4 (1-2 RIR) | 5 x 3 (3RM) | 3 x 5 (2-3 RIR)                                                                | 4 x 4 (1-2 RIR) | 5 x 3 (1-2 RIR) | 3 x 5 (1-2 RIR)                                               | 4 x 4 (1-2 RIR) | 5 x 3 (1-2 RIR) |
| 2a) PRESS ASSISTIVE                               | Feet Elevated Press Up                                                                                                                                               |                 |             | DB Shoulder Press                                                              |                 |                 | Incline DB Press                                              |                 |                 |
| 2b) ROW ASSISTIVE                                 | Prone DB Row                                                                                                                                                         |                 |             | Pull Up (Use Bands if Needed)                                                  |                 |                 | Pull Up (Use Bands if Needed)                                 |                 |                 |
| Sets x Reps (ALL 1-2 RIR)                         | 3-5 x 10                                                                                                                                                             | 3-5 x 8-10      | 3-5 x 8-10  | 3-5 x 10                                                                       | 3-5 x 8         | 3-5 x 6         | 3-5 x 10                                                      | 3-5 x 8         | 3-5 x 6         |
| AUX STR SERIES (If GD-1 = UB EXP STR Alternative) | a) Front Plate Raise b) DB Lateral Raise c) Prone Rear Delt Flys d) DB Skull Crushers<br>ALL 3-5 x 10                                                                |                 |             | a) Prone Y, T, W 3 x 10ea b) DB Hammer Curl 3 x 10-15 c) CG Press Up 3 x 10-15 |                 |                 | a) TB Shrug b) BB Curl c) BW Guillotine Press - ALL 3 x 12-15 |                 |                 |