

w/c	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12
Opponent	Hartpury (H)	Aberystwyth (H)		USW (H)	Bournemouth (A)	Hartpury (A)		Royal Agricultural (A)	USW (A)

SESSION 1	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12
JUMPS, HOPS, MOVEMENT PREP	Tall Drop-Triple Flexion 1 x 3es, Repeated (Long Contact) Jumps 1 x 5, SL Alternating Hops 1 x 3es, Pogo (Vary Height, Distance) 1 x 10, Lateral Skater Jumps 1 x 3es			SL Drop-Stick 1 x 3es, Repeated (Long Contact) Jumps 1 x 5, Repeated SL Hops 2 x 3es Pogo (Forward Moving) - Multi Surface 2 x 6-8 Contacts, Hit and Split (Band) 1 x 3es			Drop-Stick > Pop-Stick 1 x 3es, Repeated (Long Contact) Jumps 1 x 5, Pogo (Forward Moving)- Multi Height 2 x 6-8 Contacts, Band Hit-Split Drives (w/Deceleration) 1 x 3es		
SESSION PREP	a) BB or Plate Held Complex - (OH) Squat, Good Morning, Split Squat - 3 x 5+5+3es b) Landmine Sway 3 x 3es			a) BB or Plate Held Complex - (OH) Squat, Good Morning, Split Squat - 3 x 5+5+3es b) Landmine Sway 3 x 3es			a) BB or Plate Held Complex - (OH) Squat, Good Morning, Split Squat - 3 x 5+5+3es b) Landmine Sway 3 x 3es		
1) EXP/ACC STR	Pause Squat			Pause Squat + Squat			Squat		
Sets x Reps (RPE /10)	3 x 5 (6-7)	3 x 4 (7-8)	3 x 3 (8-9)	3 x 1 + 2 (7-8)	3 x 1 + 2 (7-8)	3 x 1 + 2 (7-8)	3 x 3RM	3 x 3 (85-90 x3RM)	3 x 3 (85-90 x3RM)
1b) EXP COMPLEX	10kg DB Squat Jump			Band Eccentric-Release Jump			8kg Jump Squat (Peak m/s)		
2a) EXP STR 3 x 5es	RFE DB Split Squat			DB Reverse Lunge			Prowler Switch/Acceleration		
2b) POSTERIOR STR 3 x 5	RDL / Good Morning			RDL / Good Morning			KB Swing w/Band		
STR/COND OPTIONS (0-2)	A UB STR - DB Bench Press + Prone DB Row 3-5 x 8-10 B Trunk - Plank Perturbations + Pallof Flutters w/Plate 3 x 20s/ea C Off-Feet Conditioning - 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower			A UB STR - DB Bench Press + Prone DB Row 3-5 x 6-8 B Trunk - V-Sit OH Press w/ECC Return + 1/2 Kneeling Pallof Press w/Plate 3 x 8-10 C Off-Feet Conditioning - 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower			A UB STR - DB Bench Press + Prone DB Row 3-5 x 5 B Trunk - V-Med Ball Returns + Landmine Switches 2-3 x 5 C Off-Feet Conditioning 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower		

SESSION 2	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12
WARM UP/MOVEMENT PREP	a) KB Kang SQ, Swing, Lunge 3 x 5+5+3es b) BW Lateral Lunge/Catch-Return 3 x 3es c) Multi Contact Time/Flexion/Height Pogo 3 x 10			a) KB Kang SQ, Swing, Lunge 3 x 5+5+3es b) BW Lateral Lunge/Catch-Return 3 x 3es c) Multi Contact Time/Flexion/Height Pogo 3 x 10			a) KB Kang SQ, Swing, Lunge 3 x 5+5+3es b) BW Lateral Lunge/Catch-Return 3 x 3es c) Multi Contact Time/Flexion/Height Pogo 3 x 10		
1) EXP/ACC STR	TB Deadlift			TB Deadlift			TB Deadlift (w/Bands)		
Sets x Reps (%/RIR)	3 x 5 (2-3 RIR)	3 x 4 (1-2 RIR)	3 x 3RM	3 x 5 (80+)	4 x 4 (85+)	5 x 3 (90+)	3 x 3 (1-2 RIR)	3 x 3 (1-2 RIR)	3 x 3 (1-2 RIR)
1b) EXP COMPLEX	Scoop MB Toss-ACC			Seated Band Resisted Broad Jump			Broad Jump		
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 (Measure)	3 x 3 (Measure)
2a) SL REACTIVE/EXP/MAX STR 3 x 3-5es	Step Up			DB Split Jump			Landmine Split Jerk		
2b) LATERAL/ROTATIONAL STR 3 x 3-5es	Supine ISO Hamy Bridge			Supine Hamy March			Modified Pro-Agility (2.5m)		
STR/COND OPTIONS (0-2)	A UB STR - Feet Elevated Press Up + Pull Up (Bands) 3-5 x 8-10 B MB Series - Lying MB Returns + Slams 3 x 5s C Off-Feet Conditioning - 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower			A UB STR - Landmine Press + Pull Up (Bands) 3-5 x 8-10 B MB Series - Kneeling Chest Throw + Lateral/Open Step to Slam 3 x 3 C Off-Feet Conditioning - 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower			A UB STR - Incline DB Press + Lat Pulldown 3-5 x 8-10 B MB Series - 1/2 Kneeling Rotational Shot + Heavy Rotational Split Catch 2-3 x 8-10 C Off-Feet Conditioning - 1-2 x 8 - 20s:10s - Assault Bike, Ski-Erg, Battle Rope, Rower		

GENERAL STR / OFF-FEET OPTIONS		RECOVERY SESSION OPTIONS	
WATTBIKE (Sports Centre)	Download App - Choose 'HIIT 30/30' or 'Kick Ups' Sessions (or Note 'Summer Sessions' Options)	WATTBIKE (Sports Centre)	Download App - Use 'Recovery and Rehab' Options
BIKE - INTERVALS (TRIALS)	Long Intervals 4 x 4min, 2-3min b/ reps, Short Intervals 5 x 1km Time Trial (Target <1:20), 1:30 b/ reps	SWIMMING	5-10min Shallow End Movement - Walking > Dynamic/Multi-Movement Swim 5 Lengths of Preferred Stroke (1:1 Work to Rest OR if Shallow, Walking Return) (Repeat)
GENERAL STR CIRCUIT	POST TRAINING - PRIOR TO DAY OFF FEET or LOW TRAINING DAY 2-3 x 10(es) a) Seated Soleus or Bent Knee Calf Raise b) Straight Leg Calf Raise c) Bent Knee Hip Extension d) Gliders	MOVEMENT FLOW	(As Video) 10 Reps (es) or 20-30s (es) Hold Each Exercise in Circuit - 1-2 Circuits Plank, Side Plank, Bird Dog, Fire Hydrants, Press Up to Pike, Groiner, Hip Flexor Stretch, Pigeon Stretch
SWIMMING (INTERVALS)	10-12 x 2 Lengths 1:1 Work to Rest Ratio	GYM/STR CIRCUIT	In Circuit - 15-20 Reps Each Exercise - 3-5 Circuits Continuous TRX Squat, Press Up, SL Squat Off Box, TRX Row, Band Pullthrough/BW Reverse Hyper, DB Curl, Leg Swings
CROSS TRAINING	2-4 x 8 20s:10s Intervals on Same, or Combination of Equipment (Ski-Erg, Assault Bike, Battle Rope, Bike, Rower)	COMBINATION (CROSS-TRAIN)	Combine 4min Off-Feet Intervals with Movement Flow and/or Gym Circuit (x2-4) e.g. 1a) 4min 70-80rpm Bike 1b) Movement Flow x 1 / 2a) Assault Bike 6 x 20s:20s 2b) Gym/STR Circuit x 1 (Repeat)