

TB 1 - MAX/EXP STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)	UWE (H)			Cardiff (H)	USW (A)
SPECIFIC SESSION PREP	a) Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) b) Seated Plate Held Jump (3 x 2-3)				a) 2-pt Pause Hang Clean + Front Squat (3 x 2 + 1) b) CMJ (3 x 2-3)			a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es) b) Long Contact Pogo (3 x 5)				BB Complex 3 x 5+5+3
1) EXP/ACC STR	High-Hang Clean				Power Clean OB			Squat >0.5m/s				Squat
Sets x Reps (%)	3 x 3 (70-75+)	3 x 3 (72.5-77.5+)	2-4 x 2 (75-80+)	3 x 3 (75-80+)	2-4 x 2 (77.5-82.5+)	3 x 1 (80-90+)	3 x 3	3 x 3	3 x 3		2 x 2 (80-85)	
2) EXP/MAX STR or EXP CONTRAST	Pause Squat + Squat				Squat			40kg Jump Squat (Peak m/s)				DB Jump
Sets x Reps (%)	3 x 1 + 2 (80+)	3 x 1 + 2 (82.5+)	3 x 1 + 1-2 (85+)	3 x 3 (85-90+)	3 x 3 (82.5-90)	4 x 2 (85-90+)	3 x 3	3 x 3	3 x 3		2 x 2	
3a) SL MAX/EXP STR 3 x 5es	DB Bulgarian Split Squat				DB/BB/Front Rack Bulgarian Split Squat			BB/Front Rack Split Squat				Attack and Smash
3b) SL POSTERIOR STR 3 x 3-5es	Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)			Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine ISO Hip Ext
SPECIFIC STR or UB MAX STR SERIES 1 or REPEATED STR (e.g. Low Game Time)	a) Band Resisted Load and Smash 2-3 x 3 b) Elevated Drop > Stick (Triple Flexion) 2-3 x 3es				a) Band Resisted Attack and Smash 2-3 x 3 b) Drop-Stick > Pop-Stick 2-3 x 3es			a) Band Resisted ACC Switches 2-3 x 5m b) Drop-Stick > Pop-Stick (vary) 2-3 x 3es				-

*Indicates Loads are Closed

UB MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)	UWE (H)			Cardiff (H)	USW (A)
1a) PRESS MAX STR	Bench Press				Board or Inertia Bench Press			Band Resisted Bench Press			End of Term Testing	Bench Press
1b) PULL/ROW MAX STR	Pull Up				Weighted Chin			DB Row				DB Prone Row
Sets x Reps (%)	3 x 5 (80+)	4 x 4 (82.5+)	5 x 3 (85+)	3 x 5 (85+)	4 x 4 (87.5+)	5 x 3 (90+)	3 x 5 (75+)	4 x 4 (77.5+)	5 x 3 (80+)	3 x 3 (80+)		
2a) PRESS ASSISTIVE	DB Shoulder Press				Incline DB Press			LDM Press				LDM Push Press
2b) PULL/ROW ASSISTIVE	DB Prone Row				Inverted Row			Chin/Pull Up				Chin/Pull Up
Sets x Reps	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 3-5		
AUX SERIES	a) Band Face Row + OH Press + Rear Delts 3 x 10+10 b) Guillotine Press 3 x 15 + 4-Way Neck ISO STR				a) DB Lateral Raise b) Skull Crushers c) BB Curl 3-5 x 10-15 + 4-Way Neck ISO STR			a) Close Grip Press Up b) TRX Ws 3-5 x 12-15 + 4-Way Neck ISO STR				Band Face Row + Rear Delt Flys 3 x 10+10
GD-1 ALTERNATIVE	Series 1 - 2-4 x 2-3 (~80%) Series 2 - Lying MB Throws + Slams 3 x 3				Series 1 - 2-4 x 2-3 (~85%) Series 2 - Plyo Press Up + Sled Row 3 x 3			Series 1 - 2-4 x 2-3 (~70%) Series 2 - Landmine Throw + Ski Erg 3 x 3				

TB 2 - EXP/REACTIVE STR	30/9		7/10	14/10	21/10		28/10	4/11	11/11		18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)		UWE (H)			Cardiff (H)		USW (A)
SPECIFIC SESSION PREP	a) Power Clean Warm Up Sets/Technical Work (3 x 1-3) b) Band Resisted Broad Jump (3 x 2-3)				a) Combo - Clean Pull, Power Clean, Hang/Power Clean (3 x 1-2) b) Triple Broad Jump - Single, Continuous (3 x 3)				a) BB Complex of Preference (3 x 1-3) b) Band Assisted Pogos (3 x 8)				End of Term Testing	a) BB Complex (3 x 1-2) b) Band Broad (3 x 2-3)
1) ACC/EXP STR	Power Clean				Power Clean (or IND Variation)				Power Clean					Hang or Power Clean
Sets x Reps (%)	4 x 2 (80-85+)	4 x 2 (80-85+)	4 x 2 (80-85+)		3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)				2 x 2 (70-80)
2) EXP CONTRAST 3 x 3	20cm Depth Jump				40cm Depth Jump				Repeated Triple Broad Jump (Measure)					OH MB Toss
3a) MAX V STR 3 x 3-5es	BB Step Up (Mid-Shin, BW+)				Plate Step Up to Box (Delay Plant)				BB Quick Step to Box (Delay Plant)					Quick Step Off-On Plate
3b) MAX V/ROT STR 3 x 3-5es	Supine SL Switch (BW)				GHD SL MB Slams or Drop-Catch				Landmine Switches					IND Skill/STR
SPECIFIC STR SERIES	a) Quick Step Off-On Plate 2-3 x 3es b) Band Lateral Drives w/ Deceleration Return 2-3 x 3es c) Seated Rotational Plate Press 2-3 x 3-5es				a) Hands Behind Head/Stick Run - Quick Step with Hold 2-3 x 3es b) Band Lateral Hit + Splits w/ Deceleration Return 2-3 x 3es c) Seated Rotational Plate Punch 2-3 x 3-5es				a) OH Steering Wheels 3 x 6es b) 1/2 Kneeling Band Lateral Flexions 3 x 6es					-
GD-1 ALTERNATIVE	Power Clean 2 x 2 (~70-80%) + Depth Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Depth Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Band Broad Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series from Previous Weeks					-

TB 1 - MAX/EXP STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	2/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)	UWE (H)		Cardiff (H)		USW (A)
SPECIFIC SESSION PREP	a) Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) b) Seated Plate Held Jump (3 x 2-3)				a) 2-pt Pause Hang Clean + Front Squat (3 x 2 + 1) b) CMJ (3 x 2-3)			a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es) b) Long Contact Pogo (3 x 5)			End of Term Testing	BB Complex 3 x 5+5+3
1) EXP/ACC STR	High-Hang Clean				Power Clean OB			Squat				Squat
Sets x Reps (%)	3 x 3 (70-75)	3 x 3 (72.5-80)	3 x 3 (75-82.5)	3 x 3 (75-80)	2-4 x 2 (77.5-85)	3 x 1 (80-90+)	3 x 3 (82.5-90)	3 x 3 (82.5-92.5+)	3 x 3 (82.5-90)	2 x 2 (80-85)		
2) EXP/MAX STR or EXP CONTRAST	Pause Squat (with + Set, no Pause)				Pause Squat + Squat			40kg Jump Squat (Peak m/s)				DB Jump
Sets x Reps (%)	3 x 3, 1 x 3+ (75)	3 x 3, 1 x 3+ (77.5)	3 x 3, 1 x 3+ (80)	3 x 1 + 2 (80+)	3 x 1 + 2 (82.5+)	3 x 1 + 1-2 (85+)	3 x 3	3 x 3	3 x 3	2 x 2		
3a) SL MAX/EXP STR 3 x 5es	DB Bulgarian Split Squat				DB/BB/Front Rack Bulgarian Split Squat			BB/Front Rack Split Squat				Attack and Smash
3b) SL POSTERIOR STR 3 x 3-5es	Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)			Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine ISO Hip Ext
SPECIFIC STR or UB MAX STR SERIES 1 or REPEATED STR (e.g. Low Game Time)	a) Band Resisted Load and Smash 2-3 x 3 b) Elevated Drop > Stick (Triple Flexion) 2-3 x 3es				a) Band Resisted Attack and Smash 2-3 x 3 b) Drop-Stick > Pop-Stick 2-3 x 3es			a) Band Resisted ACC Switches 2-3 x 5m b) Drop-Stick > Pop-Stick (vary) 2-3 x 3es				-

*Indicates Loads are Closed

UB MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)	UWE (H)			Cardiff (H)	USW (A)
1a) PRESS MAX STR	Bench Press				Board or Inertia Bench Press			Band Resisted Bench Press			End of Term Testing	Bench Press
1b) PULL/ROW MAX STR	Pull Up				Weighted Chin			DB Row				DB Prone Row
Sets x Reps (%)	3 x 5 (80+)	4 x 4 (82.5+)	5 x 3 (85+)	3 x 5 (85+)	4 x 4 (87.5+)	5 x 3 (90+)	3 x 5 (75+)	4 x 4 (77.5+)	5 x 3 (80+)	3 x 3 (80+)		
2a) PRESS ASSISTIVE	DB Shoulder Press				Incline DB Press			LDM Press				LDM Push Press
2b) PULL/ROW ASSISTIVE	DB Prone Row				Inverted Row			Chin/Pull Up				Chin/Pull Up
Sets x Reps	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 3-5		
AUX SERIES	a) Band Face Row + OH Press + Rear Delts 3 x 10+10 b) Guillotine Press 3 x 15 + 4-Way Neck ISO STR				a) DB Lateral Raise b) Skull Crushers c) BB Curl 3-5 x 10-15 + 4-Way Neck ISO STR			a) Close Grip Press Up b) TRX Ws 3-5 x 12-15 + 4-Way Neck ISO STR				Band Face Row + Rear Delt Flys 3 x 10+10
GD-1 ALTERNATIVE	Series 1 - 2-4 x 2-3 (~80%) Series 2 - Lying MB Throws + Slams 3 x 3				Series 1 - 2-4 x 2-3 (~85%) Series 2 - Plyo Press Up + Sled Row 3 x 3			Series 1 - 2-4 x 2-3 (~70%) Series 2 - Landmine Throw + Ski Erg 3 x 3				

TB 2 - EXP/REACTIVE STR	30/9		14/10		21/10		28/10		4/11		11/11		18/11		25/11		2/12		9/12			
Opponent	Cardiff Met (H)		Royal Agricultural (A)		Hartpury (H)						UWE (H)				Cardiff (H)				USW (A)			
SPECIFIC SESSION PREP	a) Power Clean Warm Up Sets/Technical Work (3 x 1-3) b) Band Resisted Broad Jump (3 x 2-3)				a) Combo - Clean Pull, Power Clean, Hang/Power Clean (3 x 1-2) b) Triple Broad Jump - Single, Continuous (3 x 3)				a) BB Complex of Preference (3 x 1-3) b) Band Assisted Pogos (3 x 8)								End of Term Testing		a) BB Complex (3 x 1-2) b) Band Broad (3 x 2-3)			
1) ACC/EXP STR	Power Clean				Power Clean (or IND Variation)				Power Clean										Hang or Power Clean			
Sets x Reps (%)	4 x 2 (80-85+)		4 x 2 (80-85+)		4 x 2 (80-85+)		3-5 x 1-2 (80-90+)		4 x 2 (80-85+)		3-5 x 1-2 (80-90+)		4 x 2 (80-85+)		3-5 x 1-2 (80-90+)				4 x 2 (80-85+)		2 x 2 (70-80)	
2) EXP CONTRAST 3 x 3	20cm Depth Jump				40cm Depth Jump				Repeated Triple Broad Jump (Measure)										OH MB Toss			
3a) MAX V STR 3 x 3-5es	BB Step Up (Mid-Shin, BW+)				Plate Step Up to Box (Delay Plant)				BB Quick Step to Box (Delay Plant)										Quick Step Off-On Plate			
3b) MAX V/ROT STR 3 x 3-5es	Supine SL Switch (BW)				GHD SL MB Slams or Drop-Catch				Landmine Switches										IND Skill/STR			
SPECIFIC STR SERIES	a) Quick Step Off-On Plate 2-3 x 3es b) Band Lateral Drives w/ Deceleration Return 2-3 x 3es c) Seated Rotational Plate Press 2-3 x 3-5es				a) Hands Behind Head/Stick Run - Quick Step with Hold 2-3 x 3es b) Band Lateral Hit + Splits w/ Deceleration Return 2-3 x 3es c) Seated Rotational Plate Punch 2-3 x 3-5es				a) OH Steering Wheels 3 x 6es b) 1/2 Kneeling Band Lateral Flexions 3 x 6es										-			
GD-1 ALTERNATIVE	Power Clean 2 x 2 (~70-80%) + Depth Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Depth Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Band Broad Jump/Box Jump/OH Toss 2 x 2 + Specific STR Series from Previous Weeks										-			

TB 1 - MAX/EXP STR	30/9			7/10		14/10		21/10		28/10		4/11		11/11		18/11		25/11		2/12		9/12	
Opponent				Cardiff Met (H)		Royal Agricultural (A)				Hartpury (H)				UWE (H)				Cardiff (H)				USW (A)	
SPECIFIC SESSION PREP	a) Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) b) Seated Plate Held Jump (3 x 2-3)						a) 2-pt Pause Hang Clean + Front Squat (3 x 2 + 1) b) CMJ (3 x 2-3)						a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es) b) Long Contact Pogo (3 x 5)						End of Term Testing		BB Complex 3 x 5+5+3		
1) EXP/ACC STR	High-Hang Clean						Power Clean OB						Squat >0.5m/s								Squat		
Sets x Reps (%)	3 x 3 (70-75+)		3 x 3 (72.5-77.5+)		2-4 x 2 (75-80+)		3 x 3 (75-80+)		2-4 x 2 (77.5-82.5+)		3 x 1 (80-90+)		3 x 3		3 x 3		3 x 3				2 x 2 (80-85)		
2) EXP/MAX STR or EXP CONTRAST	Pause Squat + Squat						Squat						40kg Jump Squat (Peak m/s)								DB Jump		
Sets x Reps (%)	3 x 1 + 2 (80+)		3 x 1 + 2 (82.5+)		3 x 1 + 1-2 (85+)		3 x 3 (85-90+)		3 x 3 (82.5-90)		4 x 2 (85-90+)		3 x 3		3 x 3		3 x 3				2 x 2		
3a) SL MAX/EXP STR 3 x 5es	DB Bulgarian Split Squat						DB/BB/Front Rack Bulgarian Split Squat						BB/Front Rack Split Squat								Attack and Smash		
3b) SL POSTERIOR STR 3 x 3-5es	Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)						Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)						Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)								Supine ISO Hip Ext		
SPECIFIC STR or UB MAX STR SERIES 1 or REPEATED STR (e.g. Low Game Time)	a) Band Resisted Load and Smash 2-3 x 3 b) Elevated Drop > Stick (Triple Flexion) 2-3 x 3es						a) Band Resisted Attack and Smash 2-3 x 3 b) Drop-Stick > Pop-Stick 2-3 x 3es						a) Band Resisted ACC Switches 2-3 x 5m b) Drop-Stick > Pop-Stick (vary) 2-3 x 3es								-		

*Indicates Loads are Closed

UB MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)		Hartpury (H)		UWE (H)		Cardiff (H)		USW (A)
1a) PRESS MAX STR	Bench Press				Board or Inertia Bench Press			Band Resisted Bench Press			End of Term Testing	Bench Press
1b) PULL/ROW MAX STR	Pull Up				Weighted Chin			DB Row				DB Prone Row
Sets x Reps (%)	3 x 5 (80+)	4 x 4 (82.5+)	5 x 3 (85+)	3 x 5 (85+)	4 x 4 (87.5+)	5 x 3 (90+)	3 x 5 (75+)	4 x 4 (77.5+)	5 x 3 (80+)	3 x 3 (80+)		
2a) PRESS ASSISTIVE	DB Shoulder Press				Incline DB Press			LDM Press				LDM Push Press
2b) PULL/ROW ASSISTIVE	DB Prone Row				Inverted Row			Chin/Pull Up				Chin/Pull Up
Sets x Reps	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6	3 x 3-5		
AUX SERIES	a) Band Face Row + OH Press + Rear Delts 3 x 10+10 b) Guillotine Press 3 x 15 + 4-Way Neck ISO STR				a) DB Lateral Raise b) Skull Crushers c) BB Curl 3-5 x 10-15 + 4-Way Neck ISO STR			a) Close Grip Press Up b) TRX Ws 3-5 x 12-15 + 4-Way Neck ISO STR				Band Face Row + Rear Delt Flys 3 x 10+10
GD-1 ALTERNATIVE	Series 1 - 2-4 x 2-3 (~80%) Series 2 - Lying MB Throws + Slams 3 x 3				Series 1 - 2-4 x 2-3 (~85%) Series 2 - Plyo Press Up + Sled Row 3 x 3			Series 1 - 2-4 x 2-3 (~70%) Series 2 - Landmine Throw + Ski Erg 3 x 3				

TB 2 - EXP/MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)			UWE (H)	Cardiff (H)	USW (A)
SPECIFIC SESSION PREP	a) Power Clean Warm Up Sets/Technical Work (3 x 1-3) b) Band Resisted Broad Jump (3 x 2-3)				a) Combo - Clean Pull, Power Clean, Hang/Power Clean (3 x 1-2) b) Triple Broad Jump - Single, Continuous (3 x 3)			a) BB Complex of Preference (3 x 1-3) b) Band Assisted Pogos (3 x 8)			End of Term Testing	a) BB Complex (3 x 1-2) b) Band Broad (3 x 2-3)
1) ACC/EXP STR	Power Clean				Power Clean (or IND Variation)			Power Clean				Hang or Power Clean
Sets x Reps (%)	4 x 2 (80-85+)	4 x 2 (80-85+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	2 x 2 (70-80)		
2) EXP STR/CONTRAST 3 x 3	Dynamic Effort Box Squat (~65-75%)				Box Squat w/Bands			Anderson Squat (Concentric Only Option)				OH MB Toss
3a) EXP/ACC STR	Heavy Prowler March 3 x 5-10m				Heavy Prowler Switches 3 x 5-10m			Prowler/Sled Acceleration 3 x 5m				Sled ACC 3 x 5m
3b) POSTERIOR/ACC STR 3 x 5	Safety Bar Good Morning or Hip Thrust w/ISO Hold				Safety Bar Good Morning w/Chains or Hip Thrust			Safety Bar Good Morning w/Band/Chains or Banded Hip Thrust				Banded Hip Thrust
SPECIFIC or REPEATED STR SERIES	FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s Rest)				FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s Rest)			FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Sandbag to Shoulder (2es), Thruster, Slam 3-5 x 3 (20s)				-
GD-1 ALTERNATIVE	Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series			Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series from Previous Weeks				-

TB 1 - MAX/EXP STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent	Cardiff Met (H)		Royal Agricultural (A)		Hartpury (H)			UWE (H)		Cardiff (H)		USW (A)
SPECIFIC SESSION PREP	a) Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) b) Seated Plate Held Jump (3 x 2-3)				a) 2-pt Pause Hang Clean + Front Squat (3 x 2 + 1) b) CMJ (3 x 2-3)			a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es) b) Long Contact Pogo (3 x 5)			End of Term Testing	BB Complex 3 x 5+5+3
1) EXP/ACC STR	High-Hang Clean				Power Clean OB			Squat				Squat
Sets x Reps (%)	3 x 3 (70-75)	3 x 3 (72.5-80)	3 x 3 (75-82.5)	3 x 3 (75-80)	2-4 x 2 (77.5-85)	3 x 1 (80-90+)	3 x 3 (82.5-90)	3 x 3 (85-92.5+)	3 x 3 (82.5-90)	2 x 2 (80-85)		
2) EXP/MAX STR or EXP CONTRAST	Pause Squat (with + Set, no Pause)				Pause Squat + Squat			40kg Jump Squat (Peak m/s)				DB Jump
Sets x Reps (%)	3 x 3, 1 x 3+ (75)	3 x 3, 1 x 3+ (77.5)	3 x 3, 1 x 3+ (80)	3 x 1 + 2 (80+)	3 x 1 + 2 (82.5+)	3 x 1 + 1-2 (85+)	3 x 3	3 x 3	3 x 3	2 x 2		
3a) SL MAX/EXP STR 3 x 5es	DB Bulgarian Split Squat				DB/BB/Front Rack Bulgarian Split Squat			BB/Front Rack Split Squat				Attack and Smash
3b) SL POSTERIOR STR 3 x 3-5es	Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)			Supine/GHD SL ISO-(ECC) Hip Extension (AM or PM Variation)				Supine ISO Hip Ext
SPECIFIC STR or UB MAX STR SERIES 1 or REPEATED STR (e.g. Low Game Time)	a) Band Resisted Load and Smash 2-3 x 3 b) Elevated Drop > Stick (Triple Flexion) 2-3 x 3es				a) Band Resisted Attack and Smash 2-3 x 3 b) Drop-Stick > Pop-Stick 2-3 x 3es			a) Band Resisted ACC Switches 2-3 x 5m b) Drop-Stick > Pop-Stick (vary) 2-3 x 3es				-

*Indicates Loads are Closed

UB MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)		Hartpury (H)		UWE (H)		Cardiff (H)		USW (A)
1a) PRESS MAX STR	Bench Press				Board or Inertia Bench Press			Band Resisted Bench Press			End of Term Testing	Bench Press
1b) PULL/ROW MAX STR	Pull Up				Weighted Chin			DB Row				DB Prone Row
Sets x Reps (%)	3 x 5 (80+)	4 x 4 (82.5+)	5 x 3 (85+)		3 x 5 (85+)	4 x 4 (87.5+)	5 x 3 (90+)	3 x 5 (75+)	4 x 4 (77.5+)	5 x 3 (80+)		3 x 3 (80+)
2a) PRESS ASSISTIVE	DB Shoulder Press				Incline DB Press			LDM Press				LDM Push Press
2b) PULL/ROW ASSISTIVE	DB Prone Row				Inverted Row			Chin/Pull Up				Chin/Pull Up
Sets x Reps	3 x 10	3 x 8	3 x 6		3 x 10	3 x 8	3 x 6	3 x 10	3 x 8	3 x 6		3 x 3-5
AUX SERIES	a) Band Face Row + OH Press + Rear Delts 3 x 10+10 b) Guillotine Press 3 x 15 + 4-Way Neck ISO STR				a) DB Lateral Raise b) Skull Crushers c) BB Curl 3-5 x 10-15 + 4-Way Neck ISO STR			a) Close Grip Press Up b) TRX Ws 3-5 x 12-15 + 4-Way Neck ISO STR				Band Face Row + Rear Delt Flys 3 x 10+10
GD-1 ALTERNATIVE	Series 1 - 2-4 x 2-3 (~80%) Series 2 - Lying MB Throws + Slams 3 x 3				Series 1 - 2-4 x 2-3 (~85%) Series 2 - Plyo Press Up + Sled Row 3 x 3			Series 1 - 2-4 x 2-3 (~70%) Series 2 - Landmine Throw + Ski Erg 3 x 3				

TB 2 - EXP/MAX STR	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)	UWE (H)		Cardiff (H)		USW (A)
SPECIFIC SESSION PREP	a) Power Clean Warm Up Sets/Technical Work (3 x 1-3) b) Band Resisted Broad Jump (3 x 2-3)				a) Combo - Clean Pull, Power Clean, Hang/Power Clean (3 x 1-2) b) Triple Broad Jump - Single, Continuous (3 x 3)			a) BB Complex of Preference (3 x 1-3) b) Band Assisted Pogos (3 x 8)			End of Term Testing	a) BB Complex (3 x 1-2) b) Band Broad (3 x 2-3)
1) ACC/EXP STR	Power Clean				Power Clean (or IND Variation)			Power Clean				Hang or Power Clean
Sets x Reps (%)	4 x 2 (80-85+)	4 x 2 (80-85+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	3-5 x 1-2 (80-90+)	4 x 2 (80-85+)	2 x 2 (70-80)		
2) EXP STR 3 x 3	Dynamic Effort Box Squat (~65-75%)				Box Squat w/Bands			Anderson Squat (Concentric Only Option)				OH MB Toss
3a) EXP/ACC STR	Heavy Prowler March 3 x 5-10m				Heavy Prowler Switches 3 x 5-10m			Prowler/Sled Acceleration 3 x 5m				Sled ACC 3 x 5m
3b) POSTERIOR/ACC STR 3 x 5	Safety Bar Good Morning or Hip Thrust w/ISO Hold				Safety Bar Good Morning w/Chains or Hip Thrust			Safety Bar Good Morning w/Band/Chains or Banded Hip Thrust				Banded Hip Thrust
SPECIFIC or REPEATED STR SERIES	FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s Rest)				FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s Rest)			FR/SR Scrum-Profile SP-STR SR/BR Contact Area SP-STR (see Board) or Repeated STR - Sandbag to Shoulder (2es), Thruster, Slam 3-5 x 3 (20s)				-
GD-1 ALTERNATIVE	Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series				Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series			Power Clean 2 x 2 (~70-80%) + Box Jump/Seated Jump/OH Toss 2 x 2 + Specific STR Series from Previous Weeks				-

TB 1 - MAX/EXP STR	30/9			7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	
Opponent	Cardiff Met (H)			Royal Agricultural (A)			Hartpury (H)			UWE (H)		Cardiff (H)		USW (A)
SPECIFIC SESSION PREP	Complex - Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) or BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es)				Complex - Bear - Hang Clean, Front Squat, Push Press, Squat, Jerk (3 x 1-2) or BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es)				a) BB Complex - (OH) Squat, Good Morning, Split Squat (3 x 5+5+3es) b) Long Contact Pogo (3 x 5)				End of Term Testing	BB Complex 3 x 5+5+3
1) EXP/ACC STR	Pause Squat (with + Set, no Pause)				Pause Squat + Squat				Squat					Squat
Sets x Reps (%)	3 x 3, 1 x 3+ (75)		3 x 3, 1 x 3+ (77.5)		3 x 3, 1 x 3+ (80)		3 x 1 + 2 (80+)	3 x 1 + 2 (82.5+)	3 x 1 + 1-2 (85+)	3 x 3 (82.5-90)	3 x 3 (85-92.5+)	3 x 3 (82.5-90)		2 x 2 (80-85)
1b) EXP COMPLEX	Seated Plate Held Jump (10kg)				DB Jump (20-40kg)				40kg Jump Squat (Peak m/s)					DB Jump
Sets x Reps (%)	3 x 3	3 x 3	3 x 3	3 x 3 (~20)	3 x 3 (~25)	3 x 3 (~30)	3 x 3	3 x 3	3 x 3	2 x 2				
2a) SL MAX/EXP STR 3 x 5es	BB Bulgarian Split Squat				BB/Front Rack Bulgarian Split Squat				BB/Front Rack Split Squat					Load/Attack + Smash
2b) SL POSTERIOR STR 3 x 5	RDL / Clean Deadlift (AM or PM Variations - Use Blocks if Needed)				RDL / Deadlift Off Blocks (AM or PM Variations)				Safety Bar Good Morning					BW Supine ISO Hip Ext
GENERAL STR or UB MAX STR SERIES 1 or REPEATED STR (e.g. Low Game Time)	a) (Weight Held) Bird Dog 3 x 8-10es b) 1/2 Kneeling Pallof Press 3 x 6-8es				a) Plank Perturbations 3 x 20-30s b) Pallof Press w/Plate 3 x 8es (Punch + ECC Return)				a) Plank Pullthroughs 3 x 10es b) 1/2 Kneeling Pallof Press w/OH Reach 3 x 6-8es					-

*Indicates Loads are Closed

UB MAX STR	30/9		7/10		14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)		UWE (H)		Cardiff (H)		USW (A)
1a) PRESS MAX STR	ECC DB Bench Press (Rep 1 = 5s, Rep 2 = 4s.... Rep 5 = 1s)					Pause Bench Press (with + Set, No Pause)			Bench Press			End of Term Testing	Bench Press
1b) PULL/ROW MAX STR	DB Row					DB Prone Row			Weighted Chin				DB Prone Row
Sets x Reps (%)	4 x 5	3-5 x 5	3-5 x 5	3 x 3 (75+), 1 x 3+ (75)	3 x 3 (77.5+), 1 x 3+ (77.5)	3 x 3 (80+), 1 x 3+ (80)	3 x 5 (80+)	4 x 4 (82.5+)	5 x 3 (85+)	3 x 3 (80+)			
2a) PRESS ASSISTIVE	DB Shoulder Press					DB Incline Press			LDM Press				LDM Push Press
2b) PULL/ROW ASSISTIVE	Chin/Pull Up					Chin/Pull Up			Inverted Row				Chin/Pull Up
Sets x Reps	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	3 x 3-5			
AUX SERIES	a) Band Face Row + OH Press + Rear Delts 3 x 10+10 b) Guillotine Press 3 x 15					a) DB Lateral Raise b) Skull Crushers c) BB Curl 3-5 x 10-15			a) Close Grip Press Up b) TRX Ws 3-5 x 12-15				
GD-1 ALTERNATIVE	Series 1 - 2-4 x 2-3 (~80%) Series 2 - Lying MB Throws + Slams 3 x 3					Series 1 - 2-4 x 2-3 (~85%) Series 2 - Plyo Press Up + Sled Row 3 x 3			Series 1 - 2-4 x 2-3 (~70%) Series 2 - Landmine Throw + Ski Erg 3 x 3				

TB 2 - EXP/MAX STR	30/9		7/10	14/10	21/10		28/10	4/11	11/11		18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)			Hartpury (H)		UWE (H)			Cardiff (H)		USW (A)
SESSION PREP	a) Power Clean Technique (~10min - See Board for Variations) b) Band Resisted Broad Jump (3 x 2-3)				a) Power Clean Technique (~10min - See Board for Variations) b) Triple Broad Jump - Single, Continuous (3 x 3)				a) Power Clean Technique (~10min - See Board for Variations) b) Band Assisted Pogos (3 x 8)				End of Term Testing	a) BB Complex (3 x 1-2) b) Band Broad (3 x 2-3)
1) EXP/ACC STR	Anderson Squat				Anderson Squat w/Bands				Squat w/Bands (VBT)					Hang or Power Clean
Sets x Reps (%)	3 x 5 (~85+)	4 x 4 (~90+)	5 x 3 (~95+)	3 x 5 (65+)	4 x 4 (70+)	5 x 3 (75+)	3-5 x 3 (>0.7m/s)	3-5 x 3 (>0.6m/s)	3-5 x 3 (>0.5m/s)	2 x 2 (70-80)				
2) EXP CONTRAST 3 x 3-5	OH MB Toss / Rhythmic KB Jumps				Catch-OH MB Toss / Rhythmic KB Jumps				Heavy OH Toss (Distance) / Rhythmic Band Resisted Jump					OH MB Toss
3a) EXP/ACC STR	Heavy Prowler March 3 x 5-10m				Heavy Prowler Switches 3 x 5-10m				Prowler/Sled Acceleration 3 x 5m					Sled ACC 3 x 5m
3b) POSTERIOR/ACC STR 3 x 3-5	Pendlay Row (BB, TB) - Use Blocks if Needed				Pendlay Row (BB, TB)				DE Deadlift / Marching SL ISO Hip Extension					Banded Hip Thrust
REPEATED or UB STR SERIES	Sandbag Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s rest b/Circuits) or UB STR - Series from Repeated Effort UB Session				Sandbag Carry (20m), LDM Push Press, Pull Up 3-5 x 5 (30s rest b/Circuits) or UB STR - Series from Repeated UB Effort Session				Sandbag to Shoulder (2es), Thruster, Slam 3-5 x 3 (20s rest b/Circuits) or UB STR - Series from Repeated UB Effort Session					-
GD-1 ALTERNATIVE	1) Anderson Squat 2 x 2 (Concentric Option) + OH Toss 2 x 2 2) Heavy Prowler March 2 x 5m + Marching SL ISO Hip Extension 2 x 3-5es				1) Anderson w/Bands 2 x 2 (Concentric Option) + OH Toss/Seated Jump 2 x 2 2) Heavy Prowler Switches 2 x 5m + Marching SL ISO Hip Extension 2 x 3-5es				1) Squat w/Bands 2 x 2 + OH Toss/Seated Jump 2 x 2 2) Heavy Prowler ACC 2 x 5m + Marching SL ISO Hip Extension 2 x 3-5es					-

UB MAX STR - STR/SIZE (UB2)	30/9		7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12
Opponent			Cardiff Met (H)	Royal Agricultural (A)		Hartpury (H)		UWE (H)		Cardiff (H)		USW (A)
1a) PUSH MAX STR	Bench Press				Bench Press			Bench Press			End of Term Testing	Bench Press
Sets x Reps (%)	4 x 8, 1 x 8+ (65)	3 x 8, 1 x 8+ (72.5)	1 x 8+, 2 x 2RIR (80)	5 x 5, 1 x 5+ (70)	4 x 5, 1 x 5+ (77.5)	1 x 5+, 2 x 2RIR (85)	6 x 3, 1 x 3+ (75)	5 x 3, 1 x 3+ (82.5)	1 x 3+, 2 x 1RIR (90)	3 x Max (80)		
1b) PULL/ROW MAX STR	Open TB Prone Row				Open TB Prone Row			Open TB Prone Row				DB Prone Row
Sets x Reps (%)	5 x 8	4 x 8	3 x 8	6 x 5	5 x 5	3 x 5	7 x 3	6 x 3	3 x 3	3 x 8		
2a) PRESS ASSISTIVE	Decline DB Press				TB OH Press			CG Partial Press (Foam Roller)				DB Fly
2b) PULL/ROW ASSISTIVE	DB Pullover				Fat Boy Pull Up			Pull Up (1 + 1/2)				Reverse Flys
Sets x Reps (%)	3 x 12	4 x 10	5 x 8	3 x 12	4 x 10	5 x 8	3 x 6	4 x 5	5 x 4	3 x 10		
REPEATED EFFORT SERIES 3-5 x 10-15	a) Plate Front Rasie b) DB Lateral Raise c) Chest Supported Rear Delt Flys				a) Feet Elevated Press Up b) BB Curl			a) DB Fly b) Band Raise > Pullapart				DB Curl, BW Guillotine Press

*Indicates Loads are Closed

UB REPEATED EFFORT (UB2)	Example - GD-1, Post Game Sunday, Recovery Session (e.g. Series Between Bike/Movement Intervals)
UB STR/SIZE NEEDS	
1a) PUSH MAX STR (Choose from....)	SB/DB Floor Press, DB Squeeze Press, Seated Press, Weighted Press Up
1b) PULL/ROW MAX STR (Choose from....)	DB Prone Row, Cable Row, Inverted Row, Yates Row
Sets x Reps (%)	3-5 x 8-12
2a) PRESS ASSISTIVE (Choose from....)	Alternating DB Press, Javelin Press, Arnold Press, Cable Flys
2b) PULL/ROW ASSISTIVE (Choose from....)	Lat Pulldown, Pullover/Pulldown, Reat Delts
Sets x Reps (%)	3-5 x 8-12
FINISHER 3-5 x 10-15	A a) Bicep Curl/Row b) Tricep Pushdown/Press Up and/or B a) Plank/Roll Out b) Pallof Press

ON-FEET TRAINING OPTIONS	Choose Option Specific to Individual Needs If/When Needed
AEROBIC/RECOVERY INTERVALS	e.g. If 2 Consecutive Days off - Day before Training, Returning to Training, or on Sunday - Low Game Time Saturday 12-16 x 100m (~20s, Starting Every 60s) - Add 20s Dynamic Effort b/Reps (e.g. Plank, Sit Up, Press Up, Squat)
INTENSIVE INTERVALS	e.g. Post Training if Low Training Volume, or Post Training with no Game or Intensive Training within 2 Days a) 1-2 x 4-5 (100m - 50m-Turn-50m) (~20s, Starting Every 40s - 2min b/sets)
INTENSIVE INTERVALS (SHUTTLES + GROUND)	Post Training if Low Training Volume, or Post Training with no Game or Intensive Training within 2 Days a) 1-2 x 8-10 - Malcolms (10m, 20m, 10m - On Chest to Start, Down Up on Each Turn - Starting Every 30s - 2min b/sets)
COMBINATION INTERVALS e.g. Saturday if Not Playing	1a) 2-3 x 4-5 (100m - 50m-Turn-50m) (~20s, Starting Every 40s - 2min b/sets) 1b) 2-3 x 8-10 - Malcolms (10m, 20m, 10m - On Chest to Start, Down Up on Each Turn - Starting Every 30s - 2min b/sets)

OFF-FEET OPTIONS	Examples - Post Game Sunday or Monday Morning (Low Game Time and/or Conditioning Needs), Recovery Session, Conditioning Needs (If Need to Limit Time on Feet)
WATTBIKE (Sports Centre)	Download App - Choose 'HIIT 30/30' or 'Kick Ups' Sessions (or Note 'Summer Sessions' Options)
BIKE - INTERVALS (TRIALS)	Long Intervals 4 x 4min (Target >2750m) 2-3min b/ reps, Short Intervals 5 x 1km Time Trial (Target <1:20), 1:30 b/ reps
BIKE - SPRINT INTERVALS	Repeated Sprint Training 2-3 x 6-8 (6s:24s - Sprint:Rest) Sprint Interval Training 2-3 x 3-5 (20s:40s - Sprint:Rest)
SWIMMING (RECOVERY)	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) x2
SWIMMING (INTERVALS)	10-12 x 2 Lengths 1:1 Work to Rest Ratio
CROSS TRAINING	2-4 x 8 20s:10s Intervals on Same, or Combination of Equipment (Ski-Erg, Assault Bike, Battle Rope, Bike, Rower)

RECOVERY SESSION OPTIONS	e.g. GD+1 or Monday Morning, or to Improve General Physical Preparation
WATTBIKE (Sports Centre)	Download App - Use 'Recovery and Rehab' Options
SWIMMING	See Off-Feet Options
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
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
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) Arms Only Assault Bike 6 x 20s:20s 2b) Gym/STR Circuit x 1 (REPEAT SERIES 1 + 2)