



Phase 4.1	Week 16								Week 17			
	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE
	Warm Up	Monster Walks	3x60 sec			Monster Walks	3x60 sec			Monster Walks	3x60 sec	
Warm Up	A skips, Tri-Planar Lunge (see below for link)	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea		
Skill	Wall Switches	3x6, smooth and speedy			Wall Switches	3x8			Wall Switches	3x8		
Primary	Back Squat	One set ea after warm-up 10-8-6-4-2		@ 2 RIR for each set	Back Squat	3x6 @ previous week's weight for 6 rep ladder set			Back Squat	3x6 @ previous week's weight for 6 rep ladder set		
Secondary	Cossack Lunge	3x8 @ >3 RIR			Cossack Lunge	4x8 @ 3 RIR			Cossack Lunge	4x8 @ 3 RIR		
Hypertrophy	Nordic HS Curls	2x5			Nordic HS Curls	3x5			Nordic HS Curls	3x5		
Core	Side Plank w/Hip ABD (reps)	3x10			Side Plank w/Hip ABD	3x12			Side Plank w/Hip ABD	3x12		
Cardio	Return to Running Program	See Appendix			Return to Running Program	See Appendix			Return to Running Program	See Appendix		
	Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE
Warm Up	Lateral Agility	3x60 sec			Lateral Agility	3x60 sec			Lateral Agility	3x60 sec		
Warm Up	A skips, Tri-Planar Lunge (see below for link)	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea		
Skill	Bulgarian Split Squat Tempo	4x20 sec ea @ 70% effort			Bulgarian Split Squat Tempo	4x20 sec ea @ 80% effort			Bulgarian Split Squat Tempo	4x20 sec ea @ 80% effort		
Skill	Decel Lunge	4x6 ea, increased weight and speed			Decel Lunge	4x6 ea			Decel Lunge	4x6 ea		
Primary	BB Deadlifts	4x8 @ 2 RIR			BB Deadlifts	5x6 @ 2 RIR			BB Deadlifts	5x6 @ 2 RIR		
Secondary	BB RDLs	4x15 sec @ 2 RIR			BB RDLs	4x20 sec @ 2 RIR			BB RDLs	4x20 sec @ 2 RIR		
Hypertrophy	1L Knee Extensions	4x10			1L Knee Extensions	4x12			1L Knee Extensions	4x12		
Hypertrophy	Soleus Calf Raises	3x12			Soleus Calf Raises	3x15			Soleus Calf Raises	3x15		
	Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE
Warm Up	Monster Walk	3x60 sec			Monster Walk	3x60 sec			Monster Walk	3x60 sec		
Warm Up	A skips, Tri-Planar Lunge (see below for link)	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea			A skips, Tri-Planar Lunge	2x60 sec ea		
Skill	Lateral Tape Hops	4x10 sec ea			Lateral Tape Hops	4x15 sec ea			Lateral Tape Hops	4x15 sec ea		
Skill	Ball Slams	4rds x 6 reps, snappy!			Ball Slams	4rds x 6 reps, snappy!			Ball Slams	4rds x 6 reps, snappy!		
Primary	FFESS ISO Holds	4x15 sec @ 2 RIR			FFESS ISO Hold	4x20 sec @ 2 RIR			FFESS ISO Hold	4x20 sec @ 2 RIR		
Secondary	1L Box Squat	3x10 @ 2 RIR			1L Box Squat	4x6			1L Box Squat	4x6		
Hypertrophy	1L Bridge March	3x8 ea, bottom leg straight!			1L Bridge March	4x10			1L Bridge March	4x10		
Core	Glute Med Side Plank	4x20 sec			Glute Med Side Plank	4x20 sec			Glute Med Side Plank	4x20 sec		
	Day 4 (optional)	Sets x Reps	Weight	RPE	Day 4	Sets x Reps	Weight	RPE	Day 4	Sets x Reps	Weight	RPE
Warm Up	Lateral Agility	3x60 sec			Lateral Agility	3x60 sec			Lateral Agility	3x60 sec		
Hypertrophy	Knee Extensions	4x15			Knee Extensions	4x15			Knee Extensions	4x15		
Hypertrophy	Hamstring Curls	4x15			Hamstring Curls	4x15			Hamstring Curls	4x15		
Skill	Skater Hops	4x6 ea way now			Skater Hops	4x6 ea			Skater Hops	4x6 ea		