



Phase 5.2	Week 23								Week 24			
	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, Lateral Shuffle	2x60 sec ea			A skips, B Skips, Lateral Shuffle	2x60 sec ea			A skips, B Skips, Lateral Shuffle	2x60 sec ea		
Skill	Lateral Bench Overs	4x20 sec			Lateral Bench Overs	4x20 sec			Lateral Bench Overs	4x20 sec		
Primary	Back Squat	4x4 @ 2 RIR			Back Squat	5x3 @ 2 RIR			Back Squat	5x3 @ 2 RIR		
Secondary	Copenhagen Planks	3x5, see progression			Copenhagen Planks	3x5, see progression			Copenhagen Planks	3x5, see progression		
Hypertrophy	1L Knee Extensions	3x15 @ 1-2 RIR			1L Knee Extensions	3x15 @ 1-2 RIR			1L Knee Extensions	3x15 @ 1-2 RIR		
Core	Side Plank w/Hip ABD (reps)	3x10			Side Plank w/Hip ABD	3x12			Side Plank w/Hip ABD	3x12		
	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	B Skips, Banded Hip Flexion	2x60 sec ea			B Skips, Banded Hip Flexion	3x60 sec			B Skips, Banded Hip Flexion	3x60 sec		
Skill	1L Drop Landings	3x6			1L Drop Landings	3x8			1L Drop Landings	3x8		
Skill	Lateral Ball Slam Hop	3x6 ea way			Lateral Ball Slam Hop	3x6 ea way			Lateral Ball Slam Hop	3x6 ea way		
Primary	BB Deadlifts	8-6-4-2 ladder @ 2 RIR, weight should increase each rung			BB Deadlifts	4x4 @ 4 rep weight from previous week ladder			BB Deadlifts	4x4 @ 4 rep weight from previous week ladder		
Hypertrophy	Nordic HS Curls	3x8			Nordic HS Curls	3x8			Nordic HS Curls	3x8		
Hypertrophy	Hamstring Curls	3x15 @ 1-2 RIR			Hamstring Curls	3x15 @ 1-2 RIR			Hamstring Curls	3x15 @ 1-2 RIR		
	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	Anterior Step Downs, Wall Switches	2x60 sec ea			A skips, B Skips, Lateral Shuffle	2x60 sec ea			A skips, B Skips, Lateral Shuffle	2x60 sec ea		
Skill	2L Broad Jump	3x6			2L Broad Jump	3x8			2L Broad Jump	3x8		
Skill	Sprint Progression	15 yd sprint to stop x 10 rds			Sprint Progression	15 yd sprint to stop x 10 rds			Sprint Progression	15 yd sprint to stop x 10 rds		
Primary	RDLs	4x10 @ 2 RIR			RDLs	4x10 @ 2 RIR			RDLs	4x10 @ 2 RIR		
Secondary	RDLs	4x10 @ 2 RIR			RDLs	4x10 @ 2 RIR			RDLs	4x10 @ 2 RIR		
Hypertrophy	Soleus Calf Raises	3x12			1L Elevated Bridge	2x15 @ 1-2 RIR			1L Elevated Bridge	2x15 @ 1-2 RIR		
	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			Skater Hops	4x6 ea			Skater Hops	4x6 ea		