

Phase 3.3								
	Week 14				Week 15			
	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE
Warm Up	Monster Walks	3x60 sec			Monster Walks	3x60 sec		
Skill	Wall Marches	3 rds x 10 reps, standing leg strong!			Wall Marches	3x10 reps ea		
Primary	Back Squat	Ramp Sets of 8-10 until moderately hard, 2 sets at top weight. Record weight.			Back Squat	3 rds at previous week top set		
Secondary	1L RDL	4x8			1L RDL	4x8		
Hypertrophy	ECC Hamstring Sliders	3x5			ECC Hamstring Sliders	3x6		
Core	Side Plank w/Hip ABD (reps)	3x6			Side Plank w/Hip ABD	3x8		
Cardio	Zone 2 cardio	20 min			Zone 2 cardio	20 min		
Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE	
Warm Up	Lateral Agility	3x60 sec			Lateral Agility	3x60 sec		
	Anterior Step Downs	2x12			Anterior Step Downs	2x12		
Skill	Bulgarian Split Squat Tempo	4x20 sec ea			Bulgarian Split Squat Tempo	4x20 sec ea		
Skill	Decel Lunge	4x6 ea			Decel Lunge	4x6 ea		
Primary	BB Deadlifts	3x5 @ >3RIR			BB Deadlifts	4x6 @ 3 RIR		
Hypertrophy	Lunges	4x10 @ 3 RIR			Lunges	4x8 @ 3 RIR		
Hypertrophy	1L Knee Extensions	4x10 @ 3 RIR			1L Knee Extensions	4x12 @ 1-2 RIR		
Core	Ab Roll Outs on Ball	4x10			Ab Roll Outs on Ball	4x12		
Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE	
Warm Up	Monster Walk	3x60 sec			Monster Walk	3x60 sec		
Skill	Pogos/Jump Rope	5x20 sec			Pogos/Jump Rope	5x20 sec		
Skill	Snap Downs	4rds x 6 reps, snappy!			Snap Downs	4rds x 6 reps, snappy!		
Primary	1L KB Step Up	4x10 @ 2-3 RIR			1L KB Step Up	4x10 @ 2 RIR		
Secondary	1L Box Squat	4x6 to 70 deg knee bend, add weight as able			1L Box Squat	4x6		
Hypertrophy	1L Elevated Bridge	3x15-20, 12 in box			1L Elevated Bridge	4x10		
Core	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	
Warm Up	Lateral Agility	3x60 sec			Lateral Agility	3x60 sec		
Hypertrophy	Knee Extensions	4x15 @ 2 RIR			Knee Extensions	4x15 @ 2 RIR		
Hypertrophy	Hamstring Curls	4x15 @ 2 RIR			Hamstring Curls	4x15 @ 2 RIR		
Skill	Accel Skater Hops	4x6 ea (from INV to UNINV only)			Accel Skater Hops	4x6 ea (from INV to UNINV only)		

RPE (Rate of Perceived Exertion)	Reps In Reserve (RIR)	RIR	General Exertion	Cardio Conversion
10	Could not have done more reps or weight	0	Almost failed or DID fail, VERY VERY heavy!	Almost impossible, couldn't finish
9.5	Could do 0 more reps, maybe a little more weight	0-1		Very hard, can speak in one word sentences
9	Could have done one more rep.	1	Very heavy! Needed 3-5 minutes of rest	Hard, can speak in very short sentences
8.5	Could definitely have done 1 more, maaaaybe 2	1-2		
8	Could have done 2 more reps	2	Moderately hard/heavy, need a couple minutes rest	Borderline uncomfortable, short of breath, can speak in sentences.
7.5	Could definitely do 2 more, maaaaybe 3	2-3		
7	Could have done 3 more reps	3	Moderate/Medium, need a 1-2 minutes of rest	Breathing heavily, can hold a short conversation
5-6	Could have done 4 to 6 more reps	4-6	Easy to Medium, needed less than a minute rest	Easy, can do for hours possibly
1-4	Very light to little effort	6+	Easy, didn't need much if any rest	