

Phase 4.2												
	Week 18				Week 19				Week 20			
	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE
	Warm Up	<a href="#">Monster Walks</a>	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	<a href="#">Skater Hops</a>	3x8										
Primary	<a href="#">Back Squat</a>	5x5 @ 2-3 RIR			Back Squat	3x6 @ 2 RIR			Back Squat	3x5 @ 2 RIR		
Secondary	<a href="#">Cossack Lunge</a>	4x8 @ 2 RIR			Cossack Lunge	4x8 @ 2 RIR			Cossack Lunge	4x8 @ 2 RIR		
Hypertrophy	<a href="#">ECC Hamstring Sliders</a>	3x8			<a href="#">Nordic HS Curls</a>	2x5			Nordic HS Curls	3x5		
Core	<a href="#">Side Plank w/Hip ABD (reps)</a>	3x10			Side Plank w/Hip ABD	3x12			Side Plank w/Hip ABD	3x12		
Cardio	Return to Run Program	See attached Appendix			Return to Run Program	See attached Appendix			Return to Run Program	See attached Appendix		
Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE	
Warm Up	<a href="#">Lateral Agility</a>	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	<a href="#">Bulgarian Split Squat Hops</a>	4x20 sec ea			Bulgarian Split Squat Hops	4x20 sec ea			Bulgarian Split Squat Hops	4x20 sec ea		
Primary	<a href="#">BB Deadlifts</a>	8-6-4-2 ladder @ 2 RIR, weight should increase each rung			BB Deadlifts	4x4 @ 4 rep weight from previous week ladder			BB Deadlifts	3x5 @ 2-3 RIR		
Skill	<a href="#">Banded Speed Pulls</a>	4x6, @ 30% of weight for 2 rep ladder above			Banded Speed Pulls	4x6, RPE 7-8/10, quick and pretty!			Banded Speed Pulls	4x6, @ 50% of working weight above		
Hypertrophy	<a href="#">Seated/Prone HS Curls</a>	2x15 @ 0-1 RIR			Seated/Prone HS Curls	4x15			Seated/Prone HS Curls	4x15		
Hypertrophy	<a href="#">1L Knee Extensions</a>	4x10			1L Knee Extensions	4x12			1L Knee Extensions	4x12		
Core	Ab Roll Outs on Ball	4x10			Ab Roll Outs on Ball	4x12			Ab Roll Outs on Ball	4x12		
Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE	
Warm Up	<a href="#">Monster Walk</a>	3x60 sec			Monster Walk	3x60 sec			Monster Walk	3x60 sec		
Warm Up	A skips, Lateral Shuffle	2x60 sec ea			A skips, Lateral Shuffle	2x60 sec ea			A skips, Lateral Shuffle	2x60 sec ea		
Skill	<a href="#">Lateral Tape Hops</a>	4x15 sec			Lateral Tape Hops	4x15 sec			Lateral Tape Hops	4x15 sec		
Skill	<a href="#">Ball Slams</a>	4x6 rds, quick!			Ball Slams	4x6 rds			Ball Slams	4x6 rds		
Primary	<a href="#">1L KB Step Up</a>	4x10 @ 3 RIR			1L KB Step Up	4x10 @ 2 RIR			1L KB Step Up	4x10 @ 2 RIR on 18in box		
Secondary	<a href="#">Nordic HS Curls</a>	3x5			Nordic HS Curls	3x6			Nordic HS Curls	3x6		
Hypertrophy	<a href="#">1L Elevated Bridge</a>	2x15 @ 1-2 RIR			1L Elevated Bridge	2x15 @ 1-2 RIR			1L Elevated Bridge	2x15 @ 1-2 RIR		
Core	<a href="#">Glute Med Side Plank</a>	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	<a href="#">Lateral Agility</a>	3x60 sec			Lateral Agility	3x60 sec			Lateral Agility	3x60 sec		
Hypertrophy	<a href="#">Knee Extensions</a>	4x15			Knee Extensions	4x15			Knee Extensions	4x15		
Hypertrophy	<a href="#">Hamstring Curls</a>	4x15			Hamstring Curls	4x15			Hamstring Curls	4x15		
Skill	<a href="#">Skater Hops</a>	4x6 ea			Skater Hops	4x6 ea			Skater Hops	4x6 ea		

[Banded Hip Flexion](#)      [B Skips](#)  
[A Skips](#)                      Shuffle

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		
7.5	Could definitely do 2 more, maaaaybe 3	2-3	Moderately hard/heavy, need a couple minutes rest	Borderline uncomfortable, short of breath, can speak in sentences.
7	Could have done 3 more reps	3		
5-6	Could have done 4 to 6 more reps	4-6	Moderate/Medium, need a 1-2 minutes of rest	Breathing heavily, can hold a short conversation
1-4	Very light to little effort	6+	Easy, didn't need much if any rest	Easy, can do for hours possibly