



Phase 5.1	Week 21								Week 22			
	Day 1	Sets x Reps	Weight	RPE	Day 1	Sets x Reps	Weight	RPE				
	Warm Up	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						
Skill	Lateral Bench Step Up Drill	4x20 sec ea			Lateral Bench Step Up Drill	4x20 sec ea						
Primary	Back Squat	4x6 @ 2 RIR			Back Squat	4x5 @ 2 RIR						
Secondary	Cossack Lunge	4x8 @ 2 RIR			Cossack Lunge	4x8 @ 2 RIR						
Hypertrophy	Knee Extensions	3x15 @ 1-2 RIR			Knee Extensions	4x12 @ 1-2 RIR						
Core	Side Plank w/Hip ABD (reps)	3x10			Side Plank w/Hip ABD	3x12						
	Day 2	Sets x Reps	Weight	RPE	Day 2	Sets x Reps	Weight	RPE				
Warm Up	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						
Skill	Lunge Switches	4x6 sec ea			Lunge Switches	4x6 sec ea						
Primary	BB Deadlifts	4x3 @ 2 RIR			BB Deadlifts	4x2 @ 2RIR						
Skill	Banded Speed Pulls	3x8 @ 30-40% of working weight above			Banded Speed Pulls	3x8 @ 30% of working weight above						
Hypertrophy	Nordic HS Curls	3x7			Nordic HS Curls	3x7						
	Day 3	Sets x Reps	Weight	RPE	Day 3	Sets x Reps	Weight	RPE				
Warm Up	Monster Walk	3x60 sec			Monster Walk	3x60 sec						
Warm Up	A skips, Wall switches	2x60 sec ea			A skips, B Skips, Lateral Shuffle	2x60 sec ea						
Skill	Pogo Mini Hurdles	8rds x 8 yds			Pogo Mini Hurdles	8rds x 8 yds						
Skill	Sprint Work	15 yds @ 80% effort x 6 rds			Sprint Work	15 yds @ 80% effort x 8 rds						
Primary	FFESS	4x6 @ 2-3 RIR			FFESS	4x6 @ 2 RIR						
Secondary	RDLs	4x10 @ 2 RIR			RDLs	4x10 @ 2 RIR						
Hypertrophy	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				
Warm Up	Lateral Agility	3x60 sec			Lateral Agility	3x60 sec						
Hypertrophy	Knee Extensions	4x15			Knee Extensions	4x15						
Hypertrophy	Hamstring Curls	4x15			Hamstring Curls	4x15						
Skill	Box Jumps	4rs of 6 reps			Box Jumps	4rs of 8 reps						