

ORONO SPARTANS

2019 Summer Lifting (Cardio #1)

	FATIGUE	NUTRITION	STRESS	SORENESS	WELLNESS	SLEEP	RECOVERY	PLANNED RPE	ACTUAL RPE
SCREEN									

SESSION GOALS

Speed and agility

DYNAMIC WARM-UP

EXERCISE	TIME	HEART RATE	NOTES
MB throws	8, 10, 12 each Side		Side twist, Scoop, Over Head
Roll Outs	2min.	Zone 1	
Treadmill	5 min.	Zone 2	

WORKOUT

CIRCUIT	MOVEMENT	EXERCISE	EQUIPMENT	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
A	1	Comb.	Clean and Jerk	4	5,4,3,3			1 min.	
B	1	Agility	Laying on Floor Sprints	6				1min.	Heavy/Banded
B	2	Mobility	A Skip Sprints	3					
B	3	Lunge	Side Lunge Sprints	3					
B	4	Speed	Banded Runs	4					
C	1	Speed	Cone Drills, Shuttle, L Shuttle	3	30sec				
C	2	Speed	Huttle Linebacker Drill	3	30Sec.				
C	3	Speed	Sand Bag Throw and Runs	3	6				
A	1	Sprint	Band run, A skips, ladder sprints	3	45sec.				
B	1	ANTERIOR CORE	SB roll outs	2	8,10,12			30sec	
B	2	Posterior Core	Back Extensions	3	10				Heavy
B	3	Anterior Core	Toe Taps	3	10				

COOL DOWN

EXERCISE #1	EXERCISE #2	EXERCISE #3
PARTNER STRETCH	ACTIVE COOLDOWN	FOAM ROLLING

RESTING HEART RATE: _____

SESSION REVIEW

Tennis Ball Foot Rolls, Band Stretch, 3 way hamstring, Hypervolt

NEXT SESSION GOALS

1. _____
2. _____
3. _____

ORONO SPARTANS

2019 Summer Lifting (Cardio #2)

	FATIGUE	NUTRITION	STRESS	SORENESS	WELLNESS	SLEEP	RECOVERY	PLANNED RPE	ACTUAL RPE
SCREEN									

SESSION GOALS

Speed and agility

DYNAMIC WARM-UP

EXERCISE	TIME	HEART RATE	NOTES
MB throws	8, 10, 12 each Side		Side twist, Scoop, Over Head
Roll Outs	2min.	Zone 1	
Treadmill	5 min.	Zone 2	

WORKOUT

CIRCUIT	MOVEMENT	EXERCISE	EQUIPMENT	SETS	REPS	WEIGHT	TEMPO	REST	NOTES
A	1	Comb.	Clean and Jerk	BB	4	5,4,3,3		1 min.	
B	1	Agility	3 Way Ladder	BB	6	2-8		1min.	Heavy/Banded
B	2	Mobility	MB Throws 3 Way	DB	3	10			
B	3	Lunge	Forward Lunge Side bend	DB	3	6e			
C	1	Speed	Cone Drills, Shuttle, L Shuttle	Bodyweight	3	30sec			
C	2	Speed	Huttle Linebacker Drill	Bodyweight	3	30Sec.			
C	3	Speed	Sand Bag Throw and Runs	Sand Bag	3	6			
A	1	Sprint	Band run, A skips, ladder sprints	Bodyweight	3	45sec.			
B	1	ANTERIOR CORE	SB roll outs	SB	2	8,10,12		30sec	
B	2	Posterior Core	Back Extensions	machine	3	10			Heavy
B	3	Anterior Core	Toe Taps	Pull up bar	3	10			

COOL DOWN

EXERCISE #1	EXERCISE #2	EXERCISE #3
PARTNER STRETCH	ACTIVE COOLDOWN	FOAM ROLLING

RESTING HEART RATE: _____

SESSION REVIEW

Tennis Ball Foot Rolls, Band Stretch, 3 way hamstring, Hypervolt

NEXT SESSION GOALS

1. _____
2. _____
3. _____

ORONO SPARTANS

2019 Summer Lifting (Wk 1-4 Monday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	MB Lunge and Reach	3	4,5,6	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	OLYMPIC	1-Arm Snatch	DB		1 min		4	6,5,5,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1
A2	MAX EFFORT	SQUAT	Front Squat	BB				4	10		4	10		4	8		5	5
A2	EXPLOSIVE REPEAT	PLYOMETRIC	Box Jump	DB		1 min.		4	5		4	5		4	5		4	5
A3	DYNAMIC EFFORT	HAMSTRINGS	SB Leg Curl	Bodyweight				4	10		4	10		4	8		4	8
A3	-	GLUTES	Fire Hydrants	Bodyweight		1 min.		4	8		4	8		4	10		4	12
A4	REPETITION METHOD	LUNGE	Side Lunge	BB				3	8		3	8		4	8		5	8
A4	EXPLOSIVE REPEAT	CALVES	Calf Raise	BB		1min.		3	15		3	15		4	20		4	20
B1	CIRCUIT TRAINING	ANTERIOR CORE	Planks, Crunch, Reverse Crunch	Bodyweight		1min.		4	25e		4	25e		4	25e		4	25e

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 1-4 Tuesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	MB Throws: OH w/step, Side Twist, Scoop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	TIME	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
						REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1	
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0	

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEIGHT	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
								SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
A1	MAX EFFORT	COMBINATION	RDL, Power Shrug, High Pull	BB		1 min		4	6,5,5,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1	
A2	STRONGMAN	CHEST	Bench	BB				4	10		4	10		4	8		5	5	
A2	DYNAMIC EFFORT	BACK	Undergrip BB Row	BB		1 min.		4	8		4	8		4	10		4	12	
A3	REPETITION METHOD	Shoulders	Arnold Press	DB				4	10		4	10		4	10		4	5	
A3	REPETITION METHOD	BACK	Pull Ups	Bodyweight		1 min.		4	8		4	8		4	10		4	12	
A4	REPETITION METHOD	Shoudlers	Alternating Front Raise	DB				3	12		3	12		4	15		5	15	
A4	EXPLOSIVE REPEAT	Shoudlers	Side Raise	DB		1min.		3	8		3	8		4	5		4	5	
A4	REPETITION METHOD	Shoulders	Shrugs	BB				3	10		3	12		4	15		4	20	
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		4	25	

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 1-4 Wednesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	Full Motion Lunge Twist, MB kneeling Chop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	TIME	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
						REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1	
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0	

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	PUSH PRESS	Standing Push Press	BB		1 min		4	6,5,5,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1
A2	REPETITION METHOD	LUNGE	Walking Lunge	DB				4	12		4	10		4	8		5	6
A2	DYNAMIC EFFORT	HAMSTRINGS	SB hip extensions	Bodyweight		1 min.		4	10		4	10		4	12		4	15
A3	DYNAMIC EFFORT	Hamstrings	GHR	DB				4	12		4	12		4	10		4	8
A3	EXPLOSIVE REPEAT	LEGS	Knee Ups	Band		1 min.		4	8		4	8		4	10		4	12
A4	STRONGMAN	SQUAT	Slide Board Squat	BB				3	8		3	8		4	10		5	10
A4	EXPLOSIVE REPEAT	Calves	Calve Raises	Machine		1min.		3	15		3	15		4	20		4	20
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		4	25

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 1-4 Thursday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	2 Plate Walking OH side Bend	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	TIME	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
						REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1	
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0	

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEIGHT	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
								SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
A1	EXPLOSIVE REPEAT	OLYMPIC	Hang Power Clean	BB		1 min		4	6,5,5,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1	
A2	REPETITION METHOD	SHOULDERS	SA Shoulder Press	DB				4	10		4	8		5	6		5	4	
A2	REPETITION METHOD	BACK	Landmine Row	BB		1 min.		4	8		4	8		5	10		5	12	
A3	DYNAMIC EFFORT	CHEST	Incline Bench Press	BB				4	10		4	8		5	6		5	5	
A3	EXPLOSIVE REPEAT	LEGS	Knee Ups	Band		1 min.		4	8		4	8		4	10		4	12	
A4	REPETITION METHOD	CHEST	Flat Chest Press	BB				3	10		3	8		5	6,5,5,4,3		5	5,4,3,2,1	
A4	REPETITION METHOD	BACK	Reverse Grip Pull Ups	Bodyweight		1min.		3	8		3	10		5	12		5	15	
B1	DYNAMIC EFFORT	COMBINATION	Turkish Get Up	DB		1min.		4	4		4	5		4	8		4	10	

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 5-8 Monday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	MB Lunge and Reach	3	4,5,6	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	OLYMPIC	Push Jerk	DB		1 min		4	5,4,3,3		4	4,3,3,2		4	3,3,2,2		5	4,3,2,2,1
A2	MAX EFFORT	SQUAT	Split Squat	BB				4	10		4	10		4	8		5	8
A2	DYNAMIC EFFORT	LEGS	SL DB RDL	DB		1 min.		4	8		4	8		4	8		4	6
A3	EXPLOSIVE REPEAT	LEGS	Banded Knee Ups	Band				4	10		4	8		4	6		5	6
A3	DYNAMIC EFFORT	Hamstrings	Hamstring Curl	Machine		1 min.		4	10		4	10		4	8		5	8
A4	REPETITION METHOD	LUNGE	Walking Lunge	DB				3	8		3	8		4	8		5	8
A4	DYNAMIC EFFORT	LEGS	Hip Adduction	Machine		1min.		3	15		3	15		4	10		4	10
B1	CIRCUIT TRAINING	ANTERIOR CORE	Planks, Crunch, Reverse Crunch	Bodyweight		1min.		4	25e		4	25e		4	25e		4	25e

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.

Tennis Ball roll out 10e

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 5-8 Tuesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	Windmill, Full Motion Kneeling Chop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	OLYMPIC	Hang Clean	BB		1 min		4	5,4,4,3		4	4,3,3,2		4	3,2,2,1		5	4,3,2,2,1
A2	REPETITION METHOD	Shoulders	Arnold Press	DB				4	10		4	8		4	8		5	6
A2	DYNAMIC EFFORT	BACK	TRX Row	Suspension		1 min.		4	10		4	10		4	12		5	12
A3	REPETITION METHOD	CHEST	DB incline Press	DB				4	8		4	8		4	8		5	6
A3	DYNAMIC EFFORT	SHOULDERS	Vert. Shoulder Adduction	DB		1 min.		4	8		4	8		4	8		5	8
A4	REPETITION METHOD	BACK	Pull ups	BB				3	10		3	10		4	8		5	8
A4	REPETITION METHOD	CHEST	Chest Flys	DB		1min.		3	10		3	10		4	8		5	8
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		5	25

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 5-8 Wednesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	Full Motion Lunge Twist, MB kneeling Chop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through
Vertical Core	3 way MB Throw	3	8,10,12	

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	EXPLOSIVE REPEAT	Hinge	Snatch Pull	BB		1 min		4	5,4,3,3		4	4,3,2,2		4	3,3,2,2		5	4,3,2,2,1
A2	DYNAMIC EFFORT	SQUAT	OH Squat	BB				3	8		3	8		4	8		5	8
A2	EXPLOSIVE REPEAT	PLYOMETRIC	SL box jump	Bodyweight		1 min.		4	5		4	5		4	5		5	5
A3	DYNAMIC EFFORT	POSTERIOR CORE	Reverse Hyper Extension	Band				4	10		4	10		4	8		5	8
A3	REPETITION METHOD	LEGS	Leg Extensions	Machine		1 min.		4	8		4	8		4	10		5	15
A4	EXPLOSIVE REPEAT	COMBINATION	Step Ups	DB				3	10		3	8		4	8		5	6
B1	CIRCUIT TRAINING	ANTERIOR CORE	Knee Raises	Machine				4	25		4	25		4	25		5	25
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		5	25

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 5-8 Thursday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	2 Plate Walking OH side Bend	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 5			WEEK 6			WEEK 7			WEEK 8		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	EXPLOSIVE REPEAT	OLYMPIC	Hang Power Clean Below Knee	BB		1 min		4	5,5,4,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1
A2	REPETITION METHOD	Chest	Bench Press	BB				4	10		4	8		5	8		5	4,3,2,2,1
A2	REPETITION METHOD	BACK	Full Motion Row	DB		1 min.		4	8		4	8		5	10		5	12
A3	DYNAMIC EFFORT	CHEST	Dips	Bodyweight				4	8		4	8		5	8		5	8
A3	DYNAMIC EFFORT	Back	V bar Pull ups	Bodyweight		1 min.		4	8		4	8		4	10		5	12
A4	REPETITION METHOD	BACK	Reverse Fly	DB				3	7		3	7		5	7		5	7
A4	REPETITION METHOD	BACK	Arrows	DB		1min.		3	7		3	7		5	7		5	7
A4	REPETITION METHOD	CHEST	Pull Overs	DB				3	7		3	7		5	7		5	7
B1	DYNAMIC EFFORT	COMBINATION	Turkish Get Up	DB		1min.		4	4		4	5		4	8		4	10

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 9-12 Monday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	MB Lunge and Reach	3	4,5,6	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through
Vertical Core	Sand Bag Side Slam	3	8,10,12	

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	OLYMPIC	Hang Clean	DB		1 min		4	5,4,3,3		4	4,3,3,2		4	3,3,2,2		5	4,3,2,2,1
A2	MAX EFFORT	COMBINATIONS	Step Up (Explosive)	DB				4	6		4	5		4	5		5	4
A2	DYNAMIC EFFORT	PLYOMETRIC	Banded Run/Sled Pulls	Band		1 min.		4	8		4	8		4	8		5	4
A3	EXPLOSIVE REPEAT	LEGS	Slide Board Lunge	BB				4	5		4	5		4	6		5	6
A3	DYNAMIC EFFORT	BACK	SA Pull down	Cable		1 min.		4	8		4	8		4	8		5	8
A4	REPETITION METHOD	LUNGE	Walking Lunge	DB				3	8		3	8		4	8		5	8
A4	DYNAMIC EFFORT	LEGS	Hip Adduction	Machine		1min.		3	15		3	15		4	10		5	10
B1	CIRCUIT TRAINING	ANTERIOR CORE	Russian Twist Toss	Bodyweight		1min.		4	12		4	12		4	15		4	15

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.

Tennis Ball roll out 10e

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 9-12 Tuesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	Windmill, Full Motion Kneeling Chop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
					TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	MAX EFFORT	OLYMPIC	Split Jerk	BB		1 min		4	5,4,4,3		4	4,3,3,2		4	3,2,2,1		5	4,3,2,1
A2	REPETITION METHOD	Shoulders	Shoulder Press w/resistance bands	BB				4	6		4	6		4	8		5	8
A2	DYNAMIC EFFORT	BACK	Full Motion Row	DB		1 min.		4	10		4	10		4	12		5	12
A3	REPETITION METHOD	LEGS	GHR	Bodyweight				4	8		4	8		4	8		5	8
A3	DYNAMIC EFFORT	SHOULDERS	Vert. Shoulder Adduction	DB		1 min.		4	8		4	8		4	8		5	8
A4	EXPLOSIVE REPEAT	PLYOMETRIC	Line Jumps (Forward/Backward)	Bodyweight	30sec			3	30sec		3	30sec		4	30sec		5	30sec
A4	EXPLOSIVE REPEAT	PLYOMETRIC	Line Jumps (Side to Side)	Bodyweight	30sec	1min.		3	30sec		3	30sec		4	30sec		5	30sec
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		5	25

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.

Tennis Ball Foot rolls 10e

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 9-12 Wednesday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	Full Motion Lunge Twist, MB kneeling Chop	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through
Vertical Core	3 way MB Throw	3	8,10,12	
Vertical Core	Plate Lunge Matrix	3	4,5,6	

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	TIME	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
						REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1	
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0	

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	EXPLOSIVE REPEAT	OLYMPIC	Snatch	BB		1 min		4	5,4,3,3		4	4,3,2,2		4	3,3,2,2		5	4,3,2,2,1
A2	DYNAMIC EFFORT	SQUAT	Speed Squat (Banded)	BB				3	8		3	8		4	8		5	8
A2	EXPLOSIVE REPEAT	PLYOMETRIC	SL Mini Hurdle Jumps	Bodyweight		1 min.		4	10		4	10		4	10		5	10
A3	DYNAMIC EFFORT	HAMSTRINGS	SB SL Curl	Bodyweight				4	6		4	6		4	7		5	8
A3	REPETITION METHOD	BACK	Lat Pulldowns	Cable		1 min.		4	8		4	8		4	10		5	15
A4	EXPLOSIVE REPEAT	COMBINATION	MB Hip extension Throw	MB				3	8		3	8		4	10		5	10
B1	CIRCUIT TRAINING	ANTERIOR CORE	Knee Raises	Machine				4	25		4	25		4	25		5	25
B1	CIRCUIT TRAINING	ANTERIOR CORE	ab wheel roll outs	Bodyweight		1min.		4	20		4	20		4	25		5	25

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW

ORONO SPARTANS

2019 Summer Lifting (Wk 9-12 Thursday)

DYNAMIC WARM-UP (ACTIVATE)

TYPE	EXERCISE	SETS	REPS	NOTES
Vertical Core	2 Plate Walking OH side Bend	3	8,10,12	Each Side
Shouler Mobility	PVC pipe stretch	3	10	Front to back, Right hand over left hand through, Left hand over right hand through
Vertical Core	Windmill Slam Ball			

METABOLIC CONDITIONING (BURN)

CIRCUIT	METHOD	EQUIPMENT	ZONE	RPE	TIME	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
						REPS	REST	TIME	REPS	REST	TIME	REPS	REST	TIME	REPS	REST	
A1	TEMPO INTERVALS	Treadmill	3		10min	2	1	12min.	2	1	15min	2	1	15min.	2	1	
A1	CARDIAC OUTPUT	Treadmill	2		5min	1	0	7min	1	0	9min	1	0	10min	1	0	

STRENGTH TRAINING (LIFT)

CIRCUIT	METHOD	MOVEMENT	EXERCISE	EQUIPMENT	TEMPO	REST	WEEK 9			WEEK 10			WEEK 11			WEEK 12		
							WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS
A1	EXPLOSIVE REPEAT	OLYMPIC	Clean From Floor	BB		1 min		4	5,5,4,4		4	5,4,3,3		4	4,3,2,2		5	4,3,2,2,1
A2	REPETITION METHOD	Chest	Bench Press (Banded)	BB				4	6,5,5,4		4	4,3,3,2		5	8,6,4,3,2		5	4,3,2,2,1
A2	REPETITION METHOD	BACK	BB Row	BB		1 min.		4	6		4	6		5	8		5	10
A3	DYNAMIC EFFORT	HINGE	Banded Duck Walk	Band				4	8		4	8		5	8		5	8
A3	DYNAMIC EFFORT	Back	TRX Reverse Fly	Suspension		1 min.		4	8		4	8		4	10		5	10
A4	EXPLOSIVE REPEAT	CALVES	Jump Rope	Bodyweight				3	60sec		3	60sec		5	120sec		5	120sec
B1	REPETITION METHOD	ANTERIOR CORE	Toes to Bar					4	10		4	10		4	15		5	15
B1	DYNAMIC EFFORT	COMBINATION	Turkish Get Up	DB		1min.		4	4		4	5		4	8		4	10

COOL-DOWN (RELAX)

EXERCISE #1	EXERCISE #2	EXERCISE #3
SELF STRETCH	FOAM ROLLING	Sauna

SESSION NOTES

Stretch Kneeling Hip Flexor, Hand in band 3 way hamstring.
Tennis Ball Foot rolls 10e
Kneeling Hip Flexor

SESSION REVIEW