

Basic Example Template – 3 Day Week

Sprints		MB Throws		Jumps		
Deadlift (with rows)		Bench		Squat		
Tempo Runs		Alactic Capacity		Tempo Runs		
Sprints		MB Throws		Jumps		
Deadlift		Bench ss horizontal pull		Squat		
Horizontal Pull		Push Press ss vertical pull		Glute/ham hypertrophy		
Glute/ham hypertrophy		Chest/Tri's assistance		Single-leg exercise		
Vertical Pull		Alactic Capacity		Tempo Runs		
Tempo Runs						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High	Off	High	Off	High	Off	Off