SECTION 4

THE TRAINING & IMPLEMENTATION OF THE ELITE TRIPHASIC LACROSSE TRAINING MODEL

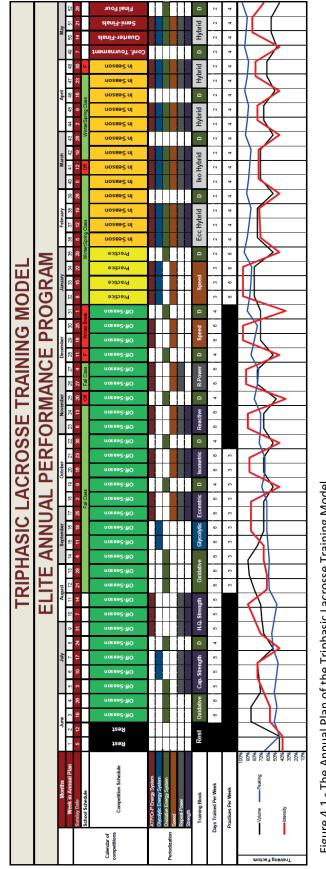
4.1 The Triphasic Lacrosse Training Model in Action

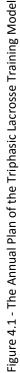
Throughout this section every training program implemented with the Triphasic Lacrosse Training Model will be demonstrated in its entirety. Once again, this program has been developed for elite lacrosse athletes at the collegiate and professional level. However, the concepts demonstrated throughout this manual can be implemented at any training age. There are specific regressions possible that make this program valuable for lacrosse players at all ages and skill levels which have demonstrated extreme success. If you wish to request consultation for these programs for younger training age lacrosse players, please contact triphasiclacrosse@gmail.com with any questions.

4.2 Triphasic Lacrosse Training Model Annual Plan

Figure 4.1 below represents the annual plan design for the Elite Triphasic Lacrosse Training Model. This annual plan displays the calendar and week number. It is this week number that is utilized throughout this section as different blocks are demonstrated. Use these week numbers provided to follow the progression throughout the year as the exact order shown in Figure 4.1 is followed in this section. The school calendar is also given, remembering academic stress must also be considered, this schedule is critical for optimal performance. Other stressors, such as off-season, practice, in-season, and tournament time are all shown, which allows training stress to be applied appropriately throughout the annual cycle. The six physical performance qualities and their implementation within the annual plan are also demonstrated according to their color utilized throughout this manual. This allows a visual representation of when each of the six physical performance qualities are being stressed in training. This is built from the Block Training Model and the consideration of the residual training effects of each quality. The name of each phase is also given according to its label throughout this section to allow easy following of the progressions implemented in this systematic training program. The number of training days for each week are given, along with practice days per week. This is one of the most variable parameters within the Triphasic Lacrosse Training Model and coaches can easily make changes here. However, as this is programmed for an elite-level lacrosse athlete, high-levels of stress must be applied. Finally, a graph of the volume, intensity, and "peaking" of the athlete completing this program is demonstrated. In this graph it must be understood "intensity" does not necessarily equate to load. Load is just one of the many factors intensity is dependent upon. Through the progression of muscle action training, power training and high-velocity training, the intensity experienced by the athlete's CNS is increased dramatically, even though the load implemented is decreased. The "intensity" demonstrated in this graph represents a summation of each of these factors. It is also important to note this graph considers both total volume and intensity, from both training and practice. A performance coach is ultimately a "stress manager" and must understand all aspects of stress an athlete experiences, just as academia was considered. As the season begins and continues, coaches must consider the volume and intensity implemented from each of these factors. For this reason, the training days are lowered while the peaking of an athlete continues to increase, as his physical skills continue to be developed in the most specific manner, on the lacrosse field.

Each of the blocks shown in Figure 4.1 will be shown throughout the remainder of this section. Through the understanding of the previous three sections of this manual, each of the concepts demonstrated should be visible in their implementation throughout the systematic Triphasic Lacrosse Training Model.





4.3 Multi-Dimensional Warm-Up

The multi-dimensional warm-up is provided below for both training and running days in the following pages. This warm-up demonstrates a specific Reflexive Performance Reset to lacrosse, a general dynamic, multi-dimensional, and neural preparation sequence. This is simply an example of the utilization of these systems within daily training. The movements provided here can be changed to fit every program's individual needs. However, as covered in section one, the implementation of multi-dimensional movements allows tissues and joints to experience greater lengths, relative ranges of motion that may not be achieved in other warm-up protocols.

	Triphasic La	cros	se Ti	ainir	ng Manu	Jal		
	Pre-Training, M	ulti-	Dime	ensio	nal Wa	rm-Up		
Block 1		RP	R Serie	s Warm	-Up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	PNF Hip Diagonals	1	х	5 EA		Toe-Out to Toe-In, & Toe-In to Toe-Out		
В	Bottom Edge of Ribs	1	х	10s		Diaphragm-Inverted "Y"		
С	<u>Lower Belly</u>	1	х	10s		Psoas-Between Navel and Hip Pointer		
D	<u>Behind Ear</u>	1	х	10s		Glute 1-Push Jaw Forward		
E	Base of Skull	1	х	10s		Glute 2-All Edges		
F	Edge of Sacrum	1	х	10s		Hamstring		
G	Top of Hip Bone	1	х	10s		Quad-Same Side Thumb		
Н	Inner Hip	1	х	10s		Lateral Sling-Finger Hook		
I	Lower Ribs	1	х	10s		Lat-Work Back to Front		
J	Inner Thigh	1	х	10s		Core-Vigorous Rub		
К	<u>Collar Bone</u>	1	х	10s		Neck-One inch below		
L	Shoulder/Armpit	1	х	10s		Supraspinatus-Between Pec and Delt		
Perform A-L as an Activation Warm-Up Series								
Block 2	Gei	neral D	ynami	c Series	Warm-Up			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Jog w/ Arm Circles	1	х	10Y				
В	Shuffle w/ Arm Circles	1	х	10Y EA				
С	<u>Carioca</u>	1	х	10Y EA				
D	Skipping for Height	1	х	10Y				
	Perform A-D as	a Gene	ral Dyna	mic Warı	m-Up Series			
Block 3	<u>Multi-Dim</u>	nensio	nal Mo	vement	Series War	m-Up		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Spiderman-Reach-Hamstring	1	х	5 EA		Eyes Follow Reach		
В	Kneel. 3-Way Hip Flex + OH Reach	1	х	5 EA		Max Hip ROM		
С	Standing T-Up Rotation	1	х	5 EA		Max Hip ROM, Knee Locked Out		
D	Staggered Stance Squat	1	х	5 EA		Toes Straight Ahead, Drive Back Knee		
E	Staggered Stance 3-Way RDL	1	х	3 EA		3-FWD, 3-RT, 3-LT, EA Leg		
F	Lateral to Cross-Under Lunge	1	х	5 EA		Keep Feet Flat, Hips Square		
G	45° Glute Hydrant	1	х	30s EA	Green/Blue	Glutes in all three planes		
· ·	Perform A-G as a Mult	ti-Dime	nsional N	/lovemer	nt Warm-Up S	eries		
Block 4					/arm-Up			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
A	<u>Tuck Jump</u>	1	х	5		Max Height		
	Perform A as a Neur	al Prep.	Warm-l	Jp Series	Prior to Train	ing		

Triphasic Lacrosse Training Manual									
	Pre-Running, M	ulti-	Dime	ensio	nal Wa	rm-Up			
Block 1		RP	R Series	s Warm	-Up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	PNF Hip Diagonols	1	х	5 EA		Toe-Out to Toe-In, & Toe-In to Toe-Out			
В	Bottom Edge of Ribs	1	х	10s		Diaphragm-Inverted "Y"			
C	Lower Belly	1	х	10s		Psoas-Between Navel and Hip Pointer			
D	<u>Behind Ear</u>	1	х	10s		Glute 1-Push Jaw Forward			
E	Base of Skull	1	х	10s		Glute 2-All Edges			
F	Edge of Sacrum	1	х	10s		Hamstring			
G	Top of Hip Bone	1	х	10s		Quad-Same Side Thumb			
н	Inner Hip	1	х	10s		Lateral Sling-Finger Hook			
I	<u>Lower Ribs</u>	1	х	10s		Lat-Work Back to Front			
J	Inner Thigh	1	х	10s		Core-Vigorous Rub			
К	<u>Collar Bone</u>	1	х	10s		Neck-One inch below			
L	<u>Shoulder/Armpit</u>	1	х	10s		Supraspinatus-Between Pec and Delt			
	Perform A-L	as an A	ctivation	n Warm-l	Jp Series				
Block 2	<u>Gei</u>	neral D	ynami	c Series	Warm-Up				
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Jog w/ Arm Circles	1	х	10Y					
В	Shuffle w/ Arm Circles	1	х	10Y EA					
С	<u>Carioca</u>	1	х	10Y EA					
D	Skipping for Height	1	х	10Y					
Perform A-D as a General Dynamic Warm-Up Series									
Block 3		Mover	nent Se	eries Wa	arm-Up				
Order	Exercise	Sets		uration	Load	Notes			
A	Inchworm	1	x	10y		Eyes Follow Reach			
В	Spiderman	1	х	5 EA		Max Hip ROM			
B C		1	x x	5 EA 5 EA		Max Hip ROM Max Hip ROM, Knee Locked Out			
	<u>Spiderman</u> Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open					Max Hip ROM, Knee Locked Out			
С	Lunge to High Knee Pull Across	1	х	5 EA					
C D	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open	1	x x	5 EA 5 EA		Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee			
C D E	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open Ankle Tug	1 1 1 1	x x x x	5 EA 5 EA 3 EA 5 EA	Jp Series	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg			
C D E F	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open Ankle Tug Quad Ham Perform A-F	1 1 1 1 as a Me	x x x x vement	5 EA 5 EA 3 EA 5 EA Warm-U	•	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square			
C D F F Block 4	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open Ankle Tug Quad Ham Perform A-F <u>Multi-Dim</u>	1 1 1 as a Mo	x x x ovement	5 EA 5 EA 3 EA 5 EA : Warm-U	Series War	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square m-Up			
C D F <u>Block 4</u> <u>Order</u>	Lunge to High Knee Pull Across <u>Rev. Lunge to High Knee Pull Open</u> <u>Ankle Tug</u> <u>Quad Ham</u> Perform A-F <u>Multi-Dim</u> <u>Exercise</u>	1 1 1 as a Mo ension Sets	x x x ovement nal Mov Reps/D	5 EA 5 EA 3 EA 5 EA Warm-U vement uration	•	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square m-Up Notes			
C D F <u>Block 4</u> <u>Order</u> A	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open Ankle Tug Quad Ham Perform A-F <u>Multi-Dim</u> <u>Exercise</u> <u>Spiderman-Reach-Hamstring</u>	1 1 1 as a Mo ension Sets 1	x x x ovement nal Mov Reps/D x	5 EA 5 EA 5 EA : Warm-U vement uration 5 EA	Series War	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square m-Up Notes Eyes Follow Reach			
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C D E F <u>Block 4</u> <u>Order</u> A B C D E E F G <u>Block 5</u> <u>Order</u> A B C	Lunge to High Knee Pull Across Rev. Lunge to High Knee Pull Open Ankle Tug Quad Ham Perform A-F <u>Multi-Dim</u> Exercise Spiderman-Reach-Hamstring Kneel. 3-Way Hip Flex + OH Reach Standing T-Up Rotation Staggered Stance Squat Staggered Stance 3-Way RDL Lateral to Cross-Under Lunge <u>45° Glute Hydrant</u> Perform A-G as a Multi <u>Exercise</u> Skip and Scoop Rev. Skip and Scoop High Knee Heel Up	1 1 1 as a Mo ension Sets 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	x x x vement nal Mov Reps/D x x x x x x x x x x x x x x x x x x x	5 EA 5 EA 3 EA 5 EA 5 EA 5 EA 5 EA 5 EA 5 EA 3 EA 3 05 EA 3 05 EA 3 05 EA 107 07 107 107	Series War Load Green/Blue nt Warm-Up S Varm-Up	Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square m-Up Notes Eyes Follow Reach Max Hip ROM Max Hip ROM, Knee Locked Out Toes Straight Ahead, Drive Back Knee 3-FWD, 3-RT, 3-LT, EA Leg Keep Feet Flat, Hips Square Glutes in all three planes eries Notes Maintain Body Position Maintain Body Position Drive Knee Up, Heel to Glute			
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4.4 Glute Isometric Training Protocols

The glute isometric protocols, which are implemented throughout the glute layering system provided in section one are shown in the following pages. Each of the first three levels increases in intensity as the duration of isometric training is increased. Level four trains the glute isometrically in a shortened state, while level five implements training with the glute in a lengthened state. By training the mid-range, shortened, and lengthened glute positions, the neural drive to these primary movers is enhanced to the fullest extent. Each of these levels are shown in the order of their utilization.

SECTION 4 | Triphasic Lacrosse Training Manual

	Triphasic Lacrosse Training Manual									
	Glute Activation									
Block 1	Block 1 Level 1 Progression									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DL DA Band Iso with Focal Point	1	х	2m	Green/Blue					
В	Band Clamshell	1	х	1m EA	Green/Blue					
С	Forward Cross-Crawl	1	х	1m EA	Green/Blue					
D	Straight Leg BW Raise	1	х	1m EA	Green/Blue					
E	Cross-Under Lunge	1	х	1m EA	Green/Blue					
F	<u>Fire Hydrant @ 45° BW</u>	1	х	1:30 EA	Green/Blue					
G	Cross-Under Lunge Crawl	1	х	1m EA	Green/Blue					
н	DL DA Band Iso with Focal Point	1	х	Max	Green/Blue					
	Perform A-H a	as the Le	vel 1 Glu	ite Activa	tion Series					

	Triphasic Lacrosse Training Manual									
	Glute Activation									
Block 1	Level 2 Progression									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	DL DA Band Iso with Focal Point	1	х	2m	Green/Blue					
В	<u>Fire Hydrant @ 45° BW</u>	1	х	1:30 EA	Green/Blue					
С	Quadruped Straight Leg SL Glute Iso	1	х	1m EA	Green/Blue					
D	Straight Leg BW Raise	1	х	1m EA	Green/Blue					
Е	Cross-Under Lunge	1	х	30s EA	Green/Blue					
F	<u>SL Hip Bridge</u>	1	х	1m EA	Green/Blue					
G	SL Glute Wind-Up Iso	1	х	1m EA	Green/Blue					
н	Band Clamshell	1	х	1m EA	Green/Blue					
I	Forward Cross-Crawl	1	х	30s EA	Green/Blue					
J	<u>Fire Hydrant @ 45° BW</u>	1	х	1m EA	Green/Blue					
К	DL DA Band Iso with Focal Point	1	х	Max	Green/Blue					
	Perform A-K as	the Le	vel 2 Glu	te Activa	tion Series					

SECTION 4 | Triphasic Lacrosse Training Manual

	Triphasic Lacrosse Training Manual									
	Glute Activation									
Block 1	Block 1 Level 3 Progression									
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Fire Hydrant @ 45° BW	1	х	2m EA	Green/Blue					
В	SL Hip Bridge	1	х	1:30 EA	Green/Blue					
C	Band Clamshell	1	х	2m EA	Green/Blue					
D	Quadruped Straight Leg SL Glute Iso	1	х	2m EA	Green/Blue					
E	SL Glute Wind-Up Iso	1	х	1:30 EA	Green/Blue					
F	Straight Leg BW Raise	1	х	2m EA	Green/Blue					
G	Fire Hydrant @ 45° BW 1 x 2m EA Green/Blue									
	Perform A-G as	s the Le	vel 3 Glu	ite Activa	tion Series					

	Triphasic Lacrosse Training Manual									
	Glute Activation									
Block 1	Block 1 Level 4 Progression									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	1/2 Kneeling Lunge Abduction	1	х	1m EA	Green/Blue					
В	Fire Hydrant @ 45° BW	1	х	1m EA	Green/Blue					
С	Forward Cross-Crawl	1	х	30s EA	Green/Blue					
D	Standing Band + Ext. Rotation	1	х	1m EA	Green/Blue					
E	Band Clamshell	1	х	1m EA	Green/Blue					
F	Cross-Under Lunge	1	х	30s EA	Green/Blue					
G	Quadruped Kick Back + Ext. Rotation	1	х	1m EA	Green/Blue					
Н	H Side Plank Abduction 1 x 1m EA Green/Blue									
	Perform A-H as	the Le	vel 4 Glu	ite Activa	tion Series					

SECTION 4 | Triphasic Lacrosse Training Manual

	Triphasic Lacrosse Training Manual									
	Glute Activation									
Block 1	Block 1 Level 5 Progression									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	SL Glute Wind-Up Iso	1	х	1m EA	Green/Blue					
В	90/90 Glute Bridge	1	х	1m EA	Green/Blue					
С	Forward Cross-Crawl	1	х	30s EA	Green/Blue					
D	Cross-Under Lunge Iso	1	х	1m EA	Green/Blue					
E	SL Step Down Iso	1	х	1m EA	Green/Blue					
F	Cross-Under Lunge	1	х	30s EA	Green/Blue					
G	SL Skater Squat Iso	1	х	1m EA	Green/Blue					
н	H Lateral Lunge + Int. Rotation 1 x 1m EA Green/Blue									
	Perform A-H as	s the Le	vel 5 Glu	ite Activa	tion Series					

4.5 3-D Contralateral Training & Metabolic Sandbell Circuit

The 3-D contralateral and metabolic sandbell circuits implemented throughout the oxidative training blocks and download weeks are demonstrated in the pages to follow, respectively.

	Triphasic Lacrosse Training Manual								
	Aerobic Block	Cor	ntrala	atera	l 3-D Cir	rcuit			
Block 1		3-	D Trair	ing Circ	uit				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes			
Α	L Step Up to R Band Row	1	х	25-35s					
В	<u>R Step Up to L Band Row</u>	1	х	25-35s					
С	<u>L Split Squat to R DB OH Press</u>	1	х	25-35s					
D	R Split Squat to L DB OH Press	1	х	25-35s					
E	<u>L Piston Squat to R Band Row</u>	1	х	25-35s					
F	<u>R Piston Squat to L Band Row</u>	1	х	25-35s					
G	RDL to Viper OH Rot. Press	1	х	25-35s					
н	L Lateral Lunge to R Band Row	1	х	25-35s					
I	<u>R Lateral Lunge to L Band Row</u>	1	х	25-35s					
J	L SL RDL to Viper Press	1	х	25-35s					
к	<u>R SL RDL to Viper Press</u>	1	х	25-35s					
L	<u>L Cross-Under Lunge with L Band Row</u>	1	х	25-35s					
м	<u>R Cross-Under Lunge with R Band Row</u>	1	х	25-35s					
N	L Step Up to R DB OH Press	1	х	25-35s					
0	<u>R Step Up to L DB OH Press</u>	1	х	25-35s					
Р	<u>L Rot. Lunge with R Band Press</u>	1	х	25-35s					
Q	<u>R Rot. Lunge with L Band Press</u>	1	х	25-35s					
R	<u>RDL to Band Row</u>	1	х	25-35s					
S	<u>L FWD Lunge with Viper Rot. Press</u>	1	х	25-35s					
Т	<u>R FWD Lunge with Viper Rot. Press</u>	1	х	25-35s					
U	RDL to L Band Rotational Row	1	х	25-35s					
v	RDL to R Band Rotational Row	1	х	25-35s					
w	L Piston Squat to Viper Press	1	х	25-35s					
Х	<u>R Piston Squat to Viper Press</u>	1	х	25-35s					
Y	<u>L Lateral Lunge to R DB OH Press</u>	1	х	25-35s					
Z	<u>R Lateral Lunge to L DB OH Press</u>	1	х	25-35s					
AA	<u>L SL Deadlift to R DB Row</u>	1	х	25-35s					
AB	<u>R SL Deadlift to L DB Row</u>	1	х	25-35s					
AC	RDL to Band Face Pull	1	х	25-35s					
AD	L Split Squat with R Band Row	1	x	25-35s					
AE	R Split Squat to L Band Row	1	х	25-35s					
AF	L SL Deadlift to R Plate Press	1	х	25-35s					
AG	<u>R SL Deadlift to L Plate Press</u>	1	x	25-35s					
AH	RDL to Viper OH Press	1	x	25-35s					
AI	L Rev. Lunge to R Band Row	1	х	25-35s					
AJ	R Rev. Lunge to L Band Row	1	х	25-35s					
AK	Staggered RDL to L Band Press	1	х	25-35s					
AL	Staggered RDL to R Band Press	1	x	25-35s					
	Perform A-AL as the	3-D Aer	obic Co	ntralatera	al Training Circ	cuit			

	Triphasic Lacrosse Training Manual									
	Metabo	lic S	and	oell C	ircuit					
Block 1		Meta	bolic Sa	andbell	<u>Circuit</u>					
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	Deadlift	1	x	25-35s	6-10 lbs					
В	Squat to OH Press	1	х	25-35s	6-10 lbs					
C	<u>Lateral Lunge - Left</u>	1	х	25-35s	6-10 lbs					
D	Lateral Lunge - Right	1	х	25-35s	6-10 lbs					
E	SL RDL to Hip Flexion - Left	1	х	25-35s	6-10 lbs					
F	SL RDL to Hip Flexion - Right	1	х	25-35s	6-10 lbs					
G	Front Plank with FWD Reach - Left	1	х	25-35s	6-10 lbs					
Н	Front Plank with FWD Reach - Right	1	х	25-35s	6-10 lbs					
I	<u>SL Skater Squat - Left</u>	1	х	25-35s	6-10 lbs					
J	<u>SL Skater Squat - Right</u>	1	х	25-35s	6-10 lbs					
К	External Feet Deadlift	1	х	25-35s	6-10 lbs					
L	<u>Rotational Lunge - Left</u>	1	х	25-35s	6-10 lbs					
м	<u> Rotational Lunge - Right</u>	1	х	25-35s	6-10 lbs					
N	Deadlift to Rotational Press - Left Press	1	х	25-35s	6-10 lbs					
0	Deadlift to Rotational Press - Right Press	1	х	25-35s	6-10 lbs					
Р	RDL with FWD Reach	1	х	25-35s	6-10 lbs					
Q	Side Plank with Stability Press - Left	1	х	25-35s	6-10 lbs					
R	Side Plank with Stability Press - Right	1	х	25-35s	6-10 lbs					
S	<u>Cross-Under Lunge - Left</u>	1	х	25-35s	6-10 lbs					
Т	<u>Cross-Under Lunge - Right</u>	1	х	25-35s	6-10 lbs					
U	<u>Split Squat to OH Press - Left</u>	1	х	25-35s	6-10 lbs					
v	<u>Split Squat to OH Press - Right</u>	1	х	25-35s	6-10 lbs					
w	Ankling to SA Punch - Left	1	х	25-35s	6-10 lbs					
Х	Ankling to SA Punch - Right	1	х	25-35s	6-10 lbs					
Y	<u>OH Squat</u>	1	х	25-35s	6-10 lbs					
Z	<u>Glute Wind-Up - Left</u>	1	х	25-35s	6-10 lbs					
AA	<u>Glute Wind-Up - Right</u>	1	х	25-35s	6-10 lbs					
AB	<u>Front Plank "Around the World" - Left</u>	1	х	25-35s	6-10 lbs					
AC	<u>Front Plank "Around the World" - Right</u>	1	х	25-35s	6-10 lbs					
AD	<u>SL RDL Position SA Y - Left</u>	1	х	25-35s	6-10 lbs					
AE	SL RDL Position SA Y - Right	1	х	25-35s	6-10 lbs					
AF	FWD Lunge with Rotational Press - Left	1	х	25-35s	6-10 lbs					
AG	FWD Lunge with Rotational Press - Right	1	х	25-35s	6-10 lbs					
AH	SL Ankling with Punch - Left	1	х	25-35s	6-10 lbs					
AI	SL Ankling with Punch - Right	1	х	25-35s	6-10 lbs					
AJ	OH Reverse Lunge - Left	1	х	25-35s	6-10 lbs					
AK	OH Reverse Lunge - Right	1	x	25-35s	6-10 lbs					
	Perform A-AK	as the	Metabo	lic Sandb	ell Circuit					

4.6 The Implementation of the Triphasic Lacrosse Training Model

The remainder of this section demonstrates every program implemented throughout the Triphasic Lacrosse Training Model. These programs demonstrate each of the concepts described throughout the entirety of this manual. Every new heading represents a new training block being utilized. A brief overview of each block is given, along with the goal adaptations of each of these training blocks. Every performance coach should now understand each of the concepts implemented in this training manual. Now these concepts are shown in their application within the Triphasic Lacrosse Training Model.

4.7 Rest (Weeks 1-2)

Two weeks of rest are allotted for athletes immediately following post-season. This allows an athlete to recover both physically and mentally from the taxing season. This time period is critical for every athlete as the season is extremely fatiguing.

Goal Adaptations of Block:

• Rest and Recover, both physically and mentally

4.8 Oxidative Training Block (Weeks 3-4)

Two weeks of oxidative training are completed as the first block of the Triphasic Lacrosse Training Model. It is this physical performance quality that lays the foundation for all other qualities and skills to be built upon. For this reason, the specific training of this energy system must be improved prior to any other quality required in the sport of lacrosse. Training and running days are all completed in an oxidative fashion. This training in this block includes the glute layering system, described in section one, and other circuit style methods.

Goal Adaptations of Block:

- Learn how to, and then utilize glutes as primary drivers of movement
- Increase oxygen availability
- Enhance blood flow and efficiency
- Increase mitochondrial density
- Increase oxidative enzymes
- Improve clearance of metabolites
- Ultimately improve the athlete's "drain"

	Triphasic Lacrosse Training Manual								
Oxidative 6-Day Elite Training Block Week 3 - Monday									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	(Dxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
A	3-D Contralateral Circuit	1	х	25s		Complete As Many Reps As Possible			
	Perfo	rm A fo	or 1 Set (@ 25s on	10s off				
Block 3	<u>Oxi</u>	idative	e Energ	y Systei	m Conditior	ning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Injury Prevention Running	2	х	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal			
	Perform A for 2	2 Sets o	f 5 min;	1:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 3 - Tuesday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to T	raining				
Block 2		Oxidat	ive Ene	ergy Sys	tem Training	2				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Wall Sit</u>	1	х	5m		5 minute Isometric				
В	DB Bench	1	х	5m	25-30%	5 minute Isometric				
C	Supine Glute Ham Back	1	х	5m	25-30%	5 minute Isometric				
D	<u>Left Leg Lunge</u>	1	х	5m		5 minute Isometric				
E	DB Prone Row	1	х	5m	25-30%	5 minute Isometric				
F	<u>Right Leg Lunge</u>	1	х	5m		5 minute Isometric				
	Perform A-F for 5	minute	es Each;	3:00 Res	t Between Exer	rcises				

	Triphasic Lacrosse Training Manual								
Oxidative 6-Day Elite Training Block Week 3 - Wednesday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	1 Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>Ox</u>	idative	e Energ	y Systei	m Conditior	ning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Threshold Training	4	х	4m		Running at Max Heart Rate			
	Perform A for 4	1 Sets o	f 4 min;	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 3 - Thursday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	(Glute	Functio	on Serie	es Warm-Up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a Glu	ute Fui	ntion Wa	irm-Up S	eries Prior to	Training				
Block 2	<u>0</u>	xidat	ive Ene	rgy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perfor	m A fo	or 1 Set (م	10s off					
Block 3	<u>Oxic</u>	dative	e Energ	y Systei	m Condition	ling				
A	Metabolic Injury Prevention Running	2	х	6m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 2	Sets o	f 6 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 3 - Friday								
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to T	Training			
Block 2	<u>(</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Sandbell Circuit	1	x 25s			Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 3 - Saturday									
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Cardiac Output	1	х	35m		Heart Rate Between 135-155				
	Perform A for 1 Set for 35m; Ca	an Be C	omplete	d Throug	h Running, Bi	king, or an Elliptical				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 4 - Monday									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up	<u>)</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	30s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 30s on	10s off					
Block 3	<u>Oxi</u>	idative	e Energ	y Systei	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Injury Prevention Running	3	х	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 3	8 Sets o	f 5 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 4 - Tuesday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to T	raining				
Block 2		Oxidat	ive Ene	ergy Sys	tem Training	2				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Wall Sit</u>	1	х	5m		5 minute Isometric				
В	DB Bench	1	х	5m	25-30%	5 minute Isometric				
С	Supine Glute Ham Back	1	х	5m	25-30%	5 minute Isometric				
D	<u>Left Leg Lunge</u>	1	х	5m		5 minute Isometric				
E	DB Prone Row	1	х	5m	25-30%	5 minute Isometric				
F	<u>Right Leg Lunge</u>	1	х	5m		5 minute Isometric				
	Perform A-F for 5	minute	es Each;	2:30 Res	t Between Exer	rcises				

	Triphasic Lacrosse Training Manual								
C	Oxidative 6-Day Elite Training Block Week 4 - Wednesday								
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	35 EA					
В	Banded Other 4 Toe Work	1	х	35 EA					
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	Threshold Training	4	x 6m			Running at Max Heart Rate			
	Perform A for 4	l Sets o	f 6 min;	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 4 - Thursday									
Pre	Pre-T	rainin	g, Mult	i-Dimeı	nsional War	m-Up				
Block 1		Glute	Functio	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
C	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a Gl	ute Fui	ntion Wa	ırm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Dxidat	ive Ene	rgy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	30s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 30s on	10s off					
Block 3	<u>Oxi</u>	dative	e Energ	y Systei	m Condition	ling				
Α	Metabolic Injury Prevention Running	3	х	6m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 3	Sets o	f 6 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 4 - Friday								
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	35 EA					
В	Banded Other 4 Toe Work	1	х	35 EA					
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to T	Fraining			
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Sandbell Circuit	1	x 30s			Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 30s on	10s off				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 4 - Saturday									
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Cardiac Output	1	х	45m		Heart Rate Between 135-155				
	Perform A for 1 Set for 45m; Ca	an Be C	omplete	d Throug	gh Running, Bi	king, or an Elliptical				

4.9 Capacity Strength Training Block (Weeks 5-7)

Once an oxidative foundation is built, strength becomes the training goal for the next two weeks. The strength quality lays the foundation for all force producing capabilities. By training this physical performance quality in a capacity fashion, an athlete continues to build a strong foundation. The generalized strength and force producing capabilities improved in this block play a key role in athletic advancement throughout the off-season. Training days are completed to improve the strength of an athlete while running days are implemented to improve the glycolytic energy system. Due to the capacity nature of training in this block, these skills can be trained simultaneously. However, if quality training is completed this would not be possible.

Goal Adaptations of Block:

- Increase general force production capabilities
- Improve tolerance of metabolites
- Ultimately improve an athlete's "sink" size

	Triphasic Lacr			<u> </u>						
Ca	Cap. Strength 5-Day Elite Training Block Week 5 - Monday									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Lower Body Warm-up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Back Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
	Perform A as a				Sets					
	1:00 Min	ute Res	st Betwe	en Sets						
Block 2 Lower Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Back Squat</u>	15	х	3	65%					
В	Ankle Wipers	7	х	10 EA		Max ROM, No Knee Mvmt				
C	Kneel. 3-Way Hip Flex	7	х	5 EA		5-FWD,5-LT,5-RT, EA Leg				
	Perform A-C Simultaneously			<u> </u>						
	25 Seconds Rest Between E	Exercise	es; 1:15 r	minutes k	oetween Rour	nds				
Block 3	<u>Lc</u>	ower [Dynami	c Streng	<u>gth</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Staggered Stance RDL	10	х	3 EA	55%	3 Sec Ecc, Max Speed				
В	<u>Glute Wind-Up</u>	5	х	4 EA		Wind-Up Around Glute				
	Perform A-B		,							
	25 Seconds Rest Between E	Exercise	es; 0:45 s	seconds b	oetween Rour	nds				
Block 4	<u>Lc</u>	ower A	Auxiliar	y Streng	<u>gth</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	DB Lateral Lunge	4	х	8 EA	65%					
В	<u>Bench Glute</u>	4	х	10 EA						
	Perform A-B									
	25 Seconds	s Rest B	etween	Exercises	5					
Block 5	<u>Lc</u>	ower A	Auxiliar	y Streng	<u>gth</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>SE Glute Bar Lift</u>	3	х	8	65%					
В	Hip Flex Prone	3	х	10 EA						
С	<u>Nordic Ham</u>	3	х	6		5 Sec Ecc, Drive Hips FWD				
	Perform A-C									
	25 Seconds									

	Triphasic Lacrosse Training Manual							
Ca	Cap. Strength 5-Day Elite Training Block Week 5 - Tuesday							
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up							
Block 1		Upper	Body V	Narm-u	<u>p</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up		
	Perform A as a				Sets			
	1:00 Min	ute Res	st Betwe	en Sets				
Block 2		Upper	^r Body S	Strengtl	<u>1</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	Bench Press	15	х	3	65%			
В	<u>Cuban Press</u>	7	х	8		5 LB Plate		
Perform A-B Simultaneously for 15 Sets								
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds								
Block 3	<u>U</u>	Upper Dynamic Strength						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	<u>DB Bent Over Row</u>	10	х	3 EA	55%	3 Sec Ecc, Max Speed		
В	DB Reverse Fly	5	х	8				
	Perform A-B							
	25 Seconds Rest Between E	Exercise	es; 0:45 s	econds k	between Rour	ıds		
Block 4	<u>U</u>	pper /	Auxiliar	y Stren	<u>gth</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	DB Shoulder Press	4	х	8	65%			
В	Swiss Ball Roll-Out	4	х	10				
	Perform A-B		/					
	25 Seconds	s Rest B	etween	Exercises	5			
Block 5	<u>U</u>	pper A	Auxiliar	y Stren	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes		
A	<u>Chin-Up</u>	3	х	8		Add Wt. If Possible		
В	Palloff Press	3	х	8 EA		Athletic Stance		
C	JM DB Press	3	х	8	65%			
	Perform A-C							
	25 Seconds	s Rest B	etween	Exercises	5			

	Triphasic Lacrosse Training Manual							
Cap. Strength 5-Day Elite Training Block Week 5 - Wednesday								
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up							
Block 1	<u>Oxidativ</u>	e Ene	rgy Syst	tem Co	nditioning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Threshold Training	3	х	9m		Running at Max Heart Rate		
	Perform A for 3 Sets of 9 min; 2:30 rest between rounds							

Triphasic Lacrosse Training Manual											
Cap. Strength 5-Day Elite Training Block Week 5 - Thursday											
Pre	Pre-Training, Multi-Dimensional Warm-Up										
Block 1		Lower Body Warm-up									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
А	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up					
	Perform A as a				Sets						
1:00 Minute Rest Between Sets											
Block 2		Lowei	r Body S	Strength	<u>1</u>						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
A	<u>Hex Bar Deadlift</u>	15	х	2	65%						
В	<u>SL Squat</u>	7	х	10 EA		Drive Knee FWD					
C	<u>Common Lunge Matrix</u>	7	х	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT					
	Perform A-C Simultaneously										
	25 Seconds Rest Between I	Exercise	es; 1:15 r	ninutes k	between Rou	nds					
Block 3	lock 3 Lower Dynamic Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	DB Rear Foot Elevated Split Squat	10	х	3 EA	55%	3 Sec Ecc, Max Speed					
В	Banded Lying Hip Flexor	5	х	10 EA		3 Sec Iso-10 EA Leg					
		~ · · ·	noouchy	for 10 Se	ets						
	Perform A-B										
	Perform A-B 25 Seconds Rest Between I				oetween Rou	nds					
Block 4	25 Seconds Rest Between I	Exercise	es; 0:45 s			nds					
Block 4	25 Seconds Rest Between I	Exercise	es; 0:45 s	econds k y Stren g		nds Notes					
	25 Seconds Rest Between I <u>Le</u>	Exercise Swer /	es; 0:45 s Auxiliar	econds k y Stren g	<u>gth</u>	_					
<u>Order</u>	25 Seconds Rest Between I Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u>	xercise ower / Sets 4 4	es; 0:45 s Auxiliar Reps/D X x	econds b y Strens uration 8 EA 10 EA	gth Load 65%	_					
Order A	25 Seconds Rest Between I Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B	Sets Sets 4 Simult	es; 0:45 s Auxiliar Reps/D X x aneously	econds b y Strens uration 8 EA 10 EA / for 4 Se	ts	_					
Order A	25 Seconds Rest Between I Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u>	Sets Sets 4 Simult	es; 0:45 s Auxiliar Reps/D X x aneously	econds b y Strens uration 8 EA 10 EA / for 4 Se	ts	_					
Order A	25 Seconds Rest Between H Lo <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Seconds	Exercise Dwer / Sets 4 Simult S Rest B	es; 0:45 s Auxiliar Reps/D x x aneously setween	econds b y Strens uration 8 EA 10 EA / for 4 Se	ts	_					
Order A B	25 Seconds Rest Between H Lo <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Seconds	Exercise Dwer / Sets 4 4 Simult 5 Rest B	es; 0:45 s Auxiliar Reps/D x x aneously setween	econds b y Strens uration 8 EA 10 EA / for 4 Se Exercises y Strens	ts	_					
Order A B B Block 5	25 Seconds Rest Between I <u>La</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Seconds <u>La</u> <u>Exercise</u> <u>Glute Ham Bar Lift</u>	Exercise Dwer A Sets 4 Simult Simult SRest B Dwer A	es; 0:45 s Auxiliar Reps/D x x aneously setween Auxiliar	econds b y Strens uration 8 EA 10 EA / for 4 Se Exercises y Strens	ts gth	Notes					
Order A B Block 5 <u>Order</u>	25 Seconds Rest Between H Lo Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Lo Exercise Glute Ham Bar Lift Body Weight Plank	Sets Sets 4 Simult Rest B Sets 3 3	es; 0:45 s Auxiliar Reps/D x x aneously setween Auxiliar Reps/D	econds b y Strens uration 8 EA 10 EA / for 4 Se Exercises y Strens uration	ts th Load 65% ts ts ts ts th Load	Notes					
Order A B B Block 5 Order A	25 Seconds Rest Between H La Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds La Exercise Glute Ham Bar Lift Body Weight Plank DB Lateral Step Up	Sets Simult Simult Sets Sets Sets Sets 3 3 3 3	es; 0:45 s Auxiliar Reps/D x aneously setween Auxiliar Reps/D x x x x	seconds b y Strens uration 8 EA 10 EA r for 4 Se Exercises y Strens uration 8 1:00 8 EA	Load 65% ts 5 gth Load 65%	Notes					
Order A B Block 5 Order A B	25 Seconds Rest Between H Lo Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Lo Exercise Glute Ham Bar Lift Body Weight Plank	Xercise Sets 4 4 Simult Simult Sets 3 3 3 Simult Simult	es; 0:45 s Auxiliar Reps/D x aneously Between Auxiliar Reps/D x x x x aneously	seconds b y Strens uration 8 EA 10 EA / for 4 See Exercises y Strens uration 8 1:00 8 EA / for 3 Se	Load 65% ts 5 5 65% 65% 65% 65%	Notes					

Triphasic Lacrosse Training Manual											
Cap. Strength 5-Day Elite Training Block Week 5 - Friday											
<u>Pre</u>	Pre-Trainir	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up					
Perform A as a Warm-Up for Heavier Sets											
	1:00 Min	ute Re	st Betwee	en Sets							
Block 2		Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	<u>Pull-Up</u>	15	х	3		Add Wt. If Possible					
В	<u>Plate A Raise</u>	7	х	8		5 LB Plate					
	Perform A-B Simultaneously for 15 Sets										
25 Seconds Rest Between Exercises; 1:00 minutes between Rounds											
Block 3	<u>U</u>	Upper Dynamic Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	DB Incline Press	10	х	3	55%	3 Sec Ecc, Max Speed					
В	Cable Face Pull	5	х	8		1 Sec Iso					
	Perform A-B										
	25 Seconds Rest Between B	Exercise	es; 0:45 s	econds k	between Rou	nds					
Block 4	<u>U</u>	Upper Auxiliary Strength									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	Inverted Row	4	х	8		Add Wt. If Possible					
В	<u>3 Way DB Raise</u>	4	х	8 EA		8 Front, 8 Lateral, 8 Rev. Fly					
	Perform A-B										
	25 Seconds	s Rest B	letween	Exercises	5						
Block 5	ock 5 Upper Auxiliary Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
A	DB Bench Press	3	х	8	65%	Alternating Arms					
В	Cable Walkout	3	х	3 EA		Athletic Stance, 3 Steps Out, 3 EA					
С	BB Shrug	3	х	10	60%	1 Sec Iso					
	Perform A-C		,								
	25 Seconds	s Rest B	letween	Exercises	5						

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Ca	p. Strength 5-Day Elite							
<u>Pre</u>	Pre-Trainir	ng, Mu	<u>ılti-Dim</u>	ension	al Warm-U	<u>p</u>		
Block 1		Lower	Body \	Narm-u	p			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
A	<u>Back Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up		
	Perform A as a				Sets			
	1:00 Min	ute Re	st Betwe	en Sets				
Block 2		Lower Body Strength						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	Back Squat	15	x	2	70-80%	7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80%		
В	Ankle Wipers	7	х	10 EA		Max ROM, No Knee Mvmt		
С	Kneel. 3-Way Hip Flex	7	х	5 EA		5-FWD,5-LT,5-RT, EA Leg		
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C								
	25 Seconds Rest Between I	Exercise	es; 1:15 r	minutes k	between Rou	nds		
Block 3	Lo	ower [Dynami	c Streng	gth			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
А	Staggered Stance RDL	10	х	3 EA	60%	3 Sec Ecc, Max Speed		
В	<u>Glute Wind-Up</u>	5	х	4 EA		Wind-Up Around Glute		
	Perform A-B							
	25 Seconds Rest Between B	Exercise	es; 0:45 s	seconds k	between Rou	nds		
Block 4	<u>Lc</u>	ower A		y Stren	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	DB Lateral Lunge	4	х	8 EA	70%			
В	Bench Glute	4	Х	12 EA				
	Perform A-B							
	25 Seconds							
Block 5		ower A		<u>y Stren</u>	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes		
Α	<u>SE Glute Bar Lift</u>	3	х	8	70%			
В	Hip Flex Prone	3	х	12 EA		ļ		
C	Nordic Ham	3	x	6		5 Sec Ecc, Drive Hips FWD		
	Perform A-C							
	25 Seconds	s Rest B	etween	Exercises	5			

	Triphasic Lacrosse Training Manual								
Ca	p. Strength 5-Day Elite	Trai	ining	Bloc	k Weeł	6 - Tuesday			
<u>Pre</u>	Pre-Trainir	ıg, Mι	ı <mark>lti-Dim</mark>	ension	al Warm-U	<u>0</u>			
Block 1		Upper	Body \	Warm-u	p				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up			
	Perform A as a				Sets				
	1:00 Min	ute Re	st Betwe	en Sets					
Block 2		Uppei	Body S	<u>Strengtl</u>	<u>1</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Bench Press	15	х	2	70-80%	7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80%			
В	<u>Cuban Press</u>	7	х	8		5 LB Plate			
Perform A-B Simultaneously for 15 Sets									
	25 Seconds Rest Between B	Exercise	es; 1:15 r	minutes k	between Rou	nds			
Block 3	<u>U</u>	pper l	Dynami	c Stren	<u>gth</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	DB Bent Over Row	10	х	3 EA	60%	3 Sec Ecc, Max Speed			
В	DB Reverse Fly	5	x	8					
	Perform A-B								
	25 Seconds Rest Between B		-			nds			
Block 4				y Stren					
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes			
A	DB Shoulder Press	4	Х	8	70%				
В	<u>Swiss Ball Roll-Out</u> Perform A-B	4 Simult	X	12 (for 4 So	+c				
	25 Seconds								
Block 5	<u>U</u>	pper /	Auxiliar	y Stren	<u>gth</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	<u>Chin-Up</u>	3	х	8		Add Wt. If Possible			
В	Palloff Press	3	х	10 EA		Athletic Stance			
С	JM DB Press	3	X	8	70%				
	Perform A-C								
	25 Seconds	s Rest B	etween	Exercises	5				

	Triphasic Lacrosse Training Manual						
Сар	Cap. Strength 5-Day Elite Training Block Week 6 - Wednesday						
Pre	Pre-Running, Multi-Dimensional Warm-Up						
Block 1	Glycolytic Energy System Conditioning						
DIOCK I	Olycolyc		51 010		U		
Order	Exercise	Sets	Reps/D		Load	Notes	
						Notes Sprinting at Max Speed	

	Triphasic Lacr	osse	e Trai	ining	Manua	al		
Ca	p. Strength 5-Day Elite	Trai	ning	Bloc	< Week	6 - Thursday		
<u>Pre</u>	Pre-Trainii	ng, Mu	<mark>ılti-Dim</mark>	ension	al Warm-U	<u>0</u>		
Block 1		Lower	· Body \	Narm-u	<u>p</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
A	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up		
	Perform A as a				Sets			
	1:00 Min							
Block 2		Lowe	-	Strengtl	<u>1</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	Hex Bar Deadlift	15	x	2	70-80%	7 sets @ 70%, 2 sets @ 72.5%, 2 sets @ 75%, 2 sets @ 77.5%, 2 sets @ 80%		
В	<u>SL Squat</u>	7	х	10 EA		Drive Knee FWD		
С	<u>Common Lunge Matrix</u>	7	х	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT		
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C								
	25 Seconds Rest Between I	Exercise	es; 1:15 r	minutes k	oetween Rou	nds		
Block 3		ower I	Dynami	c Streng	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	DB Rear Foot Elevated Split Squat	10	х	3 EA	60%	3 Sec Ecc, Max Speed		
В	Banded Lying Hip Flexor	5	x	10 EA		3 Sec Iso-10 EA Leg		
	Perform A-B		,					
25 Seconds Rest Between Exercises; 0:45 seconds between Rounds								
			,			nds		
Block 4	La	ower A	Auxiliar	y Stren	<u>gth</u>	-		
<u>Order</u>	<u>Le</u> <u>Exercise</u>	Ower A Sets	Auxiliar Reps/D	y Stren	<u>gth</u> Load	nds Notes		
Order A	<u>La</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u>	Sets	Auxiliar Reps/D ×	y Strens uration 8 EA	<u>gth</u>	-		
<u>Order</u>	<u>La</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u>	Sets 4 4	Auxiliar Reps/D x x	y Strens uration 8 EA 12 EA	g <u>th</u> Load 70%	-		
Order A	<u>Le</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B	Sets 4 Simult	Auxiliar Reps/D x x aneously	y Streng uration 8 EA 12 EA y for 4 Se	ts	-		
Order A B	Le Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds	Sets 4 4 Simult s Rest B	Auxiliar Reps/D x x aneously setween	y Strens uration 8 EA 12 EA y for 4 Se Exercises	ts	-		
Order A B B Block 5	Le Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds	Sets 4 5 Simult 5 Rest B 5 Wer A	Auxiliar Reps/D x x aneously setween Auxiliar	y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren;	ts gth gth	Notes		
Order A B Block 5 <u>Order</u>	Le Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Le Exercise	Sets 4 5 Simult 5 Rest B 5 Wer A Sets	Auxiliar Reps/D x aneously etween Auxiliar Reps/D	y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren; uration	ts State Load 70% ts State Load	-		
Order A B B Block 5	Lo Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Lo Exercise Glute Ham Bar Lift	Sets 4 5 Simult 5 Rest B 5 Wer A	Auxiliar Reps/D x x aneously setween Auxiliar	y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren;	ts gth gth	Notes		
Order A B B Block 5 Order A	Le Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Le Exercise	Sets 4 5 Simult 5 Rest B 5 Sets 3	Auxiliar Reps/D x aneously Between Auxiliar Reps/D x	y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren; uration 8	ts State Load 70% ts State Load	Notes		
Order A B B Block 5 Order A B	Le Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds Le Exercise Glute Ham Bar Lift Body Weight Plank	Sets 4 5 Simult 5 Rest B 5 Sets 3 3 3 3 3	Auxiliar Reps/D x x aneously setween Auxiliar Reps/D x x x x x x	y Stren; uration 8 EA 12 EA / for 4 Se Exercises y Stren; uration 8 1:15 8 EA	Load 70% ts 5 gth Load 70%	Notes		

	Triphasic Lacr			<u> </u>				
C	Cap. Strength 5-Day Elite	e Tra	ainin	g Blo	ck Wee	ek 6 - Friday		
<u>Pre</u>	Pre-Trainir	ng, Mu	<mark>ılti-Dim</mark>	ension	al Warm-U	<u>o</u>		
Block 1		Upper	Body V	Narm-u	p			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up		
Perform A as a Warm-Up for Heavier Sets								
1:00 Minute Rest Between Sets								
Block 2		Upper	Body S	Strengtl	<u>1</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>Pull-Up</u>	15	х	3		Add Wt. If Possible		
В	<u>Plate A Raise</u>	7	х	8		5 LB Plate		
	Perform A-B							
	25 Seconds Rest Between E	Exercise	es; 1:00 r	ninutes k	oetween Rou	nds		
Block 3	<u>U</u>	pper [Dynami	c Stren	<u>gth</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
А	DB Incline Press	10	х	3	60%	3 Sec Ecc, Max Speed		
В	Cable Face Pull	5	х	8		1 Sec Iso		
	Perform A-B							
	25 Seconds Rest Between E	Exercise	es; 0:45 s	econds b	oetween Rou	nds		
Block 4	<u>U</u>	pper A	Auxiliar	y Stren	<u>gth</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Inverted Row	4	х	10		Add Wt. If Possible		
В	<u>3 Way DB Raise</u>	4	х	8 EA		8 Front, 8 Lateral, 8 Rev. Fly		
	Perform A-B		/					
	25 Seconds							
Block 5	<u>U</u>	pper A	Auxiliar	y Stren	<u>gth</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	DB Bench Press	3	Х	8	70%	Alternating Arms		
В	<u>Cable Walkout</u>	3	х	3 EA		Athletic Stance, 3 Steps Out, 3 EA		
С	<u>BB Shrug</u>	3	х	10	65%	1 Sec Iso		
	Perform A-C							
	25 Seconds	s Rest B	etween	Exercises	5			

	Triphasic Lacr	osse	e Trai	ining	Manua			
Ca	p. Strength 5-Day Elite							
<u>Pre</u>	<u>Pre-Trainir</u>	ng, Mu	<u>ılti-Dim</u>	ension	al Warm-U	<u>)</u>		
Block 1		Lower	· Body \	Narm-u	<u>p</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
A	<u>Back Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up		
	Perform A as a		•		Sets			
	1:00 Min	ute Res	st Betwe	en Sets				
Block 2		Lower Body Strength						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	Back Squat	15	x	1	82.5-92.5%	7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%		
В	Ankle Wipers	7	х	10 EA		Max ROM, No Knee Mvmt		
С	Kneel. 3-Way Hip Flex	7	х	5 EA		5-FWD,5-LT,5-RT, EA Leg		
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C								
	25 Seconds Rest Between E	Exercise	es; 1:15 r	minutes l	petween Rou	nds		
Block 3	<u>Lc</u>	ower [Dynami	c Stren	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	Staggered Stance RDL	10	х	3 EA	65%	3 Sec Ecc, Max Speed		
В	Glute Wind-Up	5	х	4 EA		Wind-Up Around Glute		
Perform A-B Simultaneously for 10 Sets								
	25 Seconds Rest Between E	Exercise	es; 0:45 s	seconds b	oetween Rou	nds		
Block 4	25 Seconds Rest Between E <u>Lc</u>	xercise ower A	es; 0:45 s Auxiliar	seconds b y Stren g	oetween Roui g th			
Block 4	25 Seconds Rest Between E <u>Lc</u> <u>Exercise</u>	xercise Ower / Sets	es; 0:45 s Auxiliar Reps/D	seconds b y Stren uration	oetween Roui gth Load	nds Notes		
Block 4 Order A	25 Seconds Rest Between E Lc <u>Exercise</u> DB Lateral Lunge	xercise ower / Sets 4	es; 0:45 s Auxiliar Reps/D x	seconds b y Stren uration 8 EA	oetween Roui g th			
Block 4	25 Seconds Rest Between E Lc <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u>	xercise ower A Sets 4 4	es; 0:45 s Auxiliar Reps/D X X	seconds b y Stren; uration 8 EA 15 EA	oetween Roui gth Load 72.5%			
Block 4 Order A	25 Seconds Rest Between E Lc <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B	xercise ower / Sets 4 4 Simult	es; 0:45 s Auxiliar Reps/D x x aneously	seconds b y Stren; uration 8 EA 15 EA y for 4 Se	oetween Roui gth Load 72.5% ts			
Block 4 Order A B	25 Seconds Rest Between B <u>Lc</u> <u>B Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds	Sets 4 Simult 8 Rest B	es; 0:45 s Auxiliar Reps/D x x aneously setween	seconds b y Stren; uration 8 EA 15 EA y for 4 Se Exercises	between Rour gth Load 72.5% ts			
Block 4 Order A B Block 5	25 Seconds Rest Between B <u>Lc</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds <u>Lc</u>	Sets 4 Simult Simult Simult	es; 0:45 s Auxiliar Reps/D x x aneously setween Auxiliar	seconds b y Stren; uration 8 EA 15 EA y for 4 Se Exercises y Stren;	between Roun gth Load 72.5% ts s gth	Notes		
Block 4 Order A B Block 5 Order	25 Seconds Rest Between B <u>Lc</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds <u>Lc</u> <u>Exercise</u>	Sets Sets Simult Rest B Sets Sets	es; 0:45 s Auxiliar Reps/D x x aneously etween Auxiliar Reps/D	seconds b y Stren; uration 8 EA 15 EA y for 4 Se Exercises y Stren; uration	etween Rour gth Load 72.5% ts s gth Load			
Block 4 Order A B Block 5	25 Seconds Rest Between B <u>Lc</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds <u>Lc</u> <u>Exercise</u> <u>SE Glute Bar Lift</u>	Sets 4 Simult Simult Simult	es; 0:45 s Auxiliar Reps/D x x aneously setween Auxiliar	seconds b y Stren; uration 8 EA 15 EA y for 4 Se Exercises y Stren;	between Roun gth Load 72.5% ts s gth	Notes		
Block 4 Order A B Block 5 Order A	25 Seconds Rest Between B <u>Lc</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds <u>Lc</u> <u>Exercise</u>	Sets Sets 4 Simult Rest B Sets 3	es; 0:45 s Auxiliar Reps/D x aneously setween Auxiliar Reps/D x	seconds b y Stren; uration 8 EA 15 EA y for 4 See Exercises y Stren; uration 8	etween Rour gth Load 72.5% ts s gth Load	Notes		
Block 4 Order A B B Block 5 Order A B	25 Seconds Rest Between B <u>Lc</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>Bench Glute</u> Perform A-B 25 Seconds <u>Lc</u> <u>Exercise</u> <u>SE Glute Bar Lift</u> <u>Hip Flex Prone</u>	Sets Simult Rest B Simult Sets Sets 3 3 3 3	es; 0:45 s Auxiliar Reps/D x aneously setween Auxiliar Reps/D x x x x	seconds b y Strens uration 8 EA 15 EA y for 4 See Exercises y Strens uration 8 15 EA 6	between Rour gth Load 72.5% ts s gth Load 72.5%	Notes		

	Triphasic Lacr	osse	e Trai	ining	Manua	al				
Ca	p. Strength 5-Day Elite									
Pre	Pre-Trainir	ng, Mu	<mark>ılti-Dim</mark>	ension	al Warm-U	<u>0</u>				
Block 1		Upper	Body \	Narm-u	I <u>p</u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
	Perform A as a	a Warm	I-Up for	Heavier S	Sets					
	1:00 Min	ute Res	st Betwe	en Sets						
Block 2		Upper	Body	Strengt	<u>h</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	15	х	1	82.5-92.5%	7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%				
В	Cuban Press	7	х	8		5 LB Plate				
	Perform A-B Simultaneously for 15 Sets									
	25 Seconds Rest Between B	Exercise	es; 1:15 r	ninutes l	between Rou	nds				
Block 3	<u>U</u>	pper [Dynami	c Stren	gth_					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DB Bent Over Row	10	х	3 EA	65%	3 Sec Ecc, Max Speed				
В	<u>DB Reverse Fly</u>	5	Х	8						
	Perform A-B									
	25 Seconds Rest Between I					nds				
Block 4	<u>U</u>	pper /	Auxiliar	y Stren	<u>gth</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes				
A	DB Shoulder Press	4	Х	8	72.5%					
В	Swiss Ball Roll-Out	4	X.	15						
	Perform A-B									
	25 Seconds				-					
Block 5				y Stren	<u>gth</u>					
<u>Order</u>	Exercise	Sets	Reps/D	1	Load	Notes				
A	Chin-Up	3	X	8		Add Wt. If Possible				
B	Palloff Press	3	X	12 EA	72 504	Athletic Stance				
C	JM DB Press	3 Simult	X	8 (for 2 5 o	72.5%					
	Perform A-C									
	25 Seconds	s kest B	etween	Exercises	5					

	Triphasic Lacrosse Training Manual							
Cap. Strength 5-Day Elite Training Block Week 7 - Wednesday								
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up							
Block 1	<u>Glycolyt</u>	ic Ene	rgy Syst	em Cor	nditioning			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Lactic Capacity Training	A Lactic Capacity Training 3 x 3x2:00 Sprinting at Max Speed Perform A for 3 repetitions of 2:00 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets						

	Triphasic Lacr	osse	e Tra	ining	Manua	al		
Ca	p. Strength 5-Day Elite	Trai	ning	Bloc	k Week	7 - Thursday		
<u>Pre</u>	<u>Pre-Traini</u>	ng, Mu	<mark>ulti-Dim</mark>	ension	al Warm-U	<u>0</u>		
Block 1		Lower	۲ Body ۱	Narm-u	<u>p</u>			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up		
	Perform A as				Sets			
	1:00 Mir	ute Re	st Betwe	en Sets				
Block 2		Lowe	r Body S	<u>Strengtl</u>	<u>n</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	Hex Bar Deadlift	15	x	1	82.5-92.5%	7 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%		
В	<u>SL Squat</u>	7	х	10 EA		Drive Knee FWD		
С	<u>Common Lunge Matrix</u>	7	х	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT		
Perform A-C Simultaneously for 15 Sets, Alternating Between A,B & A,C								
	25 Seconds Rest Between	Exercise	es; 1:15 r	minutes l	petween Rou	nds		
Block 3	<u>L</u>	ower l	Dynami	c Stren	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	DB Rear Foot Elevated Split Squat	10	х	3 EA	60%	3 Sec Ecc, Max Speed		
В	Banded Lying Hip Flexor	5	х	10 EA		3 Sec Iso-10 EA Leg		
	Dorform A P	Simulta	aneously	for 10 Se	ets			
		Perform A-B Simultaneously for 10 Sets 25 Seconds Rest Between Exercises; 0:45 seconds between Rounds						
	25 Seconds Rest Between	Exercise	es; 0:45 s	seconds b	oetween Rou	nds		
Block 4	25 Seconds Rest Between	Exercise	es; 0:45 s		oetween Rou	nds		
Block 4	25 Seconds Rest Between <u>Le</u> <u>Exercise</u>	Exercise	es; 0:45 s	seconds b y Stren a	oetween Rou	nds Notes		
Order A	25 Seconds Rest Between <u>Le</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u>	Exercise Ower / Sets 4	es; 0:45 s Auxiliar Reps/D	seconds b y Stren uration 8 EA	oetween Rou g th			
<u>Order</u>	25 Seconds Rest Between Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u>	Exercise Ower / Sets 4 4	es; 0:45 s Auxiliar Reps/D x x	seconds b y Stren; uration 8 EA 12 EA	oetween Rou gth Load 72.5%			
Order A	25 Seconds Rest Between <u>Le</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B	Exercise Ower / Sets 4 4 Simult	es; 0:45 s Auxiliar Reps/D X x aneously	seconds b y Stren; uration 8 EA 12 EA y for 4 Se	between Rou gth Load 72.5% ts			
Order A B	25 Seconds Rest Between Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Second	Exercise Ower Sets 4 4 Simult s Rest E	es; 0:45 s Auxiliar Reps/D x x aneously Between	seconds b y Stren; uration 8 EA 12 EA y for 4 Se Exercises	between Rou gth Load 72.5% ts			
Order A	25 Seconds Rest Between Le <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Second	Exercise Ower Sets 4 4 Simult s Rest E	es; 0:45 s Auxiliar Reps/D x x aneously Between Auxiliar	seconds b y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren;	between Rou gth Load 72.5% ts			
Order A B	25 Seconds Rest Between Lt Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Second: Lt Exercise	Exercise Sets 4 5 Simult s Rest E Ower Sets	es; 0:45 s Auxiliar Reps/D x x aneously Between	seconds b y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren;	between Rou gth Load 72.5% ts			
Order A B B Block 5 Order A	25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-B 25 Seconds <u>L</u> <u>Exercise</u> <u>Glute Ham Bar Lift</u>	Exercise ower / Sets 4 4 Simult s Rest E ower / Sets 3	es; 0:45 s Auxiliar Reps/D x aneously Between Auxiliar Reps/D x	seconds b y Stren; uration 8 EA 12 EA y for 4 Se Exercises y Stren; uration 8	between Rou gth Load 72.5% ts s gth	Notes		
Order A B B Block 5 Order A B	25 Seconds Rest Between L Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds L Exercise Glute Ham Bar Lift Body Weight Plank	Exercise ower / Sets 4 4 Simult s Rest E ower / Sets 3 3	es; 0:45 s Auxiliar Reps/D x x aneously Between Auxiliar Reps/D x x	seconds b y Stren; uration 8 EA 12 EA y for 4 See Exercises y Stren; uration 8 1:30	between Rou gth Load 72.5% ts 55 gth Load 72.5%	Notes		
Order A B B Block 5 Order A	25 Seconds Rest Between L Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds L Exercise Glute Ham Bar Lift Body Weight Plank DB Lateral Step Up	Exercise DWER / Sets 4 4 Simult s Rest E DWER / Sets 3 3 3 3	es; 0:45 s Auxiliar Reps/D x aneously Between Auxiliar Reps/D x x x x	seconds b y Stren; uration 8 EA 12 EA y for 4 See Exercises y Stren; uration 8 1:30 8 EA	Detween Rou gth Load 72.5% ts 5 5 5 5 5 5 5 5 5 5 5 72.5%	Notes		
Order A B B Block 5 Order A B	25 Seconds Rest Between L Exercise Goblet Rotational Lunge Bench Groin Perform A-B 25 Seconds L Exercise Glute Ham Bar Lift Body Weight Plank	Exercise DWER / Sets 4 Simult SRest E DWER / Sets 3 3 3 3 C Simult	es; 0:45 s Auxiliar Reps/D x aneously Between Auxiliar Reps/D x x x x aneously	seconds b y Stren; uration 8 EA 12 EA y for 4 See Exercises y Stren; uration 8 1:30 8 EA y for 3 See	between Rou gth Load 72.5% ts 5 gth Load 72.5% 72.5% ts	Notes		

	Triphasic Lacr	osse	e Trai	ning	Manua	al		
C	Cap. Strength 5-Day Elite	e Tra	ainin	g Blo	ck Wee	ek 7 - Friday		
<u>Pre</u>	Pre-Trainir	ng, Mu	ulti-Dim	ensiona	al Warm-U	<u>0</u>		
Block 1		Upper	[.] Body V	Varm-u	<u>p</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up		
Perform A as a Warm-Up for Heavier Sets								
1:00 Minute Rest Between Sets								
Block 2		Uppei	r Body S	Strengtl	<u>1</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>Pull-Up</u>	15	х	3		Add Wt. If Possible		
В	<u>Plate A Raise</u>	7	Х	8		5 LB Plate		
	Perform A-B							
	25 Seconds Rest Between B	Exercise	es; 1:00 r	ninutes k	petween Rou	nds		
Block 3	<u>U</u>	pper l	Dynami	c Streng	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	DB Incline Press	10	х	3	65%	3 Sec Ecc, Max Speed		
В	Cable Face Pull	5	х	8		1 Sec Iso		
	Perform A-B							
	25 Seconds Rest Between B	Exercise	es; 0:45 s	econds k	between Rou	nds		
Block 4	<u>U</u>	pper /	Auxiliar	y Streng	<u>gth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	Inverted Row	4	х	12		Add Wt. If Possible		
В	<u>3 Way DB Raise</u>	4	х	8 EA		8 Front, 8 Lateral, 8 Rev. Fly		
	Perform A-B							
	25 Seconds							
Block 5	<u>U</u>	pper A	Auxiliar	y Streng	gth			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	DB Bench Press	3	х	8	72.5%	Alternating Arms		
В	Cable Walkout	3	х	3 EA		Athletic Stance, 3 Steps Out, 3 EA		
C	BB Shrug	3	x	10	67.5%	1 Sec Iso		
	Perform A-C		,					
	25 Seconds	s Rest B	letween	Exercises	5			

4.10 Download (Week 8)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, their body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

Goal Adaptations of Block:

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual								
	Download 4-Day Elite Training Block Week 8 - Monday								
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up								
Block 1		Glute	Functi	on Serie	es Warm-Up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to T	Fraining			
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off				

	Triphasic Lacrosse Training Manual								
Download 4-Day Elite Training Block Week 8 - Wednesday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1		Glute	Functio	on Serie	es Warm-Up				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	ırm-Up S	eries Prior to 7	Training			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ing			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	Threshold Training	2	х	4m		Running at Max Heart Rate			
	Perform A for 2	2 Sets o	f 4 min;	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 8 - Friday										
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	1 Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to T	Fraining				
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off					

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 8 - Saturday										
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/D	ouration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ning				
<u>Order</u>	Exercise	Sets	Reps/D	ouration	Load	Notes				
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155				
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	ed Throug	gh Running, Bi	king, or an Elliptical				

4.11 High-Quality Strength Training Block (Weeks 9-11)

Training in this block now shifts to a high-quality focus. This can be seen in the ten sets now completed. An athlete achieves forty-five repetitions. However, by considering rest time and the low repetitions per set, the quality of training is increased. By training at high-qualities, an athlete is able to utilize increased training loads and maximize force production. Muscle action phases are also continued throughout this training block. Running during this week shifts to an ATP/Cr-P focus, which requires high-quality training.

Goal Adaptations of Block:

- Maximize general force production
- Continue muscle action phase training
- Improve ATP/Cr-P resynthesis

	Triphasic Lac	ross	e Tra	ining	g Manua	al			
Qu	ality Strength 5-Day Eli	te T	raini	ng Bl	ock We	ek 9 - Monday			
<u>Pre</u>	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	<u>nal Warm-U</u>	Þ			
Block 1		Lowe	er Body	Warm-	up				
Order	<u>Exercise</u>	Sets	Sets Reps/Duration Load Notes						
А	Back Squat	1,1,1	х	5,3,3	50-80%	Warm-Up			
	Perform A as				Sets				
	1:00 M	inute R	est Betw	een Sets					
Block 2	Block 2 Lower Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Back Squat	10	x	2	82.5-87.5%	5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%			
В	Ankle Wipers	5	х	15 EA		Max ROM, No Knee Mvmt			
С	Downhill Hip Flexor Stretch	5	х	6 EA		3 Sec Iso, 6 EA Leg			
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C									
	25 Seconds Rest Betweer	n Exerci	ses; 1:15	minutes	between Rou	inds			
Block 3		Lower	Dynam	nic Strei	ngth_				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Staggered Stance RDL	10	х	3 EA	55%	3 Sec Iso, Max Speed			
В	Glute Wind-Up to Jump	5	х	4 EA		Wind-Up Around Glute, SL Land			
	Perform A-								
	25 Seconds Rest Betweer	n Exerci	ses; 0:45	seconds	between Rou	inds			
Block 4		Lower	Auxilia	ry Strei	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	DB Lateral Lunge	4	х	6 EA	65%	3 Sec Ecc, 6 EA Leg			
В	Bench Glute	4	х	8 EA		Add Wt.			
	Perform A-			1					
	25 Secon								
Block 5		Lower	Auxilia	ry Stre	<u>ngth</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>SE Glute Bar Lift</u>	3	х	6	70%				
В	Hip Flex Prone	3	х	6 EA		3 Sec Ecc, 6 EA Leg			
C	Glute Ham Raise	3	х	6		3 Sec Iso @ Mid-Position			
	Perform A-								
	25 Secon	ds Rest	Betweer	n Exercis	es				

	Triphasic La	cross	e Tra	ining	g Manua	al	
Qua	lity Strength 5-Day E	lite T	rainiı	ng Bl	ock We	ek 9 - Tuesday	
Pre	Pre-Trai	ining, M	ulti-Dir	nensior	<u>nal Warm-U</u>	<u>p</u>	
Block 1		Uppe	r Body	Warm-	up		
Order	Exercise	Sets	Reps/Duration Load			Notes	
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up	
	Perform A				Sets		
	1:00 1	Minute Re	est Betw	een Sets			
Block 2 Upper Body Strength							
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes	
А	Bench Press	10	x	2	82.5-87.5%	5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%	
В	Plate T Raise	5	х	8		5 LB Plate, Thumbs Down	
	Perform A	A-B Simul ⁻	taneousl	y for 10 9	Sets		
	25 Seconds Rest Betwee	en Exerci:	ses; 1:15	minutes	between Rou	inds	
Block 3		Upper	Dynam	nic Strer	ngth		
Order	Exercise	Sets					
		0.0.00					
A	DB Bent Over Row	10	x	3 EA	55%	3 Sec Iso, Max Speed	
	DB Bent Over Row DB Reverse Fly	10 5	x	3 EA 6		3 Sec Iso, Max Speed 3 Sec Iso	
A	<u>DB Bent Over Row</u> <u>DB Reverse Fly</u> Perform A	10 5 A-B Simul	x x taneousl	3 EA 6 y for 10 S	Sets	3 Sec Iso	
A B	DB Bent Over Row DB Reverse Fly	10 5 A-B Simul	x x taneousl	3 EA 6 y for 10 S	Sets	3 Sec Iso	
Α	<u>DB Bent Over Row</u> <u>DB Reverse Fly</u> Perform A	10 5 A-B Simul en Exerci	x x taneousl ses; 0:45	3 EA 6 y for 10 S	Sets between Rou	3 Sec Iso	
A B	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee Exercise	10 5 A-B Simul en Exerci	x x taneousl ses; 0:45	3 EA 6 y for 10 S seconds ry Stre r	Sets between Rou	3 Sec Iso	
A B Block 4	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press	10 5 A-B Simulien Exercis Upper Sets 4	x x taneousl ses; 0:45 Auxilia	3 EA 6 y for 10 S seconds ry Stre r	Sets between Rou ngth	3 Sec Iso	
A B Block 4 Order	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out	10 5 A-B Simul en Exerci: Upper Sets 4 4	x taneousl ses; 0:45 Auxilia Reps/D x x x	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 6	Sets between Rou <u>ngth</u> Load 65%	3 Sec Iso	
A B B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A	10 5 A-B Simul- en Exerci: Upper Sets 4 4 A-B Simu	x x taneousl ses; 0:45 Auxilia Reps/D x x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 6 ly for 4 S	Sets between Rou ngth Load 65% ets	3 Sec Iso	
A B B Block 4 Order A B	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A	10 5 A-B Simul en Exerci: Upper Sets 4 4	x x taneousl ses; 0:45 Auxilia Reps/D x x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 6 ly for 4 S	Sets between Rou ngth Load 65% ets	3 Sec Iso	
A B B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A	10 5 A-B Simul- en Exerci: Upper Sets 4 4 A-B Simu nds Rest	x x taneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 6 ly for 4 S	Sets between Rou ngth Load 65% ets es	3 Sec Iso	
A B Block 4 Order A B	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A	10 5 A-B Simul- en Exerci: Upper Sets 4 4 A-B Simu nds Rest	x x taneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 6 ly for 4 S n Exercise ry Stree	Sets between Rou ngth Load 65% ets es	3 Sec Iso	
A B Block 4 Order A B B Block 5	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A 25 Seco <u>Exercise</u> <u>Chin-Up</u>	10 5 A-B Simul- en Exerci: Upper Sets 4 4 A-B Simu onds Rest Upper Sets 3	x x taneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer Auxilia	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 6 ly for 4 S n Exercise ry Stree	Sets between Rou <u>ngth</u> Load 65% ets ets es ngth	3 Sec Iso	
A B B Drder A B B B B B B B B B Crder A B B B B B B B B B B B B B B B B B B	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A 25 Seco	10 5 A-B Simul- en Exerci: Upper Sets 4 A-B Simu onds Rest Upper Sets 3 3	x taneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer Auxilia Reps/D	3 EA 6 y for 10 S seconds ry Streer uration 6 EA 6 ly for 4 S n Exercise ry Streer uration	Sets between Rou <u>ngth</u> Load 65% ets ets es ngth	3 Sec Iso Inds Notes Notes Notes	
A B B Block 4 Order A B B Block 5 Order A	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Seco Exercise Chin-Up Palloff Rotational Press JM DB Press	A-B Simulen en Exercia Upper Sets 4 A-B Simulen A-B Simulen onds Rest Upper Sets 3 3 3 3	x x taneousl ses; 0:45 Auxilia Reps/D x taneous Betweer Auxilia Reps/D x x x x x	3 EA 6 y for 10 S seconds ry Streen uration 6 EA 6 ly for 4 S n Exercise ry Streen uration 6 6 EA 6	Sets between Rou ngth Load 65% ets ets es ngth Load	3 Sec Iso Inds Notes 3 Sec Iso 3 Sec Iso 3 Sec Iso 3 Sec Iso 3 Sec Ecc, Add Wt. If Possible	
A B B Block 4 Order A B B B B B B B B Crder A B B B B B B B B B B B B B B B B B B	DB Bent Over Row DB Reverse Fly Perform A 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Seco Exercise Chin-Up Palloff Rotational Press JM DB Press Perform A	A-B Simulen en Exercia Upper Sets 4 A-B Simulen A-B Simulen onds Rest Upper Sets 3 3 3 3	x x taneousl ses; 0:45 Auxilia Reps/D x taneous Reps/D x x x x taneous	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 6 ly for 4 S n Exercise ry Stree uration 6 6 EA 6 1 y for 3 S	Sets between Rou ngth Load 65% ets es ngth Load 70% ets	3 Sec Iso Inds Notes 3 Sec Iso 3 Sec Iso 3 Sec Iso 3 Sec Iso 3 Sec Ecc, Add Wt. If Possible	

	Triphasic Lacrosse Training Manual								
Quality Strength 5-Day Elite Training Block Week 9 - Wednesday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	ATP/Cr-P Energy System Conditioning								
<u>Order</u>	Exercise	Sets	Reps/Dura	tion	Load	Notes			
A	<u>5 Yard Square Drill</u>	1	x 4	4 EA		Sprint All Directions			
	Perform A for 8 Total repetitions; Rest 45 seconds between repetitions								
Block 2	ATP/C	r-P Er	ergy Syst	em C	onditioning				
Order	Exercise	Sets	Reps/Dura	Reps/Duration		Notes			
A	Crease Running	1	x 4	4 EA		Focus on Body Angle			
	<u>Crease Running</u> Perform A for 8 Total repe	1 titions;			between repe	Focus on Body Angle			
	Perform A for 8 Total repe		; Rest 45 sec	conds	between repe onditioning	Focus on Body Angle			
A	Perform A for 8 Total repe		; Rest 45 sec	conds em C		Focus on Body Angle etitions			
A Block 3	Perform A for 8 Total repe <u>ATP/C</u>	Cr-P Er Sets	Rest 45 sec ergy Syst Reps/Dura x	conds em C tion 7s	onditioning Load	Focus on Body Angle etitions Notes Sprint Maximal Distance			

	Triphasic Lac	ross	e Tra	ining	g Manua	al			
Qua	ality Strength 5-Day Elit	e Tr	ainir	ng Blo	ock Wee	ek 9 - Thursday			
<u>Pre</u>	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	nal Warm-U	l <u>p</u>			
Block 1		Lowe	er Body	Warm-	up				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
Perform A as a Warm-Up for Heavier Sets									
1:00 Minute Rest Between Sets									
Block 2 Lower Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Hex Bar Deadlift	10	x	2	82.5-87.5%	5 sets @ 82.5%, 2 sets @ 85%, 2 sets @ 87.5%			
В	Toes Up-SL Squat	5	х	10 EA		Drive Knee FWD, Keep Foot Tripod			
С	JOP Matrix	5	х	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT			
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C									
	25 Seconds Rest Between	Exerci	ses; 1:15	minutes	່ between Roເ	unds			
Block 3		Lower	Dynam	nic Strei	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	DB Rear Foot Elevated Split Squat	10	х	3 EA	55%	3 Sec Iso, Max Speed			
В	Standing Hip Flexor	5	х	8 EA		3 Sec Iso w/ Arm Press-8 EA Leg			
	Perform A-I								
	25 Seconds Rest Between					inds			
Block 4		Lower		ry Stre	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Goblet Rotational Lunge	4	х	6 EA	65%	3 Sec Ecc, 6 EA Leg			
В	Bench Groin	4	х	8 EA		Add Wt.			
	Perform A-								
	25 Second								
Block 5		Lower		ry Stre	<u>ngth</u>				
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes			
A	Glute Ham Bar Lift	3	х	6	65%	3 Sec Ecc			
B	SA/SL Plank Matrix	3	X	1:30		R. Arm-L. Arm-R. Leg-L. Leg, 15s EA			
С	Cable Rotational Pull to Press	3	X	6 EA	ata.	Low to High, Violent Hip Drive			
	Perform A-								
	25 Second	us kest	Retween	1 Exercise	es				

Triphasic Lacrosse Training Manual								
Q	Quality Strength 5-Day Elite Training Block Week 9 - Friday							
<u>Pre</u>	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	<u>nal Warm-U</u>	<u>lp</u>		
Block 1		Uppe	er Body	Warm-	up			
Order	Exercise	Sets	Sets Reps/Duration Load			Notes		
А	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up		
	Perform A as				Sets			
	1:00 Mi	inute R	est Betw	een Sets				
Block 2 Upper Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	<u>Pull-Up</u>	10	х	3		Add Wt.		
В	<u>TRX Y Raise</u>	5	х	8				
	Perform A-I			1				
	25 Seconds Rest Between	Exerci	ses; 1:00	minutes	between Rou	unds		
Block 3		Upper	Dynam	nic Stren	ngth			
Order	Exercise	Sets	Reps/D	uration	Load	Notes		
А	DB Incline Press	10	х	3	55%	3 Sec Iso, Max Speed		
В	Cable Face Pull	5	х	6		3 Sec Ecc		
	Perform A-I			,				
	25 Seconds Rest Between	Exerci	ses; 0:45	seconds	between Rou	unds		
Block 4		Upper	Auxilia	ry Strei	ngth			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
А	TRX Inverted Row	4	х	6		Rotate Wrists, Add Wt. If Possible		
В	<u>Band Pull Apart</u>	4	х	10		Thumbs Out		
	Perform A-							
	25 Second	ds Rest	Betweer	n Exercise	es			
Block 5		Upper	Auxilia	ry Strei	<u>ngth</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	DB Bench Press	3	х	6 EA	70%	Single Arm		
В	Cable Walkout	3	х	4 EA		Athletic Stance, 3 Steps Out, 4 EA		
С	DB SA Shrug	3	х	6	65%	3 Sec Iso		
	Perform A-			1				
	25 Secon	ds Rest	Betweer	n Exercise	es			

	Triphasic Lac	ross	e Tra	ining	g Manua	al			
Qua	ality Strength 5-Day Elit	e Tr	ainin	ig Blo	ock Wee	ek 10 - Monday			
Pre	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	<u>nal Warm-U</u>	<u>р</u>			
Block 1		Lowe	r Body	Warm-	up				
<u>Order</u>	Exercise	Sets	ets Reps/Duration Load Notes						
Α	<u>Back Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
Perform A as a Warm-Up for Heavier Sets									
1:00 Minute Rest Between Sets									
Block 2	Block 2 Lower Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Back Squat	10	х	1	87.5-92.5%	5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%			
В	Ankle Wipers	5	х	15 EA		Max ROM, No Knee Mvmt			
С	Downhill Hip Flexor Stretch	5	х	6 EA		3 Sec Iso, 6 EA Leg			
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C									
	25 Seconds Rest Between	Exerci	ses; 1:15	minutes	between Rou	inds			
Block 3		Lower	Dynam	nic Strei	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Staggered Stance RDL	10	х	3 EA	60%	3 Sec Iso, Max Speed			
В	Glute Wind-Up to Jump	5	х	4 EA		Wind-Up Around Glute, SL Land			
	Perform A-I								
	25 Seconds Rest Between		-			inds			
Block 4		Lower		ry Strei	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	DB Lateral Lunge	4	х	6 EA	70%	3 Sec Ecc, 6 EA Leg			
В	Bench Glute	4	х	10 EA		Add Wt.			
	Perform A-								
	25 Secon								
Block 5		Lower	<u>Auxilia</u>	ry Strei	ngth				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
Α	<u>SE Glute Bar Lift</u>	3	х	6	75%				
B	Hip Flex Prone	3	х	8 EA		3 Sec Ecc, 8 EA Leg			
C	Glute Ham Raise	3	х	6		3 Sec Iso @ Mid-Position			
	Perform A-			1					
	25 Second	as Kest	Betweer	1 Exercise	es				

Triphasic Lacrosse Training Manual									
Qua	Quality Strength 5-Day Elite Training Block Week 10 - Tuesday								
<u>Pre</u>	<u>Pre-Traini</u>	ing, M	<u>ulti-Dir</u>	<u>nensio</u> r	<u>nal Warm-U</u>	<u>p</u>			
Block 1		Uppe	r Body	Warm-	up				
<u>Order</u>	Exercise	Sets	Reps/Duration Load			Notes			
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up			
Perform A as a Warm-Up for Heavier Sets									
	1:00 Mi	nute Re	est Betw	een Sets					
Block 2 Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Bench Press	10	x	1	87.5-92.5%	5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%			
В	Plate T Raise	5	х	8		5 LB Plate, Thumbs Down			
	Perform A-E	3 Simul	aneous!	y for 10 9	Sets				
	25 Seconds Rest Between	Exercis	ses; 1:15	minutes	between Rou	inds			
Block 3	ļ	Jpper	Dynam	nic Strer	ngth				
		<u>.</u>							
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Order A	<u>Exercise</u> DB Bent Over Row	Sets 10	Keps/D X	3 EA	Load 60%	Notes 3 Sec Iso, Max Speed			
	DB Bent Over Row DB Reverse Fly	10 5	X X	3 EA 6	60%				
Α	<u>DB Bent Over Row</u> <u>DB Reverse Fly</u> Perform A-E	10 5 3 Simul	x x aneousl	3 EA 6 y for 10 S	60% Sets	3 Sec Iso, Max Speed 3 Sec Iso			
Α	DB Bent Over Row DB Reverse Fly	10 5 3 Simul	x x aneousl	3 EA 6 y for 10 S	60% Sets	3 Sec Iso, Max Speed 3 Sec Iso			
Α	<u>DB Bent Over Row</u> <u>DB Reverse Fly</u> Perform A-E 25 Seconds Rest Between	10 5 3 Simult Exercis	x x caneousl ses; 0:45	3 EA 6 y for 10 S	60% Sets between Rou	3 Sec Iso, Max Speed 3 Sec Iso			
A B	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>Exercise</u>	10 5 3 Simult Exercis	x x caneousl ses; 0:45	3 EA 6 y for 10 S seconds ry Stre	60% Sets between Rou	3 Sec Iso, Max Speed 3 Sec Iso			
A B Block 4	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>Exercise</u> SA DB Shoulder Press	10 5 3 Simult Exercis Jpper Sets 4	x x aneousl ses; 0:45 Auxilia	3 EA 6 y for 10 S seconds ry Stre	60% Sets between Rou ngth	3 Sec Iso, Max Speed 3 Sec Iso inds			
A B Block 4 <u>Order</u>	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u>	10 5 3 Simult Exercis Jpper Sets 4 4	x aneousl ses; 0:45 Auxilia Reps/D x x x	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 8	60% Sets between Rou ngth Load 70%	3 Sec Iso, Max Speed 3 Sec Iso inds			
A B Block 4 <u>Order</u> A	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A-	10 5 3 Simult Exercis Jpper Sets 4 4 B Simul	x caneousl ces; 0:45 Auxilia Reps/D x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 8 ly for 4 S	60% Sets between Rou ngth Load 70% ets	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes			
A B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u>	10 5 3 Simult Exercis Jpper Sets 4 4 B Simul	x caneousl ces; 0:45 Auxilia Reps/D x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 8 ly for 4 S	60% Sets between Rou ngth Load 70% ets	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes			
A B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second	10 5 3 Simult Exercis Jpper Sets 4 4 B Simu ds Rest	x x aneousl ses; 0:45 Auxilia Reps/D x x x taneous Betweer	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 8 ly for 4 S	60% Sets between Rou ngth Load 70% ets es	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes			
A B B B B Crder A B	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second	10 5 3 Simult Exercis Jpper Sets 4 4 B Simu ds Rest	x x aneousl ses; 0:45 Auxilia Reps/D x x x taneous Betweer	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 8 ly for 4 S Exercise ry Stree	60% Sets between Rou ngth Load 70% ets es	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes			
A B Block 4 Order A B Block 5	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second <u>L</u> <u>Exercise</u> <u>Chin-Up</u>	10 5 3 Simuli Exercis Jpper Sets 4 4 B Simuli ds Rest Jpper	x caneousl ces; 0:45 Auxilia Reps/D x x x taneous Betweer Auxilia	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 8 ly for 4 S Exercise ry Stree	60% 60% between Rou ngth Load 70% ets es ngth	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes 3 Sec Iso			
A B B Drder A B B B B Crder A B B B B B B B B B B B B B	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second <u>L</u> <u>Exercise</u>	10 5 3 Simult Exerci: Jpper Sets 4 4 8 Simult ds Rest Jpper Sets 3 3	x aneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer Auxilia Reps/D	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 8 ly for 4 S n Exercise ry Stree uration 6 8 EA	60% 60% between Rou ngth Load 70% ets es ngth	3 Sec Iso, Max Speed 3 Sec Iso inds Notes 3 Sec Iso Notes			
A B B Block 4 Order A B B Block 5 Order A	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second <u>L</u> <u>Exercise</u> <u>Chin-Up</u> <u>Palloff Rotational Press</u> <u>JM DB Press</u>	10 5 3 Simult Exerci: Jpper Sets 4 4 4 B Simult ds Rest Jpper Sets 3 3 3 3	x caneousl ces; 0:45 Auxilia Reps/D x taneous Betweer Auxilia Reps/D x x x x x x x	3 EA 6 y for 10 S seconds ry Streen uration 6 EA 8 ly for 4 S n Exercise ry Streen uration 6 8 EA 6	60% 60% between Rou ngth Load 70% ets ess ngth Load	3 Sec Iso, Max Speed 3 Sec Iso inds Notes 3 Sec Iso Notes 3 Sec Ecc, Add Wt. If Possible			
A B B Order A B B Block 5 Order A B B	DB Bent Over Row DB Reverse Fly Perform A-E 25 Seconds Rest Between <u>L</u> <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A- 25 Second <u>L</u> <u>Exercise</u> <u>Chin-Up</u> <u>Palloff Rotational Press</u>	10 5 3 Simult Exercis Jpper Sets 4 4 8 Simult ds Rest Jpper Sets 3 3 3 C Simult	x x caneousl ses; 0:45 Auxilia Reps/D x taneous Betweer Auxilia Reps/D x x x x taneous	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 8 ly for 4 S b Exercise ry Stree uration 6 8 EA 6 ly for 3 S	60% 60% between Rou ngth Load 70% ets es ngth Load 75% ets	3 Sec Iso, Max Speed 3 Sec Iso inds Notes 3 Sec Iso Notes 3 Sec Ecc, Add Wt. If Possible			

	Triphasic Lacrosse Training Manual								
Quality Strength 5-Day Elite Training Block Week 10 - Wednesday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	ATP/Cr-P Energy System Conditioning								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	5 Yard Square Drill	1	х	5 EA		Sprint All Directions			
	Perform A for 10 Total repe	etitions	; Rest 45	5 seconds	s between rep	etitions			
Block 2	ATP/C	cr-P Er	nergy Sy	ystem C	onditioning				
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
A	Crease Running	1	х	5 EA		Focus on Body Angle			
	Perform A for 10 Total repe	etitions	s; Rest 45	5 seconds	s between rep	etitions			
Block 3	ATP/C	cr-P Er	nergy Sy	ystem C	onditioning				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	7 Second Sprint	14	х	7s		Sprint Maximal Distance			
	Perform A for 14 Total repe	etitions	; Rest 40) seconds	s between rep	etitions			

Triphasic Lacrosse Training Manual									
	Quality Strength 5-Day Elite Training Block Week 10 - Thursday								
<u>Pre</u>	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	<u>nal Warm-U</u>	<u>p</u>			
Block 1		Lowe	r Body	Warm-	up				
Order	Exercise	Sets	Sets Reps/Duration Load			Notes			
А	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
Perform A as a Warm-Up for Heavier Sets									
1:00 Minute Rest Between Sets									
Block 2	Lower Body Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	<u>Hex Bar Deadlift</u>	10	х	1	87.5-92.5%	5 sets @ 87.5%, 2 sets @ 90%, 2 sets @ 92.5%			
В	Toes Up-SL Squat	5	х	10 EA		Drive Knee FWD, Keep Foot Tripod			
C	JOP Matrix	5	х	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT			
Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C									
	25 Seconds Rest Betweer	n Exerci	ses; 1:15	minutes	between Rou	inds			
Block 3		Lower	Dynam	ic Strei	ngth				
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	DB Rear Foot Elevated Split Squat	10	х	3 EA	60%	3 Sec Iso, Max Speed			
В	Standing Hip Flexor	5	х	8 EA		3 Sec Iso w/ Arm Press-8 EA Leg			
				,					
Perform A-B Simultaneously for 10 Sets 25 Seconds Rest Between Exercises; 0:45 seconds between Rounds									
	Lower Auxiliary Strength								
Block 4			,			inds			
Block 4	Exercise		,	ry Strei		Notes			
Order A	<u>Exercise</u> Goblet Rotational Lunge	Lower Sets 4	Auxilia Reps/D	ry Strei uration 6 EA	ngth	Notes 3 Sec Ecc, 6 EA Leg			
Order	<u>Exercise</u> Goblet Rotational Lunge Bench Groin	Lower Sets 4 4	Auxilia Reps/D x x	ry Strei uration 6 EA 10 EA	ngth Load 70%	Notes			
Order A	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A-	Sets 4 4 B Simu	Auxilia Reps/D x x taneous	ry Stree uration 6 EA 10 EA ly for 4 S	ngth Load 70% ets	Notes 3 Sec Ecc, 6 EA Leg			
Order A B	<u>Exercise</u> Goblet Rotational Lunge Bench Groin	Sets 4 4 B Simu	Auxilia Reps/D x x taneous	ry Stree uration 6 EA 10 EA ly for 4 S	ngth Load 70% ets	Notes 3 Sec Ecc, 6 EA Leg			
Order A	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon	Lower Sets 4 B Simu ds Rest	Auxilia Reps/D x x taneous Betweer Auxilia	ry Stree uration 6 EA 10 EA ly for 4 S Exercise ry Stree	ngth Load 70% ets es	Notes 3 Sec Ecc, 6 EA Leg			
Order A B	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon <u>Exercise</u>	Lower Sets 4 B Simu ds Rest Lower Sets	Auxilia Reps/D x x taneous Betweer	ry Stree uration 6 EA 10 EA ly for 4 S Exercise ry Stree	ngth Load 70% ets es	Notes 3 Sec Ecc, 6 EA Leg			
Order A B Block 5 <u>Order</u> A	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon <u>Exercise</u> <u>Glute Ham Bar Lift</u>	Lower Sets 4 B Simu ds Rest Lower Sets 3	Auxilia Reps/D x x taneous Betweer Auxilia	ry Strei uration 6 EA 10 EA ly for 4 S Exercise ry Strei uration 6	ngth Load 70% ets es ngth	Notes 3 Sec Ecc, 6 EA Leg Add Wt. Notes 3 Sec Ecc			
Order A B Block 5 Order A B	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u>	Lower Sets 4 B Simu ds Rest Lower Sets 3 3	Auxilia Reps/D × × taneous Betweer Auxilia Reps/D × ×	ry Stree uration 6 EA 10 EA ly for 4 S Exercise ry Stree uration 6 2:00	ngth Load 70% ets es ngth Load	Notes 3 Sec Ecc, 6 EA Leg Add Wt. Notes 3 Sec Ecc R. Arm-L. Arm-R. Leg-L. Leg, 20s EA			
Order A B Block 5 <u>Order</u> A	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u> <u>Cable Rotational Pull to Press</u>	Lower Sets 4 B Simu ds Rest Cower Sets 3 3 3 3	Auxilia Reps/D x x taneous Between Auxilia Reps/D x x x x x	ry Stree uration 6 EA 10 EA ly for 4 S Exercise ry Stree uration 6 2:00 6 EA	ngth Load 70% ets es ngth Load 70%	Notes 3 Sec Ecc, 6 EA Leg Add Wt. Notes 3 Sec Ecc			
Order A B Block 5 Order A B	<u>Exercise</u> <u>Goblet Rotational Lunge</u> <u>Bench Groin</u> Perform A- 25 Secon <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u>	Lower Sets 4 B Simu ds Rest Lower Sets 3 3 3 C Simu	Auxilia Reps/D X X taneous Betweer Auxilia Reps/D X X X X X taneous	ry Stree uration 6 EA 10 EA ly for 4 S D Exercise ry Stree uration 6 2:00 6 EA ly for 3 S	ngth Load 70% ets es ngth Load 70% ets	Notes 3 Sec Ecc, 6 EA Leg Add Wt. Notes 3 Sec Ecc R. Arm-L. Arm-R. Leg-L. Leg, 20s EA			

	Triphasic Lacrosse Training Manual								
Qı	uality Strength 5-Day Eli	ite T	raini	ng B	lock We	ek 10 - Friday			
Pre	Pre-Train	ing, M	ulti-Dir	nensior	<u>nal Warm-U</u>	<u>p</u>			
Block 1		Uppe	er Body	Warm-	up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up			
Perform A as a Warm-Up for Heavier Sets									
	1:00 Mi	nute Re	est Betw	een Sets					
Block 2	Block 2 Upper Body Strength								
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Pull-Up	10	x	2		Add Wt.			
В	TRX Y Raise	5	х	8					
	Perform A-E			1					
	25 Seconds Rest Between	Exerci	ses; 1:00	minutes	between Rou	inds			
Block 3		Jpper	Dynam	nic Strer	ngth				
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	DB Incline Press	10	х	3	60%	3 Sec Iso, Max Speed			
В	Cable Face Pull	5	х	6		3 Sec Ecc			
	Perform A-E								
	25 Seconds Rest Between	Exerci	ses; 0:45	seconds	between Rou	ınds			
Block 4	ļ	Jpper	Auxilia	ry Strei	ngth				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	TRX Inverted Row	4	х	8		Rotate Wrists, Add Wt. If Possible			
В	<u>Band Pull Apart</u>	4	х	10		Thumbs Out			
	Perform A-								
	25 Second	ds Rest	Betweer	n Exercise	es				
Block 5	<u> </u>	Jpper	Auxilia	ry Strei	ngth				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	DB Bench Press	3	х	6 EA	75%	Single Arm			
В	Cable Walkout	3	х	4 EA		Athletic Stance, 3 Steps Out, 4 EA			
С	DB SA Shrug	3	х	6	70%	3 Sec Iso			
	Perform A-			1					
	25 Second	ds Rest	Betweer	n Exercise	es				

Triphasic Lacrosse Training Manual										
Qua	ality Strength 5-Day Elit	e Tr	ainir	ig Blo	ock Wee	ek 11 - Monday				
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Lowe	er Body	Warm-	up					
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
А	<u>Back Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
Perform A as a Warm-Up for Heavier Sets										
1:00 Minute Rest Between Sets										
Block 2		Lowe	er Body	Streng	<u>th</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Back Squat	10	x	1	90-95%	5 sets @ 90%, 2 sets @ 92.5%, 2 sets @ 95%				
В	Ankle Wipers	5	х	15 EA		Max ROM, No Knee Mvmt				
С	Downhill Hip Flexor Stretch	5	х	6 EA		3 Sec Iso, 6 EA Leg				
	Perform A-C Simultaneousl	,				-				
25 Seconds Rest Between Exercises; 1:15 minutes between Rounds										
Block 3		Lower	Dynam	nic Strei	ngth					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Staggered Stance RDL	10	х	3 EA	65%	3 Sec Iso, Max Speed				
В	Glute Wind-Up to Jump	5	х	4 EA		Wind-Up Around Glute, SL Land				
	Perform A-									
	25 Seconds Rest Betweer	n Exerci	ses; 0:45	seconds	between Rou	unds				
Block 4		Lower	Auxilia	ry Strei	ngth					
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DB Lateral Lunge	4	х	6 EA	72.5%	3 Sec Ecc, 6 EA Leg				
В	<u>Bench Glute</u>	4	х	12 EA		Add Wt.				
	Perform A									
	25 Secon	ds Rest	Betweer	n Exercis	es					
Block 5		Lower	Auxilia	ry Strei	ngth					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>SE Glute Bar Lift</u>	3	х	6	77.5%					
В	Hip Flex Prone	3	х	10 EA		3 Sec Ecc, 8 EA Leg				
C	Glute Ham Raise	3	х	8		3 Sec Iso @ Mid-Position				
	Perform A									
	25 Secon	ds Rest	Betweer	n Exercis	es					

Triphasic Lacrosse Training Manual												
Quality Strength 5-Day Elite Training Block Week 11 - Tuesday												
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up											
Block 1	Upper Body Warm-up											
Order	Exercise	Sets	Reps/D	uration	Load	Notes						
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up						
	Perform A a	s a War	m-Up foi	^r Heavier	Sets							
	1:00 M	linute R	est Betw	een Sets								
Block 2		Uppe	er Body	Streng	t <u>h</u>							
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes						
А	Bench Press	10	х	1	90-95%	5 sets @ 90%, 2 sets @ 92.5%, 2 sets @ 95%						
В	Plate T Raise	5	х	8		5 LB Plate, Thumbs Down						
	Perform A-	B Simul	taneousl	y for 10 9	Sets							
	25 Seconds Rest Betwee	n Exerci	ses; 1:15	minutes	between Rou	inds						
Block 3		Upper	Dynam	nic Strer	ngth	Block 3 Upper Dynamic Strength						
			Reps/Duration									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes						
Order A	DB Bent Over Row	10	Reps/D ×	uration 3 EA	Load 65%	Notes 3 Sec Iso, Max Speed						
	DB Bent Over Row DB Reverse Fly	10 5	x x	3 EA 6	65%							
A	<u>DB Bent Over Row</u> <u>DB Reverse Fly</u> Perform A-	10 5 B Simul	x x taneousl	3 EA 6 y for 10 S	65% Sets	3 Sec Iso, Max Speed 3 Sec Iso						
A B	DB Bent Over Row DB Reverse Fly	10 5 B Simul	x x taneousl	3 EA 6 y for 10 S	65% Sets	3 Sec Iso, Max Speed 3 Sec Iso						
A	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee	10 5 B Simul n Exerci	x x taneousl ses; 0:45	3 EA 6 y for 10 S	65% Sets between Rou	3 Sec Iso, Max Speed 3 Sec Iso						
A B	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u>	10 5 B Simul n Exerci	x x taneousl ses; 0:45	3 EA 6 y for 10 S seconds ry Stre	65% Sets between Rou	3 Sec Iso, Max Speed 3 Sec Iso						
A B Block 4	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press	10 5 B Simul n Exerci Upper Sets 4	x x taneousl ses; 0:45 Auxilia	3 EA 6 y for 10 S seconds ry Stre	65% Gets between Rou ngth	3 Sec Iso, Max Speed 3 Sec Iso Inds						
A B Block 4 <u>Order</u>	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out	10 5 B Simul n Exerci Upper Sets 4 4	x x taneousl ses; 0:45 Auxilia Reps/D x x x	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 10	65% Sets between Rou ngth Load 75%	3 Sec Iso, Max Speed 3 Sec Iso Inds						
A B B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out Perform A	10 5 B Simul n Exerci Upper Sets 4 4 -B Simu	x taneousl ses; 0:45 Auxilia Reps/D x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 10 ly for 4 S	65% Sets between Rou ngth Load 75% ets	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes						
A B B Block 4 Order A B	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u> SA DB Shoulder Press Swiss Ball Roll-Out	10 5 B Simul n Exerci Upper Sets 4 4 -B Simu	x taneousl ses; 0:45 Auxilia Reps/D x x x taneous	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 10 ly for 4 S	65% Sets between Rou ngth Load 75% ets	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes						
A B B Block 4 Order A	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Secor	10 5 B Simul n Exerci Upper Sets 4 -B Simu -B Simu ds Rest	x x taneousl ses; 0:45 Auxilia Reps/D x x x taneous Betweer	3 EA 6 y for 10 S seconds ry Strer uration 6 EA 10 ly for 4 S	65% Sets between Rou ngth Load 75% ets es	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes						
A B B Block 4 Order A B	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Secor	10 5 B Simul n Exerci Upper Sets 4 -B Simu -B Simu ds Rest	x x taneousl ses; 0:45 Auxilia Reps/D x x x taneous Betweer	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 10 ly for 4 S Exercise ry Stree	65% Sets between Rou ngth Load 75% ets es	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes						
A B Block 4 Order A B Block 5	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee <u>Exercise</u> <u>SA DB Shoulder Press</u> <u>Swiss Ball Roll-Out</u> Perform A 25 Secor <u>Exercise</u> <u>Chin-Up</u>	10 5 B Simul h Exerci Upper Sets 4 4 -B Simu ds Rest Upper Sets 3	x taneousl ses; 0:45 Auxilia Reps/D x x x Itaneous Betweer Auxilia	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 10 ly for 4 S Exercise ry Stree	65% Sets between Rou ngth Load 75% ets es ngth	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes 3 Sec Iso						
A B B Drder A B B B B B B B B Crder A B B B B B B B B B B B B B B B B B B	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Secon Exercise Chin-Up Palloff Rotational Press	10 5 B Simul n Exerci Upper Sets 4 -B Simul ds Rest Upper Sets 3 3	x taneousl ses; 0:45 Auxilia Reps/D x x taneous Betweer Auxilia Reps/D	3 EA 6 y for 10 S seconds ry Streer uration 6 EA 10 ly for 4 S b Exercise ry Streer uration 6 10 EA	65% Sets between Rou ngth Load 75% ets es ngth Load	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes 3 Sec Iso Notes						
A B B Block 4 Order A B B Block 5 Order A	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Secon Exercise Chin-Up Palloff Rotational Press JM DB Press	10 5 B Simul n Exerci Upper Sets 4 -B Simu ds Rest Upper Sets 3 3 3	x taneousl ses; 0:45 Auxilia Reps/D x taneous Betweer Auxilia Reps/D x x x x x	3 EA 6 y for 10 S seconds ry Streer uration 6 EA 10 ly for 4 S n Exercise ry Streer uration 6 10 EA 6	65% Sets between Rou ngth Load 75% ets ets ets pgth Load 77.5%	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes 3 Sec Iso Notes 3 Sec Ecc, Add Wt. If Possible						
A B B B B Crder A B B B B B B B B Crder A B B B B B B B B B B B B B B B B B B	DB Bent Over Row DB Reverse Fly Perform A- 25 Seconds Rest Betwee Exercise SA DB Shoulder Press Swiss Ball Roll-Out Perform A 25 Secon Exercise Chin-Up Palloff Rotational Press	10 5 B Simul n Exerci Upper Sets 4 -B Simu ds Rest Upper Sets 3 3 -C Simu	x x taneousl ses; 0:45 Auxilia Reps/D x ltaneous Betweer Auxilia Reps/D x x x x taneous	3 EA 6 y for 10 S seconds ry Stree uration 6 EA 10 ly for 4 S b Exercise ry Stree uration 6 10 EA 6 ly for 3 S	65% Sets between Rou ngth Load 75% ets ets s ngth Load 77.5% ets	3 Sec Iso, Max Speed 3 Sec Iso Inds Notes 3 Sec Iso Notes 3 Sec Ecc, Add Wt. If Possible						

	Triphasic Lacrosse Training Manual							
Qua	Quality Strength 5-Day Elite Training Block Week 11 - Wednesday							
Pre	Pre-Runi	ning, I	<u> Multi-D</u>	imensio	onal Warm-	Up		
Block 1	ock 1 ATP/Cr-P Energy System Conditioning							
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	5 Yard Square Drill	1	х	6 EA		Sprint All Directions		
	Perform A for 12 Total repe	etitions	; Rest 45	5 seconds	s between rep	oetitions		
Block 2	ATP/C	r-P Er	ergy Sy	ystem C	Conditioning			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Crease Running	1	х	6 EA		Focus on Body Angle		
	Perform A for 12 Total repe	etitions	; Rest 45	5 seconds	s between rep	oetitions		
Block 3	ATP/C	r-P Er	nergy Sy	ystem C	Conditioning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	10 Second Sprint	12	х	10s		Sprint Maximal Distance		
	Perform A for 12 Total repe	etitions	; Rest 40) seconds	s between rep	oetitions		

Triphasic Lacrosse Training Manual									
Quality Strength 5-Day Elite Training Block Week 11 - Thursday									
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1		Lowe	er Body	Warm-	up				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
	Perform A a				Sets				
	1:00 M	inute R	est Betw	een Sets					
Block 2		Lowe	er Body	Streng	<u>th</u>				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	<u>Hex Bar Deadlift</u>	10	x	1	90-95%	5 sets @ 90%, 2 sets @ 92.5%, 2 sets @ 95%			
В	Toes Up-SL Squat	5	х	10 EA		Drive Knee FWD, Keep Foot Tripod			
С	JOP Matrix	5	х	3 EA		Stick EA Rep, 3-FWD,3-LAT,3-ROT			
	Perform A-C Simultaneously for 10 Sets, Alternating Between A,B & A,C								
	25 Seconds Rest Betweer	n Exerci	ses; 1:15	minutes	between Rou	unds			
Block 3		Lower	Dynam	nic Strer	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	DB Rear Foot Elevated Split Squat	10	х	3 EA	65%	3 Sec Iso, Max Speed			
В	Standing Hip Flexor	5	х	8 EA		3 Sec Iso w/ Arm Press-8 EA Leg			
	Perform A-								
	25 Seconds Rest Betweer					unds			
Block 4		Lower	Auxilia	ry Strer	ngth				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Goblet Rotational Lunge	4	х	6 EA	72.5%	3 Sec Ecc, 6 EA Leg			
В	Bench Groin	4	х	12 EA		Add Wt.			
	Perform A			1					
	25 Secon	ds Rest	Betweer	n Exercise	es				
Block 5 Lower Auxiliary Strength									
51000 5			Reps/Duration		Load	Notes			
Order	Exercise	Sets	Reps/D	uration	Louid				
Order A	Glute Ham Bar Lift	3	x x	6	75%	3 Sec Ecc			
Order A B	<u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u>	3	X X	6 2:00		3 Sec Ecc R. Arm/L. Leg-L. Arm/R. Leg 30s EA			
Order A	<u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u> Cable Rotational Pull to Press	3 3 3	x x x	6 2:00 8 EA	75%	3 Sec Ecc			
Order A B	<u>Glute Ham Bar Lift</u> <u>SA/SL Plank Matrix</u>	3 3 3 -C Simu	x x x taneous	6 2:00 8 EA ly for 3 S	75% ets	3 Sec Ecc R. Arm/L. Leg-L. Arm/R. Leg 30s EA			

Triphasic Lacrosse Training Manual							
Qı	Quality Strength 5-Day Elite Training Block Week 11 - Friday						
<u>Pre</u>	Pre-Train	ing, M	ulti-Dir	<u>nensio</u> i	nal Warm-U	<u>lp</u>	
Block 1		Uppe	er Body	Warm-	up		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes	
А	<u>Pull-Up</u>	1,1,1	х	5,3,3		Warm-Up	
	Perform A as				· Sets		
	1:00 Mi	inute R	est Betw	een Sets			
Block 2		Uppe	er Body	Streng	<u>th</u>		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes	
Α	<u>Pull-Up</u>	10	х	2		Add Wt.	
В	<u>TRX Y Raise</u>	5	х	8			
	Perform A-I			1			
	25 Seconds Rest Between	Exerci	ses; 1:00	minutes	່ between Roເ	unds	
Block 3		Upper	Dynam	nic Stren	ngth		
Order	Exercise	Sets	Reps/D	uration	Load	Notes	
А	DB Incline Press	10	х	3	65%	3 Sec Iso, Max Speed	
В	Cable Face Pull	5	х	6		3 Sec Ecc	
	Perform A-I			,			
	25 Seconds Rest Between	Exerci	ses; 0:45	seconds	between Rou	unds	
Block 4		Upper	Auxilia	ry Strei	ngth		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes	
A	TRX Inverted Row	4	х	8		Rotate Wrists, Add Wt. If Possible	
В	<u>Band Pull Apart</u>	4	х	10		Thumbs Out	
	Perform A-						
	25 Second	ds Rest	Betweer	n Exercise	es		
Block 5		Upper	Auxilia	ry Strei	ngth		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
A	DB Bench Press	3	х	6 EA	77.5%	Single Arm	
В	<u>Cable Walkout</u>	3	х	4 EA		Athletic Stance, 3 Steps Out, 4 EA	
С	DB SA Shrug	3	х	6	72.5%	3 Sec Iso	
	Perform A-			1			
	25 Secon	ds Rest	Betweer	n Exercise	es		

4.12 Oxidative Training Block (Weeks 12-14)

As students return for the start of school, it is necessary to complete the oxidative training block a second time. This training block is now three weeks in length and is completed as the foundation for the entire off-season training model. For this reason, the specific training of this energy system must be improved prior to any other quality required in the sport of lacrosse. Training and running days are all completed in an oxidative fashion. This training in this block includes the glute layering system, described in section one, and other circuit style methods.

Goal Adaptations of Block:

- Utilize glutes as primary drivers of movement
- Increase oxygen availability
- Enhance blood flow and efficiency
- Increase mitochondrial density
- Increase oxidative enzymes
- Improve clearance of metabolites
- Recover at a higher rate
- Ultimately maximize the athlete's "drain"

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 12 - Monday								
<u>Pre</u>	Pre-T	rainin	g, Mult	i-Dime	nsional War	m-Up			
Block 1		Glute	Function	on Serie	es Warm-Up	<u>)</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>(</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	3-D Contralateral Circuit	1	х	25s		Complete As Many Reps As Possible			
	Perfo	rm A fo	or 1 Set (@ 25s on	10s off				
Block 3	<u>Oxi</u>	idative	e Energ	y Systei	m Conditior	ning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	Metabolic Injury Prevention Running	2	х	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal			
	Perform A for 2 Sets of 5 min; 1:30 rest between rounds								

Triphasic Lacrosse Training Manual										
	Oxidative 6-Day Elite Training Block Week 12 - Tuesday									
Pre										
Block 1										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	ırm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Oxidat	ive Ene	rgy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Wall Sit</u>	1	х	5m		5 minute Isometric				
В	<u>DB Bench</u>	1	х	5m	25-30%	5 minute Isometric				
С	Supine Glute Ham Back	1	х	5m	25-30%	5 minute Isometric				
D	<u>Left Leg Lunge</u>	1	х	5m		5 minute Isometric				
E	DB Prone Row	1	х	5m	25-30%	5 minute Isometric				
F	<u>Right Leg Lunge</u>	1	х	5m		5 minute Isometric				
	Perform A-F for 5	minute	es Each;	3:00 Rest	t Between Exe	ercises				

Triphasic Lacrosse Training Manual									
O	Oxidative 6-Day Elite Training Block Week 12 - Wednesday								
<u>Pre</u>	Pre-R	unnin	g, Mult	i-Dime	nsional War	m-Up			
Block 1	Block 1 Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	irm-Up S	eries Prior to T	Fraining			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ing			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Threshold Training	4	х	4m		Running at Max Heart Rate			
	Perform A for 4 Sets of 4 min; 2:30 rest between rounds								

Triphasic Lacrosse Training Manual										
(Oxidative 6-Day Elite Training Block Week 12 - Thursday									
Pre	Pre-T	rainin	g, Mult	i-Dimeı	nsional War	m-Up				
Block 1		Glute	Functio	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a GI	ute Fui	ntion Wa	ırm-Up S	eries Prior to	Training				
Block 2	<u>C</u>	Dxidat	ive Ene	rgy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perform A for 1 Set @ 25s on 10s off									
Block 3	Oxidative Energy System Conditioning									
A	Metabolic Injury Prevention Running	2	х	6m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 2	Sets o	f 6 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 12 - Friday								
Pre	Pre-T	rainin	g, Mult	t <mark>i-Dime</mark> ı	nsional War	m-Up			
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to T	Fraining			
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 12 - Saturday								
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Cardiac Output	1	х	35m		Heart Rate Between 135-155			
	Perform A for 1 Set for 35m; C	an Be C	omplete	d Throug	gh Running, Bi	king, or an Elliptical			

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 13 - Monday										
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
C	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	3-D Contralateral Circuit	1	х	30s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 30s on	10s off					
Block 3	<u>Oxi</u>	idative	e Energ	y Systei	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	Metabolic Injury Prevention Running	3	х	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 3	8 Sets o	f 5 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 13 - Tuesday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
C	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Wall Sit</u>	1	х	5m		5 minute Isometric				
В	DB Bench	1	х	5m	25-30%	5 minute Isometric				
C	Supine Glute Ham Back	1	х	5m	25-30%	5 minute Isometric				
D	Left Leg Lunge	1	х	5m		5 minute Isometric				
E	DB Prone Row	1	х	5m	25-30%	5 minute Isometric				
F	<u>Right Leg Lunge</u>	1	х	5m		5 minute Isometric				
	Perform A-F for 5	minute	es Each;	2:30 Res	t Between Exe	rcises				

	Triphasic Lacrosse Training Manual								
Oxidative 6-Day Elite Training Block Week 13 - Wednesday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	35 EA					
В	Banded Other 4 Toe Work	1	х	35 EA					
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue				
D	Swiss Ball Hip Patterning	1	Х	15 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Fraining			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ing			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Threshold Training	4	х	6m		Running at Max Heart Rate			
	Perform A for 4	1 Sets o	f 6 min;	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 13 - Thursday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	35 EA						
В	Banded Other 4 Toe Work	1	х	35 EA						
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a Gl	ute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	30s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 30s on	10s off					
Block 3	<u>Oxi</u>	dative	e Energ	y Systei	m Condition	ning				
A	Metabolic Injury Prevention Running	3	х	6m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 3	Sets o	f 6 min;	1:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 13 - Friday								
Pre	Pre-T	' <mark>rainin</mark>	g, Mult	<mark>i-Dime</mark> i	nsional War	m-Up			
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
А	Banded Big Toe Work	1	х	35 EA					
В	Banded Other 4 Toe Work	1	х	35 EA					
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to T	Training			
Block 2	<u>(</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Sandbell Circuit	1	х	30s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 30s on	10s off				

	Triphasic Lacrosse Training Manual								
	Oxidative 6-Day Elite Training Block Week 13 - Saturday								
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	35 EA					
В	Banded Other 4 Toe Work	1	х	35 EA					
С	Level 2 Glute Iso Training Protocol	1	х	23m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	15 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Cardiac Output	1	х	45m		Heart Rate Between 135-155			
	Perform A for 1 Set for 45m; Ca	an Be C	omplete	d Throug	gh Running, Bi	king, or an Elliptical			

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 14 - Monday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up	2				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
C	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>(</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	3-D Contralateral Circuit	1	х	35s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 35s on	10s off					
Block 3	<u>Oxi</u>	idative	e Energ	y Systei	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	Metabolic Injury Prevention Running	4	х	4m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 4	Sets o	f 4 min;	1:00 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 14 - Tuesday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
C	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Wall Sit</u>	1	х	5m	25-30%	5 minute Isometric				
В	DB Bench	1	х	5m	25-30%	5 minute Isometric				
С	Supine Glute Ham Back	1	х	5m	25-30%	5 minute Isometric				
D	<u>Left Leg Lunge</u>	1	х	5m	25-30%	5 minute Isometric				
E	DB Prone Row	1	х	5m	25-30%	5 minute Isometric				
F	<u>Right Leg Lunge</u>	1	х	5m	25-30%	5 minute Isometric				
	Perform A-F for 5	minute	es Each;	2:00 Rest	t Between Exe	ercises				

	Triphasic Lacrosse Training Manual								
Oxidative 6-Day Elite Training Block Week 14 - Wednesday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
С	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	ırm-Up S	eries Prior to	Fraining			
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ing			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Threshold Training	3	х	9m		Running at Max Heart Rate			
	Perform A for 3	3 Sets o	f 9 min;	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
Oxidative 6-Day Elite Training Block Week 14 - Thursday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Functio	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
С	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a Gl	ute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>C</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g				
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	3-D Contralateral Circuit	1	х	35s		Complete As Many Reps As Possible				
	Perfo	rm A fo	or 1 Set (@ 35s on	10s off					
Block 3	<u>Oxi</u>	dative	e Energ	y Syste	m Conditior	ling				
Α	Metabolic Injury Prevention Running	4	х	5m		Jog, Shuffle R&L, Carioca R&L, Backpedal				
	Perform A for 4	Sets o	f 5 min;	1:00 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 14 - Friday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Glute	Function	on Serie	es Warm-Up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
С	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	Metabolic Sandbell Circuit	1	х	35s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 35s on	10s off					

	Triphasic Lacrosse Training Manual									
	Oxidative 6-Day Elite Training Block Week 14 - Saturday									
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
C	Level 3 Glute Iso Training Protocol	1	х	26m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ling				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Cardiac Output	1	х	55m		Heart Rate Between 135-155				
	Perform A for 1 Set for 55m; Ca	an Be C	omplete	d Throug	gh Running, Bi	king, or an Elliptical				

4.13 Glycolytic Training Block (Weeks 15-16)

Training throughout this block is utilized to maximize the glycolytic energy system. Running was implemented for this training block during the capacity strength training block. However, now the training days are also completed specifically to drive this energy system to function at this highest level. The extreme level of metabolites produced makes this phase one of the training one of the most grueling to complete in the Triphasic Lacrosse Training Manual. Circuits are also utilized in this training block. However, they are implemented specifically to drive metabolite production and are completed at a much higher intensity than the circuits of the oxidative training block.

Goal Adaptations of Block:

- Continue glute specific training
- Produce high-levels of metabolites
- Improve tolerance of metabolites
- Increase glycolytic enzymes
- Ultimately maximize an athlete's "sink" size

	Triphasic Lacrosse Training Manual								
(Glycolytic 6-Day Elite	e Tra	aining	g Blo	ck Wee	k 15 - Monday			
Pre	Pre-T	rainin	g, Mult	<mark>i-Dime</mark> i	nsional Wai	rm-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up)			
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
С	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a Gl	ute Fu	ntion Wa	ırm-Up S	eries Prior to	Training			
Block 2 Glycolytic Energy System Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>DB Bench - Left Arm</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
В	DB Split Squat - Right Leg	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
C	DB Bench - Right Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
D	<u>DB Split Squat - Left Leg</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
E	<u>SL Glute Bar Lift - Right Leg</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
F	DB Bent Over Row - Left Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
G	<u>SL Glute Bar Lift - Left Leg</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
Н	DB Bent Over Row - Right Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
I	DB Shoulder Press - Both Arms	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
J	<u>Pull-Up - Both Arms</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
К	Swiss Ball Leg Curl - Both Legs	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
L	Inverted Row - Both Arms	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
				eously fo					
	10 Seconds Rest Bety	ween E	xercises;	2:30 mi	nutes betwee	n Rounds			
Block 3	Gly	colyti	c Energ	y Syste	m Conditio	ning			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
A	Metabolic Injury Prevention Running	10	х	20s		Sprint, Shuffle R&L, Carioca R&L 1 EA Rep			
Perfor	m A for 10 Sets of 20 sec; 1:00 rest be	etween	rounds;	Cover as	Much Distan	ce as Possible in Each Repetition			

	Triphasic Lacrosse Training Manual							
(Glycolytic 6-Day Elite	e Tra	ainin	g Blo	ck Wee	k 15 - Tuesday		
Pre	Pre-T	rainin	g, Mult	i-Dimer	nsional War	m-Up		
Block 1		Glute	Functio	on Serie	es Warm-Up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	50 EA				
В	Banded Other 4 Toe Work	1	х	50 EA				
С	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow		
Perform A-D as a Glute Funtion Warm-Up Series Prior to Training								
Block 2	<u>(</u>	Glycoly	/tic Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>DB Step Up</u>	AMAP	х	10 EA	50-60%	As Many Sets As Possible in 5 minutes		
В	Bench Press	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes		
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes								
No Rest Between Exercises; 2:30 minutes between Next Round								
Block 3		Glycoly	/tic Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
А	<u>RDL</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes		
В	<u>Lat Pull Down</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes		
	Perform A-B Simultaneously for 1) Repet	itions Ea	ich for As	s Many Sets As	s Possible in 5 minutes		
	No Rest Between I	Exercise	es; 2:30 r	ninutes k	petween Next	Round		
Block 4	(Slycoly	/tic Ene	rgv Svs	tem Trainin	ø		
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes		
Order A	<u>Exercise</u> <u>DB Split Squat</u>	Sets AMAP						
	DB Split Squat Bent Over Row	AMAP AMAP	Reps/D x x	uration 10 EA 10	Load 50-60% 50-60%	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes		
A	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10	AMAP AMAP D Repet	Reps/D x x itions Ea	uration 10 EA 10 ch for As	Load 50-60% 50-60% 50 Many Sets As	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes S Possible in 5 minutes		
A	DB Split Squat Bent Over Row	AMAP AMAP D Repet	Reps/D x x itions Ea	uration 10 EA 10 ch for As	Load 50-60% 50-60% 50 Many Sets As	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes S Possible in 5 minutes		
A	<u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 1 No Rest Between I	AMAP AMAP D Repet xercise	Reps/D x x itions Ea es; 2:30 r	uration 10 EA 10 Inch for As minutes b	Load 50-60% 50-60% 50 Many Sets As	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes S Possible in 5 minutes Round		
A B	<u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 1 No Rest Between I	AMAP AMAP D Repet xercise	Reps/D x x itions Ea es; 2:30 r	uration 10 EA 10 ich for As minutes b ergy Sys	Load 50-60% 50-60% 5 Many Sets As between Next	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes S Possible in 5 minutes Round		
A B Block 5	DB Split Squat Bent Over Row Perform A-B Simultaneously for 1 No Rest Between I	AMAP AMAP D Repet Exercise Glycoly	Reps/D x x itions Ea es; 2:30 r /tic Ene	uration 10 EA 10 ich for As minutes b	Load 50-60% 50-60% Many Sets As between Next tem Trainin	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes Round B		
A B Block 5 <u>Order</u>	DB Split Squat Bent Over Row Perform A-B Simultaneously for 1 No Rest Between I <u>Exercise</u> <u>DB Lateral Lunge</u> <u>TRX Inverted Row</u>	AMAP AMAP Repet Exercise Glycol Sets AMAP AMAP	Reps/D x x itions Ea es; 2:30 r /tic Ene Reps/D x x x	uration 10 EA 10 Ich for As ninutes b rgy Sys uration 10 EA 10	Load 50-60% 50-60% 5 Many Sets As 5 Many Sets As 5 Detween Next tem Trainin Load 50-60% 50-60%	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes 5 Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes		
A B B Block 5 <u>Order</u> A	DB Split Squat Bent Over Row Perform A-B Simultaneously for 1 No Rest Between I <u>Exercise</u> <u>DB Lateral Lunge</u>	AMAP AMAP Repet Exercise Glycol Sets AMAP AMAP	Reps/D x x itions Ea es; 2:30 r /tic Ene Reps/D x x x	uration 10 EA 10 Ich for As ninutes b rgy Sys uration 10 EA 10	Load 50-60% 50-60% 5 Many Sets As 5 Many Sets As 5 Detween Next tem Trainin Load 50-60% 50-60%	Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes 5 Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes		

	Triphasic Lacrosse Training Manual									
Glycolytic 6-Day Elite Training Block Week 15 - Wednesday										
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Ouration	Load	Notes				
A	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
С	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Gly</u>	colyti	c Energ	y Syste	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	Ouration	Load	Notes				
A	Lactic Threshold Training	4	х	10x20s		Sprint Max Distance in 20 seconds				
Perfo	rm A for 10 repetitions of 0:20 Sprint; 10 sec	ond rest	between	repetitions	; Complete 4 To	tal Sets with Rest 2:00 between Sets				

	Triphasic Lacrosse Training Manual								
(Glycolytic 6-Day Elite	Tra	ining	g Bloo	ck Weel	< 15 - Thursday			
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional Wai	m-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up)			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
C	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a Gl	ute Fui	ntion Wa	ırm-Up S	eries Prior to	Training			
Block 2 Glycolytic Energy System Training									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	<u>DB Bench - Left Arm</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
В	DB Split Squat - Right Leg	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
C	DB Bench - Right Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
D	DB Split Squat - Left Leg	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
E	<u>SL Glute Bar Lift - Right Leg</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
F	DB Bent Over Row - Left Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
G	<u>SL Glute Bar Lift - Left Leg</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
Н	DB Bent Over Row - Right Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
I	DB Shoulder Press - Both Arms	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
J	<u>Pull-Up - Both Arms</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
К	Swiss Ball Leg Curl - Both Legs	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
L	<u>Inverted Row - Both Arms</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
				eously fo					
	10 Seconds Rest Bety	ween E	xercises;	2:30 mi	nutes betwee	n Rounds			
Block 3	Gly	colyti	c Energ	y Syste	m Conditio	ning			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
A	Metabolic Injury Prevention Running	10	х	25s		Sprint, Shuffle R&L, Carioca R&L 1 EA Rep			
Perfor	m A for 10 Sets of 25 sec; 1:00 rest be	tween	rounds;	Cover as	Much Distan	ce as Possible in Each Repetition			

Triphasic Lacrosse Training Manual									
	Glycolytic 6-Day Elit	te Tr	rainir	ng Blo	ock Wee	ek 15 - Friday			
Pre	Pre-T	rainin	g, Mult	i-Dimer	nsional War	m-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
C	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
Perform A-D as a Glute Funtion Warm-Up Series Prior to Training									
Block 2	<u>(</u>	Glycoly	tic Ene	ergy Sys	tem Trainin	g			
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
A	DB Step Up	AMAP	х	10 EA	50-60%	As Many Sets As Possible in 5 minutes			
В	Bench Press	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes			
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes									
No Rest Between Exercises; 2:30 minutes between Next Round									
Block 3	(Slycoly	tic Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	RDL	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes			
		AMAP	х	10	50-60%	As Manu Cata As Dessible in Eminutes			
В	<u>Lat Pull Down</u>	Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes							
В				ch for As		As Many Sets As Possible in 5 minutes s Possible in 5 minutes			
В) Repet	itions Ea		s Many Sets A	s Possible in 5 minutes			
B Block 4	Perform A-B Simultaneously for 10 No Rest Between F) Repet xercise	itions Ea es; 2:30 r	ninutes k	s Many Sets A	s Possible in 5 minutes Round			
	Perform A-B Simultaneously for 10 No Rest Between F) Repet xercise	itions Ea es; 2:30 r	ninutes b E rgy Sys	s Many Sets As between Next	s Possible in 5 minutes Round			
Block 4	Perform A-B Simultaneously for 10 No Rest Between B) Repet Exercise Glycoly	itions Ea es; 2:30 r /tic Ene	ninutes b E rgy Sys	s Many Sets As between Next tem Trainin	s Possible in 5 minutes Round g			
Block 4	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u>) Repet Exercise Glycoly Sets	itions Ea es; 2:30 r /tic Ene Reps/D x	ninutes b rgy Sys uration	s Many Sets A between Next tem Trainin Load	s Possible in 5 minutes Round <u>g</u> Notes			
Block 4 Order A	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u>	Repet xercise Glycoly Sets AMAP AMAP	itions Ea es; 2:30 r /tic Ene Reps/D x x	minutes b rgy Sys uration 10 EA 10	Many Sets As between Next tem Trainin Load 50-60% 50-60%	s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes			
Block 4 Order A	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u>	C Repet Exercise Glycoly Sets AMAP AMAP O Repet	itions Ea es; 2:30 r /tic Ene Reps/D x x itions Ea	minutes b rgy Sys uration 10 EA 10 10 ach for As	Many Sets A between Next tem Trainin Load 50-60% 50-60% Many Sets A	s Possible in 5 minutes Round <u>B</u> <u>Notes</u> As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes			
Block 4 Order A	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between B	D Repet Exercise Glycoly Sets AMAP AMAP D Repet Exercise	itions Ea es; 2:30 r ytic Ene Reps/D x x itions Ea es; 2:30 r	ninutes b rgy Sys uration 10 EA 10 ch for As ninutes b	Many Sets A between Next tem Trainin Load 50-60% 50-60% Many Sets A	s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round			
Block 4 Order A B	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between B	D Repet Exercise Glycoly Sets AMAP AMAP D Repet Exercise	itions Ea es; 2:30 r ytic Ene Reps/D x x itions Ea es; 2:30 r	ninutes t rgy Sys uration 10 EA 10 uch for As ninutes t rgy Sys	Many Sets A between Next tem Trainin Load 50-60% 50-60% Many Sets A between Next	s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round			
Block 4 Order A B Block 5	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between B	D Repet Exercise Glycoly Sets AMAP AMAP D Repet Exercise Glycoly	itions Ea es; 2:30 r /tic Ene Reps/D x x itions Ea es; 2:30 r /tic Ene	ninutes t rgy Sys uration 10 EA 10 uch for As ninutes t rgy Sys	Many Sets A between Next tem Trainin Load 50-60% 50-60% Many Sets A between Next tem Trainin	s Possible in 5 minutes Round <u>B</u> <u>Notes</u> As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round <u>B</u>			
Block 4 Order A B Block 5 Order	Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between B <u>Exercise</u>	D Repet exercise Glycoly Sets AMAP AMAP D Repet Exercise Glycoly Sets	itions Ea es; 2:30 r /tic Ene Reps/D x x itions Ea es; 2:30 r /tic Ene Reps/D x	ninutes b rgy Sys uration 10 EA 10 cch for As ninutes b rgy Sys uration	Many Sets A between Next tem Trainin Load 50-60% 50% 50-60% 50% 50% 50% 50% 50% 50% 50% 50% 50% 5	s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round g Notes			
Block 4 Order A B Block 5 Order A	Perform A-B Simultaneously for 10 No Rest Between B <u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between B <u>Exercise</u> <u>DB Lateral Lunge</u>	D Repet xercise Glycoly Sets AMAP D Repet xercise Glycoly Sets AMAP AMAP	itions Ea es; 2:30 r /tic Ene Reps/D x :itions Ea es; 2:30 r /tic Ene Reps/D x x x	ninutes b rgy Sys uration 10 EA 10 cch for As ninutes b rgy Sys uration 10 EA 10	Many Sets A between Next tem Trainin Load 50-60% 50-60% 50-60% 50-60% 50-60% 50-60% 50-60%	s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes			

	Triphasic Lacrosse Training Manual										
Glycolytic 6-Day Elite Training Block Week 15 - Satuday											
Pre	Pre-Running, Multi-Dimensional Warm-Up										
Block 1	Glute Function Series Warm-Up										
<u>Order</u>	Exercise	Sets	Reps/D	ouration	Load	Notes					
Α	Banded Big Toe Work	1	х	50 EA							
В	Banded Other 4 Toe Work	1	х	50 EA							
С	Level 4 Glute Iso Training Protocol	1	х	14m	Green/Blue						
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow					
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training					
Block 2	<u>Gly</u>	colyti	c Energ	y Syste	m Condition	ling					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes					
Α	Lactic Capacity Training	3	х	3x1:30		Sprinting at Max Speed					
Pe	erform A for 3 repetitions of 1:30 Sprint; 1:00) rest bet	ween rep	etitions; Co	omplete 3 Total S	Sets with Rest 3:00 between Sets					

	Triphasic Lacrosse Training Manual								
(Glycolytic 6-Day Elite	e Tra	aining	g Blo	ck Wee	k 16 - Monday			
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional Wai	rm-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up)			
Order	Exercise	Sets	Sets Reps/Duration		Load	Notes			
Α	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
С	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	ute Fu	ntion Wa	ırm-Up S	eries Prior to	Training			
Block 2	<u>(</u>	Slycoly	tic Ene	ergy Sys	tem Trainin	Ig			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>DB Bench - Left Arm</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
В	DB Split Squat - Right Leg	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
C	DB Bench - Right Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
D	DB Split Squat - Left Leg	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
E	<u>SL Glute Bar Lift - Right Leg</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
F	DB Bent Over Row - Left Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
G	<u>SL Glute Bar Lift - Left Leg</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
Н	DB Bent Over Row - Right Arm	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
I	DB Shoulder Press - Both Arms	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
J	<u>Pull-Up - Both Arms</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
К	Swiss Ball Leg Curl - Both Legs	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
L	<u>Inverted Row - Both Arms</u>	3	х	30s	65-70%	30 second Isometric, 10 second Rest			
				eously fo					
	10 Seconds Rest Bet	ween E	xercises;	2:30 mi	nutes betwee	n Rounds			
Block 3	Gly	colyti	c Energ	y Syste	m Conditio	ning			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Injury Prevention Running	12	х	20s		Sprint, Shuffle R&L, Carioca R&L 1 EA Rep			
Perfor	m A for 12 Sets of 20 sec; 1:00 rest be	etween	rounds;	Cover as	Much Distan	ce as Possible in Each Repetition			

	Triphasic Lacrosse Training Manual													
(Glycolytic 6-Day Elite	e Tra	ainin	g Blo	ck Weel	k 16 - Tuesday								
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional War	m-Up								
Block 1		Glute	Functio	on Serie	es Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes								
Α	Banded Big Toe Work	1	х	50 EA										
В	Banded Other 4 Toe Work	1	х	50 EA										
С	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue									
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow								
Perform A-D as a Glute Funtion Warm-Up Series Prior to Training														
Block 2 Glycolytic Energy System Training														
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes								
Α	<u>DB Step Up</u>	AMAP	х	10 EA	50-60%	As Many Sets As Possible in 5 minutes								
В	Bench Press	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes								
Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes														
No Rest Between Exercises; 2:30 minutes between Next Round														
Block 3		Slycoly	/tic Ene	ergy Sys	tem Trainin									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes								
А	<u>RDL</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes								
В	<u>Lat Pull Down</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes								
	Perform A-B Simultaneously for 1) Repet	itions Ea	hch for As	s Many Sets As	Perform A-B Simultaneously for 10 Repetitions Each for As Many Sets As Possible in 5 minutes								
No Rest Between Exercises; 2:30 minutes between Next Round														
	No Rest Between I	xercise	es; 2:30 r	minutes k										
Block 4			,			Round								
Block 4			/tic Ene		between Next	Round								
-		Slycoly	/tic Ene	ergy Sys	oetween Next tem Trainin	Round E								
<u>Order</u>	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u>	Sets AMAP AMAP	/tic Ene Reps/D x x	ergy Sys uration 10 EA 10	between Next tem Trainin Load 50-60% 50-60%	Round B Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes								
Order A	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10	Sets AMAP AMAP Repet	/tic Ene Reps/D x x itions Ea	ergy Sys uration 10 EA 10 ach for As	between Next tem Trainin Load 50-60% 50-60% Many Sets As	Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes								
Order A	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u>	Sets AMAP AMAP Repet	/tic Ene Reps/D x x itions Ea	ergy Sys ouration 10 EA 10 ach for As	between Next tem Trainin Load 50-60% 50-60% Many Sets As	Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes								
Order A	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 1 No Rest Between I	Sets AMAP AMAP O Repet	Reps/D x x itions Ea es; 2:30 r	ergy Sys uration 10 EA 10 ach for As minutes b	between Next tem Trainin Load 50-60% 50-60% Many Sets As	Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes Round								
Order A B	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 1 No Rest Between I	Sets AMAP AMAP O Repet	Reps/D x x itions Ea es; 2:30 r	ergy Sys uration 10 EA 10 ach for As minutes b ergy Sys	between Next tem Trainin Load 50-60% 50-60% Many Sets As between Next	Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes Round								
Order A B Block 5	<u>Exercise</u> <u>DB Split Squat</u> <u>Bent Over Row</u> Perform A-B Simultaneously for 10 No Rest Between I	Sets AMAP AMAP Repet Exercise	/tic Ene Reps/D x x itions Ea es; 2:30 r /tic Ene	ergy Sys uration 10 EA 10 ach for As minutes b ergy Sys	between Next tem Trainin Load 50-60% 50% 50% 50% 50% 50% 50% 50% 50% 50% 5	Round B Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes S Possible in 5 minutes Round B								
Order A B Block 5 Order	Exercise DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between 1 <u>Exercise</u> DB Lateral Lunge <u>TRX Inverted Row</u>	Sets AMAP AMAP D Repet Exercise Sets AMAP AMAP	x x x x itions Ea s; 2:30 r ytic Ene Reps/D x x x	ergy Sys uration 10 EA 10 ach for As minutes b ergy Sys uration 10 EA 10	between Next tem Trainin Load 50-60% 50-60% 50-60% 50-60% 50-60% 50-60%	Round								
Order A B Block 5 Order A	Exercise DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between I <u>Exercise</u> DB Lateral Lunge	Sets AMAP AMAP D Repet Exercise Sets AMAP AMAP	x x x x itions Ea s; 2:30 r ytic Ene Reps/D x x x	ergy Sys uration 10 EA 10 ach for As minutes b ergy Sys uration 10 EA 10	between Next tem Trainin Load 50-60% 50-60% 50-60% 50-60% 50-60% 50-60%	Round								

	Triphasic Lacrosse Training Manual									
Glycolytic 6-Day Elite Training Block Week 16 - Wednesday										
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
С	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Gly</u>	colyti	c Energ	y Syste	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes				
Α	Lactic Threshold Training	4	х	10x30s		Sprint Max Distance in 30 seconds				
Perfo	rm A for 10 repetitions of 0:30 Sprint; 10 sec	ond rest	between	repetitions	s; Complete 4 To	tal Sets with Rest 2:00 between Sets				

	Triphasic Lacrosse Training Manual								
(Glycolytic 6-Day Elite	Tra	ining	g Bloc	ck Weel	< 16 - Thursday			
Pre	Pre-T	rainin	g, Mult	<mark>i-Dime</mark> i	nsional Wai	rm-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up)			
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA					
В	Banded Other 4 Toe Work	1	х	50 EA					
C	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	ute Fu	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2 Glycolytic Energy System Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	DB Bench - Left Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
В	DB Split Squat - Right Leg	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
С	DB Bench - Right Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
D	<u>DB Split Squat - Left Leg</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
E	<u>SL Glute Bar Lift - Right Leg</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
F	DB Bent Over Row - Left Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
G	<u>SL Glute Bar Lift - Left Leg</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
Н	DB Bent Over Row - Right Arm	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
I	DB Shoulder Press - Both Arms	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
J	<u>Pull-Up - Both Arms</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
К	<u>Swiss Ball Leg Curl - Both Legs</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
L	<u>Inverted Row - Both Arms</u>	3	х	30s	45-50%	30 second Oscillatory, 10 Second Rest			
				eously fo					
	10 Seconds Rest Bet	ween E	xercises;	2:30 mi	nutes betwee	n Rounds			
Block 3	Gly	colyti	c Energ	y Syste	m Conditio	ning			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Metabolic Injury Prevention Running	12	х	25s		Sprint, Shuffle R&L, Carioca R&L 1 EA Rep			
Perfor	m A for 12 Sets of 25 sec; 1:00 rest be	etween	rounds;	Cover as	Much Distan	ce as Possible in Each Repetition			

Triphasic Lacrosse Training Manual							
Glycolytic 6-Day Elite Training Block Week 16 - Friday							
Pre	Pre-T	rainin	g, Mult	i-Dimer	nsional War	m-Up	
Block 1		Glute	Functio	on Serie	es Warm-Up		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
А	Banded Big Toe Work	1	х	50 EA			
В	Banded Other 4 Toe Work	1	х	50 EA			
С	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue		
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow	
	Perform A-D as a G	lute Fur	ntion Wa	irm-Up S	eries Prior to	Fraining	
Block 2	<u>(</u>	Slycoly	/tic Ene	rgy Sys	tem Trainin	g	
Order	Exercise	Sets	Reps/D	uration	Load	Notes	
А	DB Step Up	AMAP	х	10 EA	50-60%	As Many Sets As Possible in 5 minutes	
В	Bench Press	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes	
	Perform A-B Simultaneously for 10) Repet	itions Ea	ch for As	s Many Sets As	s Possible in 5 minutes	
	No Rest Between I	xercise	es; 2:30 r	ninutes k	oetween Next	Round	
Block 3		Slycoly	/tic Ene	rgy Sys	tem Trainin	g	
Order	Exercise	Sets	Reps/D		Load	Notes	
Α	<u>RDL</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes	
В	<u>Lat Pull Down</u>	AMAP	х	10	50-60%	As Many Sets As Possible in 5 minutes	
	Perform A-B Simultaneously for 10) Repet	itions Ea	ch for As	s Many Sets As	s Possible in 5 minutes	
	No Rest Between I	Exercise	es; 2:30 r	ninutes k	oetween Next	Round	
Block 4		Slycoly	/tic Ene	rgy Sys	tem Trainin	g	
Order	Exercise	Sets	Reps/D	uration	Load	A	
	LACICISC	3013	neps/D	uration	Load	Notes	
A	DB Split Squat	AMAP	Х	10 EA	50-60%	Notes As Many Sets As Possible in 5 minutes	
	DB Split Squat Bent Over Row	AMAP AMAP	x x	10 EA 10	50-60% 50-60%	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes	
Α	DB Split Squat	AMAP AMAP	x x	10 EA 10	50-60% 50-60%	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes	
Α	DB Split Squat Bent Over Row	AMAP AMAP Repet	x x itions Ea	10 EA 10 ch for As	50-60% 50-60% Many Sets As	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes	
Α	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between B	AMAP AMAP D Repet Exercise	x x itions Ea es; 2:30 r	10 EA 10 ch for As ninutes b	50-60% 50-60% Many Sets As	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round	
A B	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between B	AMAP AMAP D Repet Exercise	x x itions Ea es; 2:30 r	10 EA 10 ch for As ninutes b rgy Sys	50-60% 50-60% Many Sets As between Next	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round	
A B B Block 5	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between F	AMAP AMAP D Repet Exercise Glycoly	x itions Ea s; 2:30 r /tic Ene	10 EA 10 ch for As ninutes b rgy Sys	50-60% 50-60% Many Sets As between Next tem Trainin	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes Possible in 5 minutes Round B	
A B Block 5 <u>Order</u>	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between B <u>C</u> <u>Exercise</u> <u>DB Lateral Lunge</u> <u>TRX Inverted Row</u>	AMAP AMAP D Repet Exercise Glycoly Sets AMAP AMAP	x itions Ea es; 2:30 r /tic Ene Reps/D x x	10 EA 10 ch for As ninutes b rgy Sys uration 10 EA 10	50-60% 50-60% 5 Many Sets As between Next tem Trainin Load 50-60% 50-60%	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes s Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes	
A B Block 5 Order A	DB Split Squat Bent Over Row Perform A-B Simultaneously for 10 No Rest Between B <u>Exercise</u> <u>DB Lateral Lunge</u>	AMAP AMAP Repet Exercise Glycoly Sets AMAP AMAP O Repet	x itions Ea es; 2:30 r /tic Ene Reps/D x x x itions Ea	10 EA 10 ch for As ninutes b rgy Sys uration 10 EA 10 ch for As	50-60% 50-60% 5 Many Sets As between Next tem Trainin Load 50-60% 50-60% 50-60% 50-80%	As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes 5 Possible in 5 minutes Round g Notes As Many Sets As Possible in 5 minutes As Many Sets As Possible in 5 minutes 5 Possible in 5 minutes	

Triphasic Lacrosse Training Manual										
	Glycolytic 6-Day Elite Training Block Week 16 - Satuday									
Pre										
Block 1		Glute	Functi	on Serie	es Warm-Up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes				
Α	Banded Big Toe Work	1	х	50 EA						
В	Banded Other 4 Toe Work	1	х	50 EA						
С	Level 5 Glute Iso Training Protocol	1	х	14m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	20 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Gly</u>	colyti	c Energ	y Syste	m Condition	ling				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes				
Α	Lactic Capacity Training	3	х	3x2:00		Sprinting at Max Speed				
Pe	erform A for 3 repetitions of 2:00 Sprint; 1:00	rest bet	ween rep	etitions; Co	omplete 3 Total S	Sets with Rest 3:00 between Sets				

4.14 Eccentric Training Block (Weeks 17-18)

The eccentric training block is implemented for two weeks. It is in this block that each of the components described in section three of this manual are implemented entirely within a single program. The Block Training, Modified Undulated, High-Quality Training, and Muscle Action Training Models are all implemented simultaneously within this block. Each of these models are implemented in other phases, but not all within the same training program. This phase is primarily focused on the ability of an athlete to absorb high-levels of force, as this is the first phase in the utilization of the SSC. For this reason, eccentric training is implemented on running days. Recall the importance of short, repeat-sprints in the sport of lacrosse. Training completed in this block is designed to mimic those specific requirements in the most efficient model possible.

Goal Adaptations of Block:

- Maximize absorption of force
- Enhance acceleration and deceleration technique
- Improve tissue tolerance
- Movement efficiency
- Improve the SSC ability
- Reduce inhibiting effects of GTOs
- Selectively train explosive type II muscle fibers

	Triphasic	Lacr	osse	Trai	ning Ma	inual				
E	ccentric 6-Day Elite	e Tra	ainin	g Blo	ock Wee	k 17 - Monday				
Pre-Training, Multi-Dimensional Warm-Up										
Block 1			Speed/	Agility	Training					
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint				
1:30 Minute Rest Between Reps										
Block 2 Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Wipers	3	х	10 EA		Max ROM, No Knee Mvmt				
					usly for 3 Sets					
	1	:00 Min	ute Rest	Betwee	n Sets					
Block 3			<u>Lower</u>	Body St	trength_					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Safety Bar Split Squat	4	х	1,1-Clu	85-87.5%	7 Sec Ecc-Partner Help				
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous				
С	Wt. Squat Jump Pause	4	х	4		Pull-In, Pause at Bottom				
D	Accel. Band Jump Pause	4	х	4		Pull-In, Pause at Bottom				
E	Manual 4-Way Neck	4	х	1 EA	Partner Push	7 Sec Ecc-EA				
F	Partner Bench Glute	4	х	1 EA	Partner Push	7 Sec Ecc-EA				
G	<u>Ant. Tib Band</u>	4	х	2 EA	1" Band	3 Sec Ecc-2 EA				
					for 4 Sets					
	25 Seconds Rest Be	tween	Exercises	s; 2:00 m	inutes betwee	en Rounds				
Block 4		<u>Lo</u>			Strength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>SL Reverse Hyper</u>	5	х	1 EA	Partner Push	7 Sec Ecc-Opposite Hand				
В	DB Common Lunge Matrix	5	х	1 EA	82.5-85%	7 Sec Ecc-FWD,LAT,ROT				
С	Partner Bench Groin	5	X	1 EA	Partner Push	7 Sec Ecc-EA				
				,	for 5 Sets					
Block 5	25 \$			etween E						
	Evereice	<u>L</u> Sets	Reps/D		<u>Strength</u>	Notes				
Order A	<u>Exercise</u> <u>SL Glute Ham Bar Lift</u>	Sets	xeps/D	1 EA	Load 82.5-85%	7 Sec Ecc-EA, 2 Up-1 Down				
B	Partner Hip Flex Prone	4	x	3	Partner Push	7 Sec Ecc-EA, 2 Op-1 Down				
C	Partner Band Abs	4	x	8	Partner Pull	7 Sec Ecc				
				-	for 4 Sets					
				etween E						
	25 3									

	Triphasic	Lacr	osse	Trai	ning Ma	nual		
E	ccentric 6-Day Elit							
Pre-Training, Multi-Dimensional Warm-Up								
Block 1			Speed/	Agility	Training			
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		10 Yard Stairs + 10 Sprint		
	1	:30 Min	ute Rest	Between	n Reps			
Block 2			Upper	Body W	/arm-up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up		
В	Band Pull-Aparts	3	х	10	1/2" Band			
	Perform	A & B S	eries Sim	ultaneo	usly for 3 Sets			
	1	:00 Mir	iute Rest	Betwee	n Sets			
Block 3			Upper	Body St	trength			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	Bench Press	4	х	1,1	85-87.5%	7 Sec Ecc-Partner Help		
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM		
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM		
D	Rack Band Push-Up	4	х	5		Pull-In, Pause at Bottom		
E	Mini Band Scap Press	4	х	10	Green			
					for 4 Sets			
	25 Seconds Rest Be			•		en Rounds		
Block 4		<u>U</u>	pper A	uxiliary	Strength			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	<u>Pull-Up</u>	4	х	1	Partner Pull	7 Sec Ecc		
В	Banded Cuban Press	4	х	1 EA	1/2" Band	7 Sec Ecc-EA		
С	<u>Wrist Uln & Rad</u>	4	х	1 EA		7 Sec Ecc-EA		
				,	for 4 Sets			
	25	Second	s Rest Be	etween E	xercises			
Block 5		<u>U</u>			Strength			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
A	<u>DB Bent Over Row</u>	4	х	1 EA	82.5-85%	7 Sec Ecc-EA		
В	DB Shoulder Press	4	х	2	82.5-85%	Bottom 1/2, 3 Sec Ecc-2 EA		
С	Wrist Pro & Sup	4	х	1 EA	Partner Push	7 Sec Ecc-EA		
D	SA Farmers Carry	4	х	20Y	Heavy			
					for 4 Sets			
	25	Second	s Rest Be	etween E	xercises			

	Triphasic	Lacr	osse	Trai	ning Ma	anual					
Ecc	centric 6-Day Elite	Traiı	ning	Bloc	< Week	17 - Wednesday					
Pre Pre-Training, Multi-Dimensional Warm-Up											
Block 1			Speed/	Agility	Training						
Order	<u>Exercise</u>	Sets	Reps/D		Load	Notes					
Α	A Pro-Agility 1 x 3 EA 5-10-5										
	1:30 Minute Rest Between Reps										
Block 2			Lower	<u>Body W</u>	<u>/arm-up</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes					
A	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up					
					eavier Sets						
	1	:00 Min		Betwee							
Block 3					trength_						
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes					
A	Hex Bar Deadlift	8	х	5s	85-90%	Max Reps, No Floor Touch					
В	Toe Out-Common Lunge Matrix	8	X	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg					
					for 8 Sets						
	25 Seconds Rest Be			,		en Rounds					
Block 4		-			<u>Strength</u>						
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes					
A	Split Squat	3	X	5s	80-85%	OC-D+1, EA					
B C	<u>DB RDL</u> Hip Flex Prone	3	X X	5s 5s	80-85%	OC-D+1 Reactive-AMAP/Push-Pull-EA					
C		-			for 3 Sets	Reactive-AMAP/Push-Pull-EA					
				tween E							
Block 5	25										
	Eversion	-			Strength	Notos					
Order A	Exercise DB Step Up	Sets 3	Reps/D	5s	Load 80-85%	Notes					
B	<u>Glute Ham Hyper</u>	3	x	5s	80-85%	Bottom 1/2, EA OC-D+1					
C D	Bench Groin	3	x	53 5s		Reactive-AMAP/Push-Pull-EA					
		-			for 3 Sets						
				tween E							
Block 6					Strength						
Order	Exercise	Sets	Reps/D		Load	Notes					
A	<u>Glute Ham Bar Lift</u>	3	X	5s	80-85%	Reactive-AMAP/Push-Pull					
В	Contra. GH + DB Bench Press	3	х	5s	Light/Speed	OC-D+1, EA					
С	Bench Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA					
.											
	Perfo	orm A-C	: Simulta	neously	for 3 Sets						

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
Ec	ccentric 6-Day Elite	e Tra	ining	g Blo	ck Week	: 17 - Thursday				
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1			Speed/	Agility	<u>Training</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Z-Cone Agility	1	х	3 EA		7 yard Square				
	1:	:30 Min	ute Rest	Betweer	n Reps					
Block 2			Upper	Body W	<u>/arm-up</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green					
					usly for 3 Sets					
	1	:00 Min	ute Rest	Betwee	n Sets					
Block 3			Upper	Body St	trength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	4	х	5s	85-90%	Max Reps				
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips				
С	Delt Bent Over OH Rebound Drop	4	х	5 EA						
				/	for 4 Sets					
	25 Seconds Rest Be	tween	Exercises	; 2:00 m	inutes betwee	n Rounds				
Block 4		<u>U</u>	pper A	uxiliary	<u>Strength</u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1				
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA				
C	DB Shoulder Press	3	х	5s	80-85%	OC-D+1				
					for 3 Sets					
	25	Second	s Rest Be	tween E	xercises					
Block 5		<u>U</u>	pper A	uxiliary	<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Chin-Up</u>	4	х	5s		OC-D+1				
В	<u>Stiff Leg Ankle Hops</u>	4	х	5s		Max Reps, No Heel Touch				
C	Wrist Uln & Rad	4	Х	5s		OC-D+1				
					for 4 Sets					
	25		s Rest Be							
Block 6		<u>U</u>	pper A	<u>uxiliary</u>	<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Contra. Glute Ham + DB Row	3	х	5s	Light	OC-D+1, EA				
В	<u>Wrist Pro & Sup</u>	3	х	5s		OC-D+1				
C	Band Crawl	3	Х	20Y	Partner Pull	Controlled Movement				
					for 3 Sets					
	25	Second	s Rest Re	tween E	xercises					

Triphasic Lacrosse Training Manual								
Eccentric 6-Day Elite Training Block Week 17 - Friday								
<u>Pre</u>	Pre-l	<u>Runniı</u>	ng, Multi	i-Dime	ensional Wa	rm-Up		
Block 1		Accel	eration 1	Techni	ique Trainin	B		
<u>Order</u>	Exercise	Sets	Reps/Dur	ration	Load	Notes		
Α	<u>Wall Drill</u>	4	х	4 EA		Drive Hips FWD, Leg in Piston Motion		
	1:	00 Min	ute Rest B	Betweer	n Reps			
Block 2		<u>Accel</u>	eration 1	<u>Techni</u>	ique Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Dur	ration	Load	Notes		
A	Band Resisted March	6	х	10Y		Drive Hips FWD, Maintain Angle		
	1:	:00 Min	ute Rest B	Betweer	n Sets			
Block 3		Accel	eration 1	Techni	ique Trainin	<u>ig</u>		
<u>Order</u>	Exercise	Sets	Reps/Dur	ration	Load	Notes		
A	<u>Tall-Fall Burst</u>	4	х	10Y		Drive Hips FWD, Maintain Angle		
	1:	:00 Min	ute Rest B	Betweer	n Sets			
Block 4	<u>Cha</u>	ange o	of Directi	on Te	<u>chnique Tra</u>	ining		
<u>Order</u>	Exercise	Sets	Reps/Dur	ration	Load	Notes		
Α	<u>Decel Drill</u>	4	х	4 EA		Decel Every 5 yards, 4 EA Leg		
	1:	:00 Min	iute Rest B	Betweer	n Sets			
Block 5	<u>Cha</u>	ange o	of Directi	ion Te	<u>chnique Tra</u>	ining		
<u>Order</u>	Exercise	Sets	Reps/Dur	ration	Load	Notes		
Α	Shuffle Decel Drill	4	х	4 EA		Decel Every 5 yards, 4 EA Leg		
	1:	:00 Min	iute Rest B	Betweer	n Sets			
Block 6	<u>A1</u>	۲ <mark>Р/С</mark> г-	P Energy	/ Syste	m Conditio	ning		
<u>Order</u>	Exercise	Sets	Reps/Dur	ration	Load	Notes		
A	<u>Box Drill</u>	1	Х	4 EA		Shuffle-Sprint-Shuffle		
	1:	:00 Min	ute Rest B	Betweer	n Sets			

	Triphasic L	acro	sse 7	[rain	ing Mar	nual				
E	Eccentric 6-Day Elite	Trai	ning	Bloc	k Week	17 - Saturday				
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1		Sp	beed/A	gility Tr	aining					
Order	Exercise	Sets			Load	Notes				
Α	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		15 Yard Stairs + 15 Sprint				
1:30 Minute Rest Between Reps										
Block 2		Lo	ower Bo	ody Wa	rm-up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Elev. Ankle Raise	3	х	10 EA		Maintain Arch				
	Perform A	& B Ser	ies Simu	ltaneous	ly for 3 Sets					
	1:0	0 Minut	te Rest B	etween	Sets					
Block 3		<u>Lo</u>	ower B	ody Stre	ength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Safety Bar Split Squat</u>	4	х	1,1-Clu	80-85%	10 Sec Ecc-Partner Help				
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous				
C	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Pause				
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA				
E	Manual 4-Way Neck	4	х	2 EA	Partner Push	5 Sec Ecc-2 EA				
F	Partner Bench Groin	4	х	2 EA	Partner Push	5 Sec Ecc-2 EA				
G	Ankle Band Work	4	х	2 EA	1" Band	5 Sec Ecc-2 EA				
				eously fo						
	25 Seconds Rest Betw	veen Ex	ercises;	2:00 min	utes between	Rounds				
Block 4		<u>U</u>	pper B	ody Str	<u>ength</u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	<u>Chin-Up</u>	4	х	1	Partner Pull	10 Sec Ecc				
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed				
С	SA Cable Straight Arm Lat Pull-Down	4	х	4 EA		Power				
D	MB OH Slams	4	х	5						
E	Banded Cuban Press	4	x	2 EA		5 Sec Ecc-2 EA				
				eously fo						
	25 Se			veen Exe						
Block 5				-	trength					
<u>Order</u>	Exercise	Sets		uration	Load	Notes				
<u>A</u>	SL Reverse Hyper	3	х	2 EA	Partner Push	5 Sec Ecc-2 EA				
B	Partner Bench Glute	3	x	2 EA	Partner Push	5 Sec Ecc-2 EA				
С	SWB Twist Down	J	X	2 EA	* 2 Cots	5 Sec Ecc-2 EA				
				eously fo						
	25 Se	conas F	kest Betv	veen Exe	rcises					

	Triphasic	Lacr	osse	Trai	ning Ma	nual					
E	ccentric 6-Day Elit	e Tra	ainin	g Blc	ock Wee	k 18 - Monday					
Pre-Training, Multi-Dimensional Warm-Up											
Block 1			Speed/	Agility	Training						
Order	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint					
1:30 Minute Rest Between Reps											
Block 2 Lower Body Warm-up											
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
А	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Wipers	3	х	10 EA		Max ROM, No Knee Mvmt					
					usly for 3 Sets						
	1	.:00 Mir	nute Rest	: Betwee	n Sets						
Block 3			<u>Lower</u>	Body St	trength_						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
А	Safety Bar Split Squat	4	х	1,1-Clu	85-87.5%	7 Sec Ecc-Partner Help					
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous					
С	Wt. Squat Jump Pause	4	х	4		Pull-In, Pause at Bottom					
D	Accel. Band Jump Pause	4	х	4		Pull-In, Pause at Bottom					
E	Manual 4-Way Neck	4	х	1 EA	Partner Push	7 Sec Ecc-EA					
F	Partner Bench Glute	4	х	1 EA	Partner Push	7 Sec Ecc-EA					
G	Ant. Tib Band	4	Х	2 EA	1" Band	3 Sec Ecc-2 EA					
					for 4 Sets						
	25 Seconds Rest Be	etween	Exercises	s; 2:00 m	inutes betwee	en Rounds					
Block 4		<u>L</u>			Strength						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	<u>SL Reverse Hyper</u>	5	х	1 EA	Partner Push	7 Sec Ecc-Opposite Hand					
В	DB Common Lunge Matrix	5	х	1 EA	82.5-85%	7 Sec Ecc-FWD,LAT,ROT					
С	Partner Bench Groin	5	х	1 EA	Partner Push	7 Sec Ecc-EA					
				,	for 5 Sets						
Diack 5	25			etween E							
Block 5		_			<u>Strength</u>	. .					
Order A	Exercise	Sets	Reps/D		Load	Notes					
A B	<u>SL Glute Ham Bar Lift</u> Partner Hip Flex Prone	4	x x	1 EA 3	82.5-85% Partner Push	7 Sec Ecc-EA, 2 Up-1 Down					
B C	Partner Hip Flex Prone Partner Band Abs	4	x x	3	Partner Push Partner Pull	7 Sec Ecc-EA 7 Sec Ecc					
Ľ		•		-	for 4 Sets						
				etween E							
	25	JECONU	S NESL DE		10101363						

	Triphasic	Lacr	osse	Trai	ning Ma	nual			
E	ccentric 6-Day Elit								
Pre-Training, Multi-Dimensional Warm-Up									
Block 1			Speed/	Agility	Training				
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		10 Yard Stairs + 10 Sprint			
	1	:30 Min	ute Rest	Between	n Reps				
Block 2 Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up			
В	Band Pull-Aparts	3	х	10	1/2" Band				
					usly for 3 Sets				
	1	:00 Mir	iute Rest	Betwee	n Sets				
Block 3			Upper	Body St	trength_				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Bench Press	4	х	1,1	85-87.5%	7 Sec Ecc-Partner Help			
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM			
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM			
D	Rack Band Push-Up	4	х	5		Pull-In, Pause at Bottom			
E	Mini Band Scap Press	4	х	10	Green				
					for 4 Sets				
	25 Seconds Rest Be			-		en Rounds			
<u>Block 4</u>		<u>U</u>	pper A	uxiliary	Strength				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Pull-Up</u>	4	х	1	Partner Pull	7 Sec Ecc			
В	Banded Cuban Press	4	х	1 EA	1/2" Band	7 Sec Ecc-EA			
C	<u>Wrist Uln & Rad</u>	4	х	1 EA		7 Sec Ecc-EA			
				,	for 4 Sets				
	25	Second	s Rest Be	etween E	xercises				
Block 5					<u>Strength</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
Α	<u>DB Bent Over Row</u>	4	х	1 EA	82.5-85%	7 Sec Ecc-EA			
В	DB Shoulder Press	4	х	2	82.5-85%	Bottom 1/2, 3 Sec Ecc-2 EA			
С	Wrist Pro & Sup	4	х	1 EA	Partner Push	7 Sec Ecc-EA			
D	SA Farmers Carry	4	X	20Y	Heavy				
					for 4 Sets				
	25	Second	s Rest Be	etween E	xercises				

	Triphasic	Lacr	osse	Trai	ning Ma	anual			
Ecc	centric 6-Day Elite	Traiı	ning	Bloc	< Week	18 - Wednesday			
Pre-Training, Multi-Dimensional Warm-Up									
Block 1 Speed/Agility Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
Α	Pro-Agility 1 x 3 EA 5-10-5								
1:30 Minute Rest Between Reps									
Block 2 Lower Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
A	Hex Bar Deadlift	1,1,1	X	5,3,3	50-80%	Warm-Up			
					eavier Sets				
Block 3	1		ute Rest						
Order A	<u>Exercise</u> Hex Bar Deadlift	Sets 8	xeps/D	5s	Load 85-90%	Notes Max Reps, No Floor Touch			
B	Toe Out-Common Lunge Matrix	8	×	3 EA	85-50%	Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg			
Perform A-B Simultaneously for 8 Sets									
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds									
Block 4 Lower Auxiliary Strength									
Order	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
A	<u>Split Squat</u>	3	х	5s	80-85%	OC-D+1, EA			
В	<u>DB RDL</u>	3	х	5s	80-85%	OC-D+1			
C	Hip Flex Prone	3	X	5s		Reactive-AMAP/Push-Pull-EA			
					for 3 Sets				
	25		s Rest Be						
Block 5		-			Strength				
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes			
A B	<u>DB Step Up</u> <u>Glute Ham Hyper</u>	3	X X	5s 5s	80-85%	Bottom 1/2, EA OC-D+1			
C	Bench Groin	3	x	5s		Reactive-AMAP/Push-Pull-EA			
		-			for 3 Sets				
			s Rest Be						
Block 6					Strength				
Order	Exercise	Sets	Reps/D		Load	Notes			
A	Glute Ham Bar Lift	3	x	5s	80-85%	Reactive-AMAP/Push-Pull			
В	Contra. GH + DB Bench Press	3	х	5s	Light/Speed	OC-D+1, EA			
С	Bench Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA			
					for 3 Sets				
	25	Second	s Rest Be	etween E	xercises				

	Triphasic	Lacr	osse	Trai	ning Ma	nual					
Ec	ccentric 6-Day Elite	e Tra	ining	g Blo	ck Week	x 18 - Thursday					
<u>Pre</u>	<u>Pre-</u>	<u>Traini</u> ı	ng, Mul	ti-Dime	ensional Wai	rm-Up					
Block 1		Speed/Agility Training									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	Z-Cone Agility	1	х	3 EA		7 yard Square					
	1:	:30 Min	ute Rest	Betweer	n Reps						
Block 2			Upper	Body W	/arm-up						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green						
					usly for 3 Sets						
	1	:00 Min	nute Rest	Betwee	n Sets						
Block 3			Upper	Body St	trength						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	Bench Press	4	х	5s	85-90%	Max Reps					
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips					
С	Delt Bent Over OH Rebound Drop	4	х	5 EA							
					for 4 Sets						
	25 Seconds Rest Be	tween	Exercises	; 2:00 m	inutes betwee	n Rounds					
Block 4		U	pper A	uxiliary	Strength						
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes					
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1					
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA					
С	DB Shoulder Press	3	х	5s	80-85%	OC-D+1					
					for 3 Sets						
	25	Second	s Rest Be	tween E	xercises						
Block 5		<u>U</u>	pper A	uxiliary	<u>Strength</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes					
Α	<u>Chin-Up</u>	4	х	5s		OC-D+1					
В	Stiff Leg Ankle Hops	4	х	5s		Max Reps, No Heel Touch					
С	<u>Wrist Uln & Rad</u>	4	х	5s		OC-D+1					
	Perfo	orm A-C	: Simulta	neously	for 4 Sets						
	25	Second	s Rest Be	tween E	xercises						
Block 6		<u>U</u>	pper A	uxiliary	<u>Strength</u>						
Order	<u>Exercise</u>	Sets	Reps/D		Load	Notes					
Α	Contra. Glute Ham + DB Row	3	х	5s	Light	OC-D+1, EA					
В	<u>Wrist Pro & Sup</u>	3	х	5s		OC-D+1					
С	Band Crawl	3	х	20Y	Partner Pull	Controlled Movement					
				,	for 3 Sets						
	25	Sacand	c Doct Do	tween E	vorcisos						

	Triphasic Lacrosse Training Manual								
Eccentric 6-Day Elite Training Block Week 18 - Friday									
<u>Pre</u>	Pre-Ru	unning	<mark>, Multi</mark> -	-Dimen	sional Warr	<u>n-Up</u>			
Block 1	4	Accelei	ration T	echniq	ue Training				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Wall Drill</u>	4	х	5 EA		Drive Hips FWD, Leg in Piston Motion			
	1:00) Minut	e Rest Be	etween R	Reps				
Block 2	<u> </u>	Accelei	ration T	echniq	ue Training				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Band Resisted March	6	х	10Y		Drive Hips FWD, Maintain Angle			
1:00 Minute Rest Between Sets									
Block 3 Acceleration Technique Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	Tall-Fall Burst	5	х	10Y		Drive Hips FWD, Maintain Angle			
	1:00	0 Minut	te Rest Be	etween S	Sets				
Block 4	<u>Char</u>	nge of	Directio	on Tech	nique Train	ing			
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	Decel Drill	5	х	4 EA		Decel With Partner, 4 EA Leg			
	1:00	0 Minut	te Rest Be	etween S	Sets				
Block 5	<u>Char</u>	nge of	Directio	on Tech	nique Train	ing			
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Shuffle Decel Drill	5	х	4 EA		Decel With Partner, 4 EA Leg			
	1:00	0 Minut	te Rest Be	etween S	Sets				
Block 6	ATF	P/Cr-P	Energy	System	Conditioni	ng			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
A	<u>Box Drill</u>	1	х	5 EA		Shuffle-Sprint-Shuffle			
	1:00	0 Minut	te Rest Be	etween S	Sets				

	Triphasic L	acro	sse 7	Frain	ing Mar	nual			
E	Eccentric 6-Day Elite	Trai	ning	Bloc	k Week	18 - Saturday			
Pre	Pre-Tr	raining	, Multi	-Dimen	sional Warr	n-Up			
Block 1	Speed/Agility Training								
Order	Exercise	Sets			Load	Notes			
Α	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		15 Yard Stairs + 15 Sprint			
1:30 Minute Rest Between Reps									
Block 2		Lo	ower Bo	ody Wa	rm-up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up			
В	Elev. Ankle Raise	3	х	10 EA		Maintain Arch			
	Perform A	& B Ser	ies Simu	ltaneous	ly for 3 Sets				
	1:0	0 Minut	te Rest B	etween S	Sets				
Block 3		Lo	ower B	ody Stre	ength_				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Safety Bar Split Squat</u>	4	х	1,1-Clu	80-85%	10 Sec Ecc-Partner Help			
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous			
C	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Pause			
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA			
E	Manual 4-Way Neck	4	х	2 EA	Partner Push	5 Sec Ecc-2 EA			
F	Partner Bench Groin	4	х	2 EA	Partner Push	5 Sec Ecc-2 EA			
G	Ankle Band Work	4	x	2 EA	1" Band	5 Sec Ecc-2 EA			
				eously fo					
	25 Seconds Rest Betw					Rounds			
Block 4		<u>U</u>		ody Str	_				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	<u>Chin-Up</u>	4	х	1	Partner Pull	10 Sec Ecc			
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed			
С	SA Cable Straight Arm Lat Pull-Down	4	х	4 EA		Power			
D	MB OH Slams	4	х	5					
E	Banded Cuban Press	4	X	2 EA	- 4 Cots	5 Sec Ecc-2 EA			
				eously for					
Plack F	25 Se			ween Exe					
Block 5	F			-	trength	A1			
Order A	Exercise	Sets 3		uration	Load	Notes 5 Sec Ecc-2 EA			
A B	<u>SL Reverse Hyper</u> Partner Bench Glute	3	x x	2 EA 2 EA	Partner Push Partner Push	5 Sec Ecc-2 EA 5 Sec Ecc-2 EA			
C B	SWB Twist Down	3	x	2 EA 2 EA		5 Sec Ecc-2 EA			
		Ũ		eously fo	r 3 Sets	5 500 E00-2 EA			
				veen Exe					
	25 36	conus I							

4.15 Download (Week 19)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual								
	Download 4-Day Elite Training Block Week 19 - Monday								
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1	ock 1 Glute Function Series Warm-Up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	ırm-Up S	eries Prior to T	Fraining			
Block 2	(Dxidat	ive Ene	rgy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible			
	Perfo	rm A fo	or 1 Set (a 20s on	15s off				

	Triphasic Lacrosse Training Manual								
Download 4-Day Elite Training Block Week 19 - Wednesday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	k 1 Glute Function Series Warm-Up								
<u>Order</u>	Exercise	Sets	Reps/Duration		Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	rm-Up S	eries Prior to	Fraining			
Block 2	<u>Ox</u>	idative	e Energy	y Syste	m Condition	ing			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Threshold Training	2	х	4m		Running at Max Heart Rate			
	Perform A for 2	2 Sets o	f 4 min; 2	2:30 rest	between rou	nds			

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 19 - Friday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	s Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perform A for 1 Set @ 25s on 10s off									

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 19 - Saturday									
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Sets Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Systei	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155				
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	d Throug	h Running, Bi	king, or an Elliptical				

4.16 Isometric Training Block (Weeks 20-21)

The isometric block is completed for a duration of two weeks. Just as in the eccentric training block, all models presented in section three are implemented within this phase. By improving the isometric muscle action specifically, the transition between force absorption and production is improved to the highest extent. This continues to improve the utilization of the SSC, which is required in every movement in lacrosse. With this block also being completed with the highest possible quality, the ATP/Cr-P energy system is implemented on running days. Once again, the training in this phase is programmed to represent short, high-intensity bursts, just like the movements required in lacrosse.

- Maximize force transfer
- Movement efficiency
- Improve the SSC ability
- Increase recruitment of muscle fibers
- Enhance rate coding

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
ls	ometric 6-Day Elit	e Tr	ainin	g Blo	ock Wee	k 20 - Monday				
<u>Pre</u>	<u>Pre-</u>	Traini	ng, Mul	ti-Dime	ensional Wa	<u>rm-Up</u>				
Block 1	ck <u>1</u> Speed/Agility Training									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint				
	1	:30 Min	ute Rest	Between	n Reps					
Block 2 Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt				
					usly for 3 Sets					
	1	.:00 Mir	nute Rest	: Betwee	n Sets					
Block 3			Lower	Body St	trength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Safety Bar Split Squat	4	х	1,1-Clu	85-87.5%	7 Sec Iso-Partner Help				
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous				
С	Wt. Squat Jump Pause	4	х	4		Pull-In, Pause at Bottom				
D	Accel. Band Jump Pause	4	х	4		Pull-In, Pause at Bottom				
E	Manual 4-Way Neck	4	х	1 EA	Partner Push	7 Sec Iso-EA				
F	Partner Bench Glute	4	х	1 EA	Partner Push	7 Sec Iso-EA				
G	Ant. Tib Band	4	х	2 EA	1" Band	3 Sec Iso-2 EA				
				,	for 4 Sets					
	25 Seconds Rest Be			-		en Rounds				
<u>Block 4</u>		<u>L</u>			Strength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>SL Reverse Hyper</u>	5	х	1 EA	Partner Push	7 Sec Iso-Opposite Hand				
В	DB Common Lunge Matrix	5	х	1 EA	82.5-85%	7 Sec Iso-FWD,LAT,ROT				
C	Partner Bench Groin	5	х	1 EA	Partner Push	7 Sec Iso-EA				
					for 5 Sets					
Plack F	25			etween E						
Block 5	F ace of the	_			<u>Strength</u>	NL-1				
Order A	<u>Exercise</u> SL Glute Ham Bar Lift	Sets 4		uration 1 EA	Load 82.5-85%	Notes 7 Sec Iso-EA, 2 Up-1 Down				
A B	Partner Hip Flex Prone	4	x x	1 EA 3	82.5-85% Partner Push	7 Sec Iso-EA, 2 Up-1 Down 7 Sec Iso-EA				
Б С	Partner Band Abs	4	x	8	Partner Push Partner Pull	7 Sec Iso-EA				
		•		-	for 4 Sets	/ 360 150				
				etween E						
	23	Jeconu	S NEST DO		ACT CIGCG					

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
ls	ometric 6-Day Elit	e Tra	ainin	g Blc	ock Wee	k 20 - Tuesday				
Pre-Training, Multi-Dimensional Warm-Up										
Block 1		Speed/Agility Training								
Order	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		10 Yard Stairs + 10 Sprint				
1:30 Minute Rest Between Reps										
Block 2 Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
Perform A & B Series Simultaneously for 3 Sets										
1:00 Minute Rest Between Sets										
Block 3	Block 3 Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	Bench Press	4	х	1,1	85-87.5%	7 Sec Iso-Partner Help				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	Rack Band Push-Up	4	х	5		Pull-In, Pause at Bottom				
E	Mini Band Scap Press	4	х	10	Green					
					for 4 Sets					
	25 Seconds Rest Be			•		en Rounds				
<u>Block 4</u>		<u>U</u>	pper A	uxiliary	Strength					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	<u>Pull-Up</u>	4	х	1	Partner Pull	7 Sec Iso				
В	Banded Cuban Press	4	х	1 EA	1/2" Band	7 Sec Iso-EA				
С	<u>Wrist Uln & Rad</u>	4	х		1 EA	7 Sec Iso-EA				
				,	for 4 Sets					
	25	Second	s Rest Be	etween E	xercises					
Block 5		<u>U</u>	pper A	uxiliary	Strength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	DB Bent Over Row	4	х	1 EA	82.5-85%	7 Sec Iso-EA				
В	<u>DB Shoulder Press</u>	4	х	2	82.5-85%	Bottom 1/2, 3 Sec Iso-2 EA				
С	<u>Wrist Pro & Sup</u>	4	х	1 EA	Partner Push	7 Sec Iso-EA				
D	SA Farmers Carry	4	х	20Y	Heavy					
					for 4 Sets					
	25	Second	s Rest Be	etween E	xercises					

	Triphasic	Lacr	osse	Trai	ning Ma	anual			
lsor	Isometric 6-Day Elite Training Block Week 20 - Wednesday								
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1			Speed/	Agility	Training				
Order	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
А	Pro-Agility	1	х	3 EA		5-10-5			
1:30 Minute Rest Between Reps									
Block 2	Block 2 Lower Body Warm-up								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
					eavier Sets				
	1	:00 Min	iute Rest	Betwee	n Sets				
Block 3			<u>Lower</u>	Body St	<u>trength</u>				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	<u>Hex Bar Deadlift</u>	8	х	5s	85-90%	Max Reps, No Floor Touch			
В	<u>Toe Out JOP Matrix</u>	8	х	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg			
	Perform A-B Simultaneously for 8 Sets								
	25 Seconds Rest Be			-		en Rounds			
Block 4 Lower Auxiliary Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	<u>Split Squat</u>	3	х	5s	80-85%	OC-D+1, EA			
В	DB RDL	3	х	5s	80-85%	OC-D+1			
C	Hip Flex Prone	3	х	5s		Reactive-AMAP/Push-Pull-EA			
					for 3 Sets				
	25		s Rest Be						
Block 5					<u>Strength</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
A	<u>DB Step Up</u>	3	х	5s	80-85%	Bottom 1/2, EA			
В	<u>Glute Ham Hyper</u>	3	х	5s		OC-D+1			
С	Bench Groin	3	X	5s		Reactive-AMAP/Push-Pull-EA			
				/	for 3 Sets				
Block 6	25		s Rest Be		strength				
Order	Exercise	Sets	Reps/D		Load	Notes			
A	<u>Glute Ham Bar Lift</u>	3	х	5s	80-85%	Reactive-AMAP/Push-Pull			
В	Contra. GH + DB Bench Press	3	x	5s	Light/Speed	OC-D+1, EA			
С	Bench Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA			
	Perfe	orm A-C	Simulta	neously	for 3 Sets				
	25	Second	s Rest Be	tween E	xercises				

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
lse	ometric 6-Day Elite	e Tra	aining	g Blo	ck Weeł	x 20 - Thursday				
<u>Pre</u>	Pre-	<u>Traini</u> ı	ng, Mul	<u>ti-Dime</u>	ensional Wai	<u>·m-Up</u>				
Block 1	<u>Speed/Agility Training</u>									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Z-Cone Agility	1	х	3 EA		7 yard Square				
	1:	30 Min	ute Rest	Betwee	n Reps					
Block 2	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Bench Press</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green					
					usly for 3 Sets					
	1	:00 Min	ute Rest	Betwee	n Sets					
Block 3			<u>Upper</u>	Body St	<u>trength</u>					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	4	х	5s	85-90%	Max Reps				
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips				
C	Delt Bent Over OH Rebound Drop	4	х	5 EA						
				/	for 4 Sets					
	25 Seconds Rest Be			,		n Rounds				
Block 4 Upper Auxiliary Strength										
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1				
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA				
C	DB Shoulder Press	3	х	5s	80-85%	OC-D+1				
					for 3 Sets					
	25 :	Second	s Rest Be	etween E	xercises					
<u>Block 5</u>		<u>U</u>	pper A	uxiliary	<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes				
Α	<u>Chin-Up</u>	4	х	5s		OC-D+1				
В	Stiff Leg Ankle Hops	4	х	5s		Max Reps, No Heel Touch				
С	Wrist Uln & Rad	4	х	5s		OC-D+1				
					for 4 Sets					
	25 :		s Rest Be							
Block 6		<u>U</u>	pper A	<u>uxiliary</u>	<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Contra. Glute Ham + DB Row</u>	3	х	5s	Light	OC-D+1, EA				
В	<u>Wrist Pro & Sup</u>	3	х	5s		OC-D+1				
C	Band Crawl	3	х	20Y	Partner Pull	Controlled Movement				
				,	for 3 Sets					
	25 :	Second	s Rest Be	etween E	xercises					

	Triphasic Lacrosse Training Manual							
	Isometric 6-Day Elite Training Block Week 20 - Friday							
<u>Pre</u>	Pre-R	<u>unnin</u>	g, Multi-Dime	nsional Wai	<u>·m-Up</u>			
Block 1		Accele	eration Techni	que Training	7			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
A	<u>Wall Drill - Double</u>	4	x 4 EA		Drive Hips FWD, Leg in Piston Motion			
	1:0	0 Minu	ite Rest Between	Reps				
Block 2		Accele	eration Techni	que Training				
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Band Resisted Skip	6	x 10Y		Drive Hips FWD, Maintain Angle			
1:00 Minute Rest Between Sets								
Block 3	Acceleration Technique Training							
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Staggered Stance Rolling Start	2 EA	x 10Y		Drive Hips FWD, Maintain Angle			
	1:00 Minute Rest Between	Sets; C	omplete 4 Total	Repetitions, 2	EA Leg Forward			
Block 4	<u>Cha</u>	nge of	f Direction Tec	<u>hnique Trai</u>	ning			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Partner Reactive Decel Drill	4	x 4 EA		Decel With Partner, 4 EA Leg			
	1:0	0 Minu	ute Rest Betweer	n Sets				
Block 5	<u>Cha</u>	nge of	f Direction Tec	<u>hnique Trai</u>	ning			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Partner Reactive Shuffle Decel Drill	4	x 4 EA		Decel With Partner, 4 EA Leg			
	1:0	0 Minu	ute Rest Betweer	n Sets				
Block 6	AT	P/Cr-F	P Energy System	m Conditior	ling			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
A	Crease Running	1	x 4 EA		2 Laps, Focus on Body Angle			
	1:0	0 Minu	ute Rest Betweer	n Sets				

	Triphasic	Lacr	osse	Traii	ning Ma	nual				
ls	ometric 6-Day Elite	e Tra	ainin	g Blo	ck Wee	k 20 - Saturday				
Pre	Pre-	<u>Traini</u> ı	ng, Mul	ti-Dime	ensional Wa	<u>rm-Up</u>				
Block 1 Speed/Agility Training										
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
A	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		15 Yard Stairs + 15 Sprint				
	1:30 Minute Rest Between Reps									
Block 2			Lower	Body W	/arm-up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Elev. Ankle Raise + Knee Drive	3	х	10 EA		Maintain Arch, Drive Knee Through				
					usly for 3 Sets					
	1:	:00 Min	iute Rest	Betwee	n Sets					
Block 3			Lower	Body St	trength_					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Safety Bar Split Squat	4	х	1,1-Clu	80-85%	10 Sec Iso-Partner Help				
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous				
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Pause				
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA				
E	<u>Manual 4-Way Neck</u>	4	х	2 EA	Partner Push	5 Sec Iso-2 EA				
F	Partner Bench Groin	4	х	2 EA	Partner Push	5 Sec Iso-2 EA				
G	Ankle Band Work	4	X	2 EA	1" Band	5 Sec Iso-2 EA				
				/	for 4 Sets					
	25 Seconds Rest Be	tween				en Rounds				
<u>Block 4</u>					<u>trength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	<u>Chin-Up</u>	4	х	1	Partner Pull	10 Sec Iso				
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed				
С	SA Cable Straight Arm Lat Pull-Down		х	4 EA		Power				
D	MB OH Slams	4	х	5						
E	Banded Cuban Press	4	X	2 EA		5 Sec Iso-2 EA				
					for 4 Sets					
	25 \$			etween E						
Block 5		Lo			<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	SL Reverse Hyper	3	х	2 EA	Partner Push	5 Sec Iso-2 EA				
B	Partner Bench Glute	3	х	2 EA	Partner Push	5 Sec Iso-2 EA				
С	SWB Twist Down	3	X	2 EA		5 Sec Iso-2 EA				
				,	for 3 Sets					
	25 \$	second	s Rest Be	etween E	xercises					

	Triphasic	Lacr	osse	Trai	ning Ma	inual				
ls	Isometric 6-Day Elite Training Block Week 21 - Monday									
<u>Pre</u>	<u>Pre</u>	-Traini	ng, Mul	ti-Dime	ensional Wa	<u>rm-Up</u>				
Block 1	Speed/Agility Training									
Order	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint				
1:30 Minute Rest Between Reps										
Block 2 Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt				
					usly for 3 Sets					
	1	L:00 Mir	nute Rest	: Betwee	n Sets					
Block 3 Lower Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Safety Bar Split Squat	4	х	1,1-Clu	85-87.5%	7 Sec Iso-Partner Help				
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous				
С	Wt. Squat Jump Pause	4	х	4		Pull-In, Pause at Bottom				
D	Accel. Band Jump Pause	4	х	4		Pull-In, Pause at Bottom				
E	Manual 4-Way Neck	4	х	1 EA	Partner Push	7 Sec Iso-EA				
F	Partner Bench Glute	4	х	1 EA	Partner Push	7 Sec Iso-EA				
G	Ant. Tib Band	4	Х	2 EA	1" Band	3 Sec Iso-2 EA				
					for 4 Sets					
	25 Seconds Rest Be	etween	Exercises	s; 2:00 m	inutes betwee	en Rounds				
Block 4		L			Strength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	<u>SL Reverse Hyper</u>	5	х	1 EA	Partner Push	7 Sec Iso-Opposite Hand				
В	<u>DB Common Lunge Matrix</u>	5	х	1 EA	82.5-85%	7 Sec Iso-FWD,LAT,ROT				
С	Partner Bench Groin	5	х	1 EA	Partner Push	7 Sec Iso-EA				
				,	for 5 Sets					
Diech F	25			etween E						
Block 5	_ ·				<u>Strength</u>	. .				
Order A	Exercise	Sets		uration	Load	Notes				
A B	<u>SL Glute Ham Bar Lift</u>	4	x	1 EA 3	82.5-85%	7 Sec Iso-EA, 2 Up-1 Down				
B C	Partner Hip Flex Prone Partner Band Abs	4	x x	3	Partner Push Partner Pull	7 Sec Iso-EA 7 Sec Iso				
L				-	for 4 Sets	7 380 150				
				etween E						
	25	Jecond	S NESL DE	ELWEELLE						

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
ls	ometric 6-Day Elit	e Tr	ainin	g Blc	ock Wee	k 21 - Tuesday				
Pre-Training, Multi-Dimensional Warm-Up										
Block 1		Speed/Agility Training								
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
А	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		10 Yard Stairs + 10 Sprint				
	1	.:30 Min	ute Rest	Between	n Reps					
Block 2 Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
					usly for 3 Sets					
	-	L:00 Mir	nute Rest	Betwee	n Sets					
Block 3	3 Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	4	х	1,1	85-87.5%	7 Sec Iso-Partner Help				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	Rack Band Push-Up	4	х	5		Pull-In, Pause at Bottom				
E	Mini Band Scap Press	4	Х	10	Green					
					for 4 Sets					
	25 Seconds Rest B					en Rounds				
Block 4		<u>U</u>			<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Pull-Up</u>	4	х	1	Partner Pull	7 Sec Iso				
В	Stairs + Turn & Sprint	4	х	1 EA	1/2" Band	7 Sec Iso-EA				
C	Wrist Uln & Rad	4	х		1 EA	7 Sec Iso-EA				
					for 4 Sets					
	25		s Rest Be							
Block 5					<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes				
Α	DB Bent Over Row	4	х	1 EA	82.5-85%	7 Sec Iso-EA				
В	DB Shoulder Press	4	х	2	82.5-85%	Bottom 1/2, 3 Sec Iso-2 EA				
C	Wrist Pro & Sup	4	х	1 EA	Partner Push	7 Sec Iso-EA				
D	SA Farmers Carry	4	X	20Y	Heavy					
					for 4 Sets					
	25	Second	s Rest Be	etween E	xercises					

	Triphasic	Lacr	osse	Trai	ning Ma	anual			
lsor	metric 6-Day Elite	Trai	ning	Bloc	k Week	21 - Wednesday			
Pre	<u>Pre-</u>	Trainiı	ng, Mul	ti-Dime	ensional Wa	irm-Up			
Block 1 Speed/Agility Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Pro-Agility</u>	1	х	3 EA		5-10-5			
1:30 Minute Rest Between Reps									
Block 2 Lower Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
					eavier Sets				
	1	:00 Min	ute Rest						
Block 3			Lower	Body St	<u>trength</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	<u>Hex Bar Deadlift</u>	8	х	5s	85-90%	Max Reps, No Floor Touch			
В	Toe Out JOP Matrix	8	х	3 EA		Rapid Decel, 3-FWD,3-LAT,3-ROT, EA Leg			
Perform A-B Simultaneously for 8 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds									
	25 Seconds Rest Be			-		en Rounds			
<u>Block 4</u>	Block 4 Lower Auxiliary Strength								
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
A	Split Squat	3	х	5s	80-85%	OC-D+1, EA			
B	DB RDL	3	х	5s	80-85%	OC-D+1			
C	Hip Flex Prone	3	x	5s		Reactive-AMAP/Push-Pull-EA			
					for 3 Sets				
	25		s Rest Be						
Block 5					<u>Strength</u>				
<u>Order</u>	Exercise	Sets	Reps/D		Load	Notes			
A	DB Step Up	3	х	5s	80-85%	Bottom 1/2, EA			
B	Glute Ham Hyper	3	X	5s		OC-D+1			
С	Bench Groin	-	X	5s	for 3 Sets	Reactive-AMAP/Push-Pull-EA			
			s Rest Be	/					
Block 6	23				Strength				
Order	<u>Exercise</u>	Sets	Reps/D		Load	Notes			
A	Glute Ham Bar Lift	3	X	5s	80-85%	Reactive-AMAP/Push-Pull			
В	Contra. GH + DB Bench Press	3	х	5s	Light/Speed	OC-D+1, EA			
C	Bench Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA			
					for 3 Sets				
	25	Second	s Rest Be	tween E	xercises				

	Triphasic	Lacr	osse	Trai	ning Ma	nual				
lse	ometric 6-Day Elite	e Tra	inin	g Blo	ck Week	x 21 - Thursday				
<u>Pre</u>	<u>Pre-</u>	<u>Traini</u> ı	ng, Mul	ti-Dime	ensional War	<u>m-Up</u>				
Block 1	Speed/Agility Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	Z-Cone Agility	1	х	3 EA		7 yard Square				
1:30 Minute Rest Between Reps										
Block 2	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	<u>Bench Press</u>	1,1,1	Х	5,3,3	50-80%	Warm-Up				
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green					
					usly for 3 Sets					
	1	:00 Min	ute Rest	Betwee	n Sets					
Block 3			Upper	Body St	trength_					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Bench Press	4	х	5s	85-90%	Max Reps				
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips				
C	Delt Bent Over OH Rebound Drop	4	х	5 EA						
				/	for 4 Sets					
	25 Seconds Rest Be			-		n Rounds				
Block 4 Upper Auxiliary Strength										
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1				
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA				
C	DB Shoulder Press	3	Х	5s	80-85%	OC-D+1				
					for 3 Sets					
	25	Second	s Rest Be	tween E	xercises					
<u>Block 5</u>		<u>U</u>	pper A	uxiliary	<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	<u>Chin-Up</u>	4	х	5s		OC-D+1				
В	Stiff Leg Ankle Hops	4	х	5s		Max Reps, No Heel Touch				
C	Wrist Uln & Rad	4	х	5s		OC-D+1				
					for 4 Sets					
	25		s Rest Be							
<u>Block 6</u>					<u>Strength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D		Load	Notes				
Α	<u>Contra. Glute Ham + DB Row</u>	3	х	5s	Light	OC-D+1, EA				
В	Wrist Pro & Sup	3	х	5s		OC-D+1				
C	Band Crawl	3	x	20Y	Partner Pull	Controlled Movement				
				,	for 3 Sets					
			s Rest Be							

	Triphasic Lacrosse Training Manual							
Isometric 6-Day Elite Training Block Week 21 - Friday								
<u>Pre</u>	Pre-R	<u>unnin</u>	g, Multi-Dime	nsional Wai	<u>·m-Up</u>			
Block 1		Accele	eration Techni	que Training	7			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
A	<u>Wall Drill - Double</u>	4	x 5 EA		Drive Hips FWD, Leg in Piston Motion			
	1:0	0 Minu	ite Rest Between	Reps				
Block 2		Accele	eration Techni	que Training				
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Band Resisted Skip	6	x 10Y		Drive Hips FWD, Maintain Angle			
1:00 Minute Rest Between Sets								
Block 3	Acceleration Technique Training							
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Staggered Stance Rolling Start	2 EA	x 10Y		Drive Hips FWD, Maintain Angle			
	1:00 Minute Rest Between	Sets; C	omplete 4 Total	Repetitions, 2	EA Leg Forward			
Block 4	<u>Cha</u>	nge of	f Direction Tec	<u>hnique Trai</u>	ning			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Partner Reactive Decel Drill	5	x 4 EA		Decel With Partner, 4 EA Leg			
	1:0	0 Minu	ute Rest Betweer	n Sets				
Block 5	<u>Cha</u>	nge of	f Direction Tec	<u>hnique Trai</u>	ning			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
Α	Partner Reactive Shuffle Decel Drill	5	x 4 EA		Decel With Partner, 4 EA Leg			
	1:0	0 Minu	ute Rest Betweer	n Sets				
Block 6	AT	P/Cr-F	P Energy System	m Conditior	ling			
<u>Order</u>	Exercise	Sets	Reps/Duration	Load	Notes			
A	Crease Running	1	x 5 EA		2 Laps, Focus on Body Angle			
	1:0	0 Minu	ute Rest Betweer	n Sets				

	Triphasic I	Lacr	osse	Traii	ning Ma	inual			
ls	Isometric 6-Day Elite Training Block Week 21 - Saturday								
Pre Pre-Training, Multi-Dimensional Warm-Up									
Block 1 Speed/Agility Training									
Order	Exercise	Sets		uration	Load	Notes			
Α	Stairs + Turn & Sprint	1	х	3 EA		15 Yard Stairs + 15 Sprint			
1:30 Minute Rest Between Reps									
Block 2			Lower	Body W	/arm-up				
Order	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up			
В	Elev. Ankle Raise + Knee Drive	3	х	10 EA		Maintain Arch, Drive Knee Through			
					usly for 3 Sets				
	1:	:00 Min	ute Rest	t Betwee	n Sets				
Block 3			Lower	Body St	<u>rength</u>				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes			
Α	Safety Bar Split Squat	4	х	1,1-Clu	80-85%	10 Sec Iso-Partner Help			
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous			
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Pause			
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA			
E	Manual 4-Way Neck	4	х	2 EA	Partner Push	5 Sec Iso-2 EA			
F	Partner Bench Groin	4	х	2 EA	Partner Push	5 Sec Iso-2 EA			
G	Ankle Band Work	4	х	2 EA	1" Band	5 Sec Iso-2 EA			
					for 4 Sets				
	25 Seconds Rest Be	tween		,		en Rounds			
Block 4				Body S	<u>trength</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
A	<u>Chin-Up</u>	4	х	1	Partner Pull	10 Sec Ecc			
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed			
С	SA Cable Straight Arm Lat Pull-Down	4	х	4 EA		Power			
D	MB OH Slams	4	х	5					
E	Banded Cuban Press	4	X	2 EA		5 Sec Iso-2 EA			
					for 4 Sets				
	25 \$			etween E					
Block 5		<u>L</u> (<u>Strength</u>				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	SL Reverse Hyper	3	х	2 EA	Partner Push	5 Sec Iso-2 EA			
В	Partner Bench Glute	3	х	2 EA	Partner Push	5 Sec Iso-2 EA			
С	SWB Twist Down	3	X	2 EA		5 Sec Iso-2 EA			
				,	for 3 Sets				
	25 \$	second	s Rest Be	etween E	xercises				

4.17 Download (Week 22)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual								
Download 4-Day Elite Training Block Week 22 - Monday									
<u>Pre</u>	Pre Pre-Training, Multi-Dimensional Warm-Up								
Block 1		Glute	Function	on Serie	es Warm-Up	<u>.</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	(Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	3-D Contralateral Circuit	1 x 20s Complete As Many Reps As Possible							
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off				

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 22 - Wednesday										
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up									
Block 1		Glute	Functio	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	rm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energy	y Syste	m Condition	ing				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
A	Threshold Training	2	х	4m		Running at Max Heart Rate				
	Perform A for 2	2 Sets o	f 4 min; 2	2:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 22 - Friday									
Pre	Pre-T	rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	m-Up				
Block 1		Glute	Function	on Serie	es Warm-Up	<u>)</u>				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Sandbell Circuit	1 x 25s Complete As Many Reps As Possible				Complete As Many Reps As Possible				
	Perform A for 1 Set @ 25s on 10s off									

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 22 - Saturday										
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1		Glute	Functi	on Serie	es Warm-Up					
<u>Order</u>	Exercise	Sets	Reps/D	ouration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ning				
<u>Order</u>	Exercise	Sets	Reps/D	ouration	Load	Notes				
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155				
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	d Throug	h Running, Bi	king, or an Elliptical				

4.18 Reactive Training Block (Weeks 23-24)

The concentric block is implemented for two weeks. Once again, all models presented in section three are implemented within this phase. Through the training of the concentric phase, each of the three muscle actions have been specifically and individually adapted to the greatest extent. This will allow an athlete to increase both force production and efficiency through the SSC. With this block also being completed with the highest possible quality, the ATP/Cr-P energy system is implemented on running days. Once again, the training in this phase is programmed to represent short, high-intensity bursts, just like the movements required in lacrosse.

- Increase force production through kinetic chain
- Movement efficiency
- Improve the SSC ability
- Reduce antagonist activation
- Improve "reactivity"
- Improve synchronization within individual muscles
- Enhance kinetic chain synchronization

	Triphasi	c Lao	cross	e Traini	ing Man	ual					
	Reactive 6-Day El	ite T	rainiı	ng Bloc	k Week	23 - Monday					
Pre	<u>P</u>	r <mark>e-Trai</mark>	ning, M	ulti-Dimen	sional Warm	<u>1-Up</u>					
Block 1		Speed/Agility Training									
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint					
		1:30 N	linute Re	st Between F	Reps						
Block 2 Lower Body Warm-up											
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
А	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt					
	Perfo	'm A & E	3 Series S	imultaneousl	y for 3 Sets						
		1:00 N	/linute Re	est Between S	Sets						
Block 3			Lowe	er Body Stre	ength_						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
А	Safety Bar Split Squat	4	х	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA					
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous					
С	<u>Wt. Squat Jump</u>	4	х	4		Pull-In, Explode Out Immediately					
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately					
E	Swissball 4-Way Neck	4	х	7s		Reactive-AMAP/Push-Pull-EA					
F	<u>Bench Glute</u>	4	х	7s		Reactive-AMAP/Push-Pull-EA					
G	<u>Ant. Tib Band</u>	4	х	7s	1" Band	Reactive-AMAP-EA					
				Itaneously fo							
	25 Seconds Rest	Betwee				Rounds					
Block 4				Auxiliary S	trength						
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Staggered Stance RDL	5	х	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA					
В	DB Common Lunge Matrix	5	х	3 EA	82.5-85%	3-FWD,3-LAT,3-ROT-EA					
C	<u>Bench Groin</u>	5	х	7s		Reactive-AMAP/Push-Pull-EA					
				Itaneously for							
		25 Secoi		Between Exe							
Block 5				Auxiliary S							
<u>Order</u>	Exercise	Sets		/Duration	Load	Notes					
A	<u>SL Glute Ham Bar</u>	4	х	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA					
B	Hip Flex Prone	4	х	7s		Reactive-AMAP/Push-Pull-EA					
C	Partner Band Crawl	4	X	15Y	Partner Pull						
				Itaneously for							
		25 Secol	nds Rest	Between Exe	rcises						

	Triphasi	c Lac	cross	e Traini	ing Man	ual				
	Reactive 6-Day El									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Speed/Agility Training									
Order	Exercise	Sets Reps/Duration Load Notes								
Α	Stairs + Turn & Sprint	1	х	3 EA		10 Yard Stairs + 10 Sprint				
1:30 Minute Rest Between Reps										
Block 2 Upper Body Warm-up										
Order	Exercise	Sets Reps/Duration Load Notes								
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
	Perfor	rm A & B	Series S	imultaneousl	y for 3 Sets					
		1:00 N	1inute Re	est Between S	Sets					
Block 3			Uppe	er Body Stre	ength_					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	4	х	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	Rack Band Push-Up	4	х	5		Pull-In, Explode Out Immediately				
E	Mini Band Scap Press	4	х	10	Green					
				taneously for						
	25 Seconds Rest	Betwee	n Exerci	ses; 2:00 min	utes between F	Rounds				
Block 4			<u>Upper</u>	Auxiliary S	<u>trength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
А	<u>Pull-Up</u>	4	х	7s	Bodyweight	Reactive-AMAP/Push-Pull				
В	Banded Cuban Press	4	х	7s	1/2" Band	Reactive-AMAP/Push-Pull-EA				
С	<u>Wrist Uln & Rad</u>	4	х	7s	1 EA	Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
		25 Secor	nds Rest	Between Exe	rcises					
Block 5			Upper	Auxiliary S	<u>trength</u>					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
А	DB Bent Over Row	4	х	7s	82.5-85%	Reactive-AMAP/Push-Pull				
В	DB Shoulder Press	4	х	7s	82.5-85%	Bottom 1/2, Reactive-AMAP-EA				
С	<u>Wrist Pro & Sup</u>	4	х	7s	1 EA	Reactive-AMAP/Push-Pull-EA				
D	SA Farmers Carry	4	х	20Y	Heavy					
				Itaneously for						
		25 Secor	nds Rest	Between Exe	rcises					

	Triphasi	c Lao	cross	e Traini	ing Man	ual				
R	eactive 6-Day Elite									
<u>Pre</u>	<u>Pr</u>	e-Trai	ning, M	ulti-Dimen	sional Warm	<u>1-Up</u>				
Block 1 Speed/Agility Training										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
A	<u>Pro-Agility</u>	1	х	3 EA		5-10-5				
1:30 Minute Rest Between Reps										
Block 2 Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
Perform A as a Warm-Up for Heavier Sets										
		1:00 N	/linute Re	est Between S	Sets					
Block 3 Lower Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
A	<u>Hex Bar Deadlift</u>	8	х	5s	85-90%	Max Reps, No Floor Touch				
В	<u>Common Lunge Matrix Plyo</u>	8	х	3 EA		Continuous, 3 EA Way, EA Leg				
				Itaneously for						
	25 Seconds Rest	Betwee				Rounds				
Block 4			Lower	Auxiliary St	<u>trength</u>					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Split Squat</u>	3	х	5s	80-85%	OC-D+1, EA				
В	DB RDL	3	х	5s	80-85%	OC-D+1				
C	Hip Flex Prone	3	X	5s		Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
		5 Seco		Between Exe						
Block 5		-		Auxiliary S						
<u>Order</u>	Exercise	Sets		/Duration	Load	Notes				
A	DB Step Up	3	х	5s	80-85%	Bottom 1/2, EA				
B	<u>Glute Ham Hyper</u>	3	х	5s		OC-D+1				
C	Bench Groin	3	X	5s		Reactive-AMAP/Push-Pull-EA				
				ltaneously for Between Exe						
Block 6	2	5 5600		Auxiliary S						
Order	Exercise	Sets		/Duration	Load	Notes				
A	Glute Ham Bar	3	x	5s	80-85%	Reactive-AMAP/Push-Pull				
B	<u>Contra. GH + DB Bench Press</u>	3	x	5s	Light/Speed	OC-D+1, EA				
C	Bench Glute	3	x	55 5s	<u></u>	Reactive-AMAP/Push-Pull-EA				
		rform A	A-C Simu	Itaneously for	r 3 Sets					
				Between Exe						

	Triphasio	c Lao	cross	e Traini	ing Manu	ial				
	Reactive 6-Day Elit	e Tr	ainir	ng Block	Week 2	3 - Thursday				
Pre	<u>Pr</u>	e-Trai	ning, M	ulti-Dimen	sional Warm-	<u>Up</u>				
Block 1	Speed/Agility Training									
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Z-Cone Agility	1	х	3 EA		7 yard Square				
		1:30 N	1inute Re	est Between R	leps					
Block 2	Upper Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green					
	Perfor			imultaneousl						
		1:00 N	/linute Re	est Between S	Sets					
Block 3			Uppe	er Body Stre	ength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	4	х	5s	85-90%	Max Reps				
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips				
С	Delt Bent Over OH Rebound Drop	4	х	5 EA						
				Itaneously for						
	25 Seconds Rest	Betwee	en Exerci	ses; 2:00 mini	utes between Ro	ounds				
Block 4			Upper	Auxiliary St	trength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1				
A										
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA				
	DB Bent Over Row DB Shoulder Press	3	х	5s	80-85%	OC-D+1, EA OC-D+1				
В	DB Bent Over Row DB Shoulder Press Pe	3 rform A	x A-C Simu	5s Itaneously for	80-85% 73 Sets					
B C	DB Bent Over Row DB Shoulder Press Pe	3 rform A	x A-C Simu	5s	80-85% 73 Sets					
В	DB Bent Over Row DB Shoulder Press Pe	3 rform A	x A-C Simu nds Rest	5s Itaneously for	80-85% • 3 Sets rcises					
B C	DB Bent Over Row DB Shoulder Press Pe	3 rform A	x A-C Simu nds Rest Upper	5s Itaneously for Between Exe	80-85% • 3 Sets rcises					
B C Block 5	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u>	3 rform A 5 Secor	x A-C Simu nds Rest Upper	5s Itaneously for Between Exe Auxiliary St /Duration 5s	80-85% r 3 Sets rcises trength	OC-D+1				
B C Block 5 Order A B	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u> <u>Stiff Leg Ankle Hops</u>	3 rform A 5 Secor Sets 4 4	x A-C Simu nds Rest Upper Reps x x x	5s Itaneously for Between Exe Auxiliary St /Duration 5s 5s 5s	80-85% r 3 Sets rcises trength	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch				
B C Block 5 <u>Order</u> A	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u> <u>Stiff Leg Ankle Hops</u> <u>Wrist Uln & Rad</u>	3 rform A 5 Secor Sets 4 4 4 4	x A-C Simu nds Rest Upper Reps x x x x	5s Itaneously for Between Exe Auxiliary St /Duration 5s 5s 5s 5s	80-85% [•] 3 Sets rcises trength Load	OC-D+1 Notes OC-D+1				
B C Block 5 Order A B	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u> Stiff Leg Ankle Hops Wrist Uln & Rad Pe	3 rform A 5 Secor Sets 4 4 4 rform A	x A-C Simu nds Rest Upper Reps x x x x x A-C Simu	5s Itaneously for Between Exe Auxiliary S /Duration 5s 5s 5s 5s taneously for	80-85% 3 Sets rcises trength Load	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch				
B C Block 5 Order A B C	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u> Stiff Leg Ankle Hops Wrist Uln & Rad Pe	3 rform A 5 Secor Sets 4 4 4 rform A	x A-C Simu nds Rest Upper Reps x x x A-C Simu nds Rest	5s Itaneously for Between Exe Auxiliary S Juration 5s 5s 5s Itaneously for Between Exe	80-85% 3 Sets rcises trength Load 4 Sets rcises	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch				
B C Block 5 Order A B	DB Bent Over Row DB Shoulder Press Pe 2 <u>Exercise</u> <u>Chin-Up</u> Stiff Leg Ankle Hops Wrist Uln & Rad Pe	3 rform A 5 Secor Sets 4 4 4 rform A	x A-C Simu nds Rest Upper Reps x x x A-C Simu nds Rest	5s Itaneously for Between Exe Auxiliary S /Duration 5s 5s 5s 5s taneously for	80-85% 3 Sets rcises trength Load 4 Sets rcises	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch				
B C Block 5 Order A B C	DB Bent Over Row DB Shoulder Press Pe 2 Exercise Chin-Up Stiff Leg Ankle Hops Wrist Uln & Rad Pe 2	3 rform A 5 Secor Sets 4 4 4 rform A	x A-C Simu nds Rest Upper x x x A-C Simu nds Rest Upper	5s Itaneously for Between Exe Auxiliary S Juration 5s 5s 5s Itaneously for Between Exe	80-85% 3 Sets rcises trength Load 4 Sets rcises	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch				
B C Block 5 Order A B C C Block 6 Order A	DB Bent Over Row DB Shoulder Press Pe 2 Exercise Chin-Up Stiff Leg Ankle Hops Wrist UIn & Rad Pe 2 Exercise Contra. Glute Ham + DB Row	3 rform A 5 Secor 4 4 4 4 7form A 5 Secor Sets 3	x A-C Simu nds Rest Upper x x x A-C Simu nds Rest Upper	5s Itaneously for Between Exe Auxiliary S /Duration 5s 5s 5s Itaneously for Between Exe Auxiliary S /Duration 5s	80-85% Cises Cises Coad Cises Cisea	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch OC-D+1				
B C Block 5 Order A B C C Block 6 Order A B	DB Bent Over Row DB Shoulder Press Pe 2 Exercise Chin-Up Stiff Leg Ankle Hops Wrist Uln & Rad Pe 2 Exercise Quint Chin-Up Stiff Leg Ankle Hops Wrist Uln & Rad Pe 2 Exercise Contra. Glute Ham + DB Row Wrist Pro & Sup	3 rform A 5 Secor 4 4 4 4 5 Secor 5 Secor 5 Secor 5 Sets 3 3 3	x A-C Simu nds Rest Upper x x x A-C Simu nds Rest Upper x x x x	5s Itaneously for Between Exe Auxiliary S /Duration 5s 5s Itaneously for Between Exe Auxiliary S 5s 5 5 5 5 5 5 5 5 5 5	80-85% 3 Sets rcises trength Load 4 Sets rcises trength Load Light	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch OC-D+1 Notes OC-D+1, EA OC-D+1				
B C Block 5 Order A B C C Block 6 Order A	DB Bent Over Row DB Shoulder Press Pe 2 Exercise Chin-Up Stiff Leg Ankle Hops Wrist Uln & Rad Pe 2 Exercise Quite Ham + DB Row Wrist Pro & Sup Band Crawl	3 rform A 5 Secor 4 4 4 4 5 Secor 5 Secor 8 ets 3 3 3 3	x A-C Simu nds Rest Upper x x x A-C Simu nds Rest Upper x x x x x x x x x x x x x x x x x x x	5s Itaneously for Between Exe Auxiliary St /Duration 5s 5s Itaneously for Between Exe Auxiliary St /Duration 5s 5s 20Y	80-85% ' 3 Sets rcises trength Load ' ' 4 Sets rcises trength Load Light Partner Pull	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch OC-D+1 Notes OC-D+1, EA				
B C Block 5 Order A B C C Block 6 Order A B	DB Bent Over Row DB Shoulder Press Pe 2 Exercise Chin-Up Stiff Leg Ankle Hops Wrist Uln & Rad Pe 2 Exercise Contra. Glute Ham + DB Row Wrist Pro & Sup Band Crawl Pe	3 rform A 5 Secor 4 4 4 4 5 Secor 5 Secor 5 Secor 3 3 3 3 7 3 7	x A-C Simu nds Rest Upper x x x A-C Simu nds Rest Upper x x x x x A-C Simu	5s Itaneously for Between Exe Auxiliary S /Duration 5s 5s Itaneously for Between Exe Auxiliary S 5s 5 5 5 5 5 5 5 5 5 5	80-85% 3 Sets rcises trength Load 4 Sets rcises trength Load Light Partner Pull 3 Sets	OC-D+1 Notes OC-D+1 Max Reps, No Heel Touch OC-D+1 Notes OC-D+1, EA OC-D+1				

Triphasic Lacrosse Training Manual									
Reactive 6-Day Elite Training Block Week 23 - Friday									
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Acceleration Technique Training								
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes			
A	Wall Drill - Continuous	4	х	5s		Drive Hips FWD, Leg in Piston Motion			
1:00 Minute Rest Between Reps									
Block 2	Acceleration Technique Training								
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes			
A	Band Resisted Run	6	х	10Y		Drive Hips FWD, Maintain Angle			
		1:00	Minute R	lest Between	Sets				
Block 3		Ac	celerat	ion Technic	que Training				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
A	Staggered Stance Start	2 EA	х	15Y		Drive Hips FWD, Maintain Angle			
	1:00 Minute Rest Betw	een Se	ts; Comp	lete 4 Total F	Repetitions, 2 I	EA Leg Forward			
Block 4 Change of Direction Technique Training									
DIOCK 4	<u>(</u>	chang	e of Di	rection lec	nnique i raii	ning			
Order	Exercise	Chang Sets		Duration	Load	Notes			
	<u>Exercise</u> Chaos Drill - Mirror	Sets 6	Reps x	/Duration 5s	Load	Notes Partner Reactive, Sprint FWD, Shuffle BCK			
<u>Order</u>	<u>Exercise</u>	Sets 6	Reps x	/Duration 5s	Load	Notes Partner Reactive, Sprint FWD, Shuffle BCK			
<u>Order</u>	<u>Exercise</u> Chaos Drill - Mirror	Sets 6 Sets; Co	Reps x omplete	/Duration 5s 3 Sets as the	Load	Notes Partner Reactive, Sprint FWD, Shuffle BCK 3 as the "Follower"			
<u>Order</u> A	<u>Exercise</u> Chaos Drill - Mirror	Sets 6 Sets; Co	Reps x omplete Cr-P En	/Duration 5s 3 Sets as the	Load "Leader" and	Notes Partner Reactive, Sprint FWD, Shuffle BCK 3 as the "Follower"			
Order A Block 5	Exercise Chaos Drill - Mirror 1:00 Minute Rest Between	Sets 6 Sets; Co ATP/0	Reps x omplete Cr-P En	/Duration 5s 3 Sets as the ergy Syster	Load "Leader" and n Condition	Notes Partner Reactive, Sprint FWD, Shuffle BCK 3 as the "Follower" ing			

	Triphasio	c Lac	cross	e Traini	ng Man	ual				
	Reactive 6-Day Elit	te Tr	ainir	ng Block	Week	23 - Saturday				
Pre	<u>Pr</u>	e-Traiı	ning, N	lulti-Dimens	sional Warn	n-Up				
Block 1	Speed/Agility Training									
Order	Exercise	<u>Sets</u>	Reps	/Duration	Load	Notes				
<u>A</u>	Stairs + Turn & Sprint	<u>1</u>	<u>x</u>	<u>3 EA</u>		<u>15 Yard Stairs + 15 Sprint</u>				
1:30 Minute Rest Between Reps										
Block 2	Lower Body Warm-up									
<u>Order</u>	Exercise	<u>Sets</u>	Reps	/Duration	<u>Load</u>	<u>Notes</u>				
<u>A</u>	Safety Bar Split Squat	<u>1,1,1</u>	<u>x</u>	<u>5,3,3</u>	<u>50-80%</u>	<u>Warm-Up</u>				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
	Perfor			Simultaneousl	1					
		1:00 N	1inute R	est Between S	ets					
Block 3			Lowe	er Body Stre	ength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	4	х	10s,10s-Clu	80-85%	Reactive-AMAP/Push-Pull-EA				
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous				
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Explode Out Immediately				
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA				
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA				
F	Bench Groin	4	х	10s		Reactive-AMAP/Push-Pull-EA				
G	Ankle Band Work	4	х	10s	1" Band	Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
	25 Seconds Rest	Betwee		,		Rounds				
<u>Block 4</u>				<u>er Body Stre</u>	ength					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Chin-Up</u>	4	х	10s		Reactive-AMAP/Push-Pull				
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed				
С	SA Cable Straight Arm Lat Pull-Down		х	4 EA		Power				
D	MB OH Slams	4	х	5						
E	Banded Cuban Press	4	X	10s		Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
	2	5 Secor		Between Exe						
Block 5				Auxiliary St						
<u>Order</u>	<u>Exercise</u>	Sets		/Duration	Load	Notes				
A	Staggered Stance RDL	3	х	10s	80-85%	Reactive-AMAP/Push-Pull-EA				
B	Bench Glute	3	X	10s		Reactive-AMAP/Push-Pull-EA				
С	SWB Twist Down	3	X	10s	2.6	Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
	2	5 Secor	nds Rest	Between Exe	rcises					

	Triphasi	c Lac	cross	e Traini	ing Man	ual				
	Reactive 6-Day El	ite T	rainiı	ng Bloc	k Week	24 - Monday				
Pre	<u>P</u>	r <mark>e-Trai</mark> l	ning, M	ulti-Dimen	sional Warm	<u>1-Up</u>				
Block 1	Speed/Agility Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint				
		1:30 N	linute Re	st Between F	Reps					
Block 2 Lower Body Warm-up										
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt				
	Perfo	rm A & E	3 Series S	imultaneousl	ly for 3 Sets					
		1:00 N	/linute Re	est Between S	Sets					
Block 3			Lowe	er Body Stre	ength_					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	4	х	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA				
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous				
C	<u>Wt. Squat Jump</u>	4	х	4		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	4	х	7s		Reactive-AMAP/Push-Pull-EA				
F	Bench Glute	4	х	7s		Reactive-AMAP/Push-Pull-EA				
G	<u>Ant. Tib Band</u>	4	х	7s	1" Band	Reactive-AMAP-EA				
				Itaneously fo						
	25 Seconds Rest	Betwee		-		Rounds				
<u>Block 4</u>				Auxiliary S	<u>trength</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Staggered Stance RDL	5	х	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA				
В	DB Common Lunge Matrix	5	х	3 EA	82.5-85%	3-FWD,3-LAT,3-ROT-EA				
С	<u>Bench Groin</u>	5	х	7s		Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
		25 Secor		Between Exe						
Block 5		-		Auxiliary S						
<u>Order</u>	Exercise	Sets		/Duration	Load	Notes				
A	SL Glute Ham Bar	4	х	7s	82.5-85%	Reactive-AMAP/Push-Pull-EA				
В	Hip Flex Prone	4	х	7s		Reactive-AMAP/Push-Pull-EA				
C	Partner Band Crawl	4	X	15Y	Partner Pull					
				Itaneously for						
		25 Secor	nds Rest	Between Exe	rcises					

	Triphasi	c Lac	cross	e Traini	ing Man	ual				
	Reactive 6-Day Eli									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Speed/Agility Training									
Order	<u>Exercise</u>	Sets Reps/Duration Load Notes								
Α	Stairs + Turn & Sprint	1	х	3 EA		10 Yard Stairs + 10 Sprint				
1:30 Minute Rest Between Reps										
Block 2 Upper Body Warm-up										
Order	Exercise	Sets Reps/Duration Load Notes								
A	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
	Perfor	m A & B	Series S	imultaneousl	y for 3 Sets					
		1:00 N	1inute Re	est Between S	Sets					
Block 3	k 3Upper Body Strength									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	4	х	7s,7s-Clu	85-87.5%	Reactive-AMAP/Push-Pull-EA				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	Rack Band Push-Up	4	х	5		Pull-In, Explode Out Immediately				
E	Mini Band Scap Press	4	х	10	Green					
				taneously for						
	25 Seconds Rest	Betwee	n Exercis	ses; 2:00 min	utes between	Rounds				
Block 4			<u>Upper</u>	Auxiliary S	<u>trength</u>					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Pull-Up</u>	4	х	7s	Partner Pull	Reactive-AMAP/Push-Pull				
В	Banded Cuban Press	4	х	7s	1/2" Band	Reactive-AMAP/Push-Pull-EA				
С	<u>Wrist Uln & Rad</u>	4	х	7s	1 EA	Reactive-AMAP/Push-Pull-EA				
				taneously for						
	2	25 Secor	nds Rest	Between Exe	rcises					
Block 5			Upper	Auxiliary S	<u>trength</u>					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	DB Bent Over Row	4	х	7s	82.5-85%	Reactive-AMAP/Push-Pull				
В	DB Shoulder Press	4	х	7s	82.5-85%	Bottom 1/2, Reactive-AMAP-EA				
C	<u>Wrist Pro & Sup</u>	4	х	7s	Partner Push	Reactive-AMAP/Push-Pull-EA				
D	SA Farmers Carry	4	х	20Y	Heavy					
				Itaneously for						
		25 Secor	nds Rest	Between Exe	rcises					

	Triphasio	c Lao	cross	e Traini	ing Man	ual				
R	eactive 6-Day Elite	Tra	ining	g Block V	Week 24	4 - Wednesday				
Pre Pre-Training, Multi-Dimensional Warm-Up										
Block 1 Speed/Agility Training										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
A	<u>Pro-Agility</u>	1	х	3 EA		5-10-5				
		1:30 N	linute Re	est Between F	Reps					
Block 2 Lower Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
	Perf			m-Up for Hea						
		1:00 N	/linute R	est Between S	Sets					
Block 3 Lower Body Strength										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
А	<u>Hex Bar Deadlift</u>	8	х	5s	85-90%	Max Reps, No Floor Touch				
В	<u>Common Lunge Matrix Plyo</u>	8	х	3 EA		Continuous, 3 EA Way, EA Leg				
				Itaneously for						
	25 Seconds Rest	Betwee	en Exerci	ses; 1:30 min	utes between	Rounds				
Block 4 Lower Auxiliary Strength										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Split Squat</u>	3	х	5s	80-85%	OC-D+1, EA				
В	<u>DB RDL</u>	3	х	5s	80-85%	OC-D+1				
С	<u>Hip Flex Prone</u>	3	х	5s		Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
	2	5 Seco		Between Exe						
Block 5				Auxiliary S	trength					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	DB Step Up	3	х	5s	80-85%	Bottom 1/2, EA				
В	Glute Ham Hyper	3	х	5s		OC-D+1				
C	Bench Groin	3	X	5s		Reactive-AMAP/Push-Pull-EA				
				Itaneously for						
	2	5 2600		Between Exe						
Block 6		-		Auxiliary St						
<u>Order</u>	Exercise	Sets		/Duration	Load	Notes				
A	Glute Ham Bar	3	x	5s	80-85%	Reactive-AMAP/Push-Pull				
B C	Contra. GH + DB Bench Press	3	x	5s 5s	Light/Speed	OC-D+1, EA				
L	Bench Glute	÷	X	5s Itaneously for	r 2 Sots	Reactive-AMAP/Push-Pull-EA				
				Between Exe						
	2	2 2600	ius rest	between EXe	101585					

	Triphasio	c Lao	cross	e Traini	ing Manu	ual					
	Reactive 6-Day Elit	e Tr	ainir	ng Block	week 2	4 - Thursday					
Pre	<u>Pr</u>	e-Trai	ning, M	ulti-Dimen	sional Warm-	-Up					
Block 1											
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Z-Cone Agility	1	х	3 EA		7 yard Square					
		1:30 N	linute Re	est Between F	Reps						
Block 2	Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green						
	Perfor			imultaneousl							
		1:00 N	/linute R	est Between S	Sets						
Block 3			<u>Uppe</u>	er Body Stre	ength_						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Bench Press	4	х	5s	85-90%	Max Reps					
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips					
С	Delt Bent Over OH Rebound Drop	4	х	5 EA							
				Itaneously for							
	25 Seconds Rest	Betwee		-		ounds					
<u>Block 4</u>				Auxiliary S	<u>trength</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	DB Incline Press	3	х	5s	80-85%	OC-D+1					
В	DB Bent Over Row	3	х	5s	80-85%	OC-D+1, EA					
С	DB Shoulder Press	3	х	5s	80-85%	OC-D+1					
				Itaneously for							
	2	5 Secor		Between Exe							
Block 5				Auxiliary S	<u>trength</u>						
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
A	<u>Chin-Up</u>	4	х	5s		OC-D+1					
B	Stiff Leg Ankle Hops	4	х	5s		Max Reps, No Heel Touch					
C	Wrist Uln & Rad	4	X	5s	. 4 C - t -	OC-D+1					
				Itaneously for							
	2	5 2600		Between Exe							
Block 6		1		Auxiliary S							
<u>Order</u>	<u>Exercise</u>	Sets	•	/Duration	Load	Notes					
<u>A</u>	Contra. Glute Ham + DB Row	3	X	5s	Light	OC-D+1, EA					
B	Wrist Pro & Sup	3	x	5s	Doutto or Duill	OC-D+1					
С	Band Crawl	3	X	20Y	Partner Pull	Controlled Movement					
				Itaneously for							
	2	o secol	ius kest	Between Exe	ruses						

	Triphasic Lacrosse Training Manual										
Reactive 6-Day Elite Training Block Week 24 - Friday											
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up										
Block 1	Acceleration Technique Training										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	<u>Wall Drill - Continuous</u>	4	х	7s		Drive Hips FWD, Leg in Piston Motion					
1:00 Minute Rest Between Reps											
Block 2	Acceleration Technique Training										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Band Resisted Run	6	х	10Y		Drive Hips FWD, Maintain Angle					
1:00 Minute Rest Between Sets											
Block 3	Block 3 Acceleration Technique Training										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Staggered Stance Start	2 EA	х	15Y		Drive Hips FWD, Maintain Angle					
	1:00 Minute Rest Betw	een Se	ts; Comp	lete 4 Total F	Repetitions, 2	EA Leg Forward					
Block 4		Chang	e of Dii	ection Tec	hnique Traiı	ning					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Chaos Drill - Mirror	6	х	7s		Partner Reactive, Sprint FWD, Shuffle BCK					
1:00 Minute Rest Between Sets; Complete 3 Sets as the "Leader" and 3 as the "Follower"											
Block 5 ATP/Cr-P Energy System Conditioning											
Block 5		ATP/	Cr-P En	ergy Syster	<u>n Condition</u>	ing					
Block 5 Order	<u>Exercise</u>	ATP/ Sets	-	ergy Syster /Duration	n Condition	ing Notes					
			-								

	Triphasio	c Lac	cross	e Traini	ng Man	nual					
	Reactive 6-Day Elit										
Pre-Training, Multi-Dimensional Warm-Up											
Block 1 Speed/Agility Training											
Order	Exercise	Sets		/Duration	Load	Notes					
A	Stairs + Turn & Sprint	1	х	3 EA		15 Yard Stairs + 15 Sprint					
1:30 Minute Rest Between Reps											
Block 2 Lower Body Warm-up											
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur					
	Perfor	m A & B	3 Series S	imultaneousl	y for 3 Sets						
		1:00 N	/linute Re	est Between S	lets						
Block 3 Lower Body Strength											
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Safety Bar Split Squat	4	х	10s,10s-Clu	80-85%	Reactive-AMAP/Push-Pull-EA					
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous					
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Explode Out Immediately					
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA					
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA					
F	Bench Groin	4	х	10s		Reactive-AMAP/Push-Pull-EA					
G	Ankle Band Work	4	х	10s	1" Band	Reactive-AMAP/Push-Pull-EA					
				Itaneously for							
	25 Seconds Rest	Betwee	en Exercis	ses; 2:00 minu	utes between	Rounds					
Block 4			<u>Uppe</u>	er Body Stre	ength						
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
А	<u>Chin-Up</u>	4	х	10s		Reactive-AMAP/Push-Pull					
В	SA Band Straight Arm Lat Pull-Down	4	х	4 EA		Speed					
С	SA Cable Straight Arm Lat Pull-Down		х	4 EA		Power					
D	MB OH Slams	4	х	5							
E	Banded Cuban Press	4	х	10s		Reactive-AMAP/Push-Pull-EA					
				taneously for							
	2	5 Secor		Between Exe							
Block 5				Auxiliary St	<u>rength</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
А	Staggered Stance RDL	3	х	10s	80-85%	Reactive-AMAP/Push-Pull-EA					
В	Bench Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA					
С	<u>SWB Twist Down</u>	3	х	10s		Reactive-AMAP/Push-Pull-EA					
				Itaneously for							
	2	5 Secor	nds Rest	Between Exe	rcises						

4.19 Download (Week 25)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 25 - Monday									
Pre-Training, Multi-Dimensional Warm-Up										
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	(Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
А	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off					

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 25 - Wednesday										
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	rm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energy	y Syste	m Condition	ling				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Threshold Training	2	х	4m		Running at Max Heart Rate				
	Perform A for 2	2 Sets o	f 4 min; 2	2:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 25 - Friday									
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off					

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 25 - Saturday									
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/Duration		Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Conditior	ning				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155				
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	d Throug	gh Running, Bi	king, or an Elliptical				

4.20 Repeat-Power Training Block (Weeks 26-27)

In the repeat-power training block the primary goal of training shifts from absolute force production to the ability to produce force quickly. From the previous training phases every athlete should be capable of producing greater levels of absolute force. However, lacrosse requires this force to be produced rapidly. Increased strength, from the previous training blocks, is directly related to power production, as power is equivalent to force times velocity. Repeat-Power is improved in training by reducing the load utilized and increasing the velocity at which the movement is completed. The glycolytic energy system is re-addressed on the running days to improve this performance quality prior to the beginning of the season. The sport of lacrosse requires an athlete to run, not lift. For this reason, running days will begin to be completed at a higher frequency, in this case two days per week.

- Increase power production through kinetic chain
- Movement efficiency
- Improve the SSC ability at increased velocities
- Reduce antagonist activation
- Improve "reactivity"
- Improve synchronization within individual muscles at increased velocities
- Enhance kinetic chain synchronization at increased velocities

	Triphasi	c Laci	rosse	Trainir	ng Manu	ıal					
Re	epeat-Power 6-Day	Elite	Trai	ning Blo	ock Wee	k 26 - Monday					
Pre	<u>Pr</u>	e-Traini	ing, Mu	lti-Dimensi	onal Warm-	<u>Up</u>					
Block 1	Speed/Agility Training										
Order	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint					
		1:30 Mir	nute Rest	t Between Re	ps						
Block 2 Lower Body Warm-up											
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt					
	Perfor	m A & B S	Series Sin	nultaneously	for 3 Sets						
		1:00 Mi	nute Res	t Between Se	ts						
Block 3			Lowe	er Body Pov	ver						
Order	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Safety Bar Split Squat	4	х	7s,7s-Clu	65-70%	Reactive-AMAP/Push-Pull-EA					
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous					
С	Wt. Squat Jump	4	х	4		Pull-In, Explode Out Immediately					
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately					
E	Swissball 4-Way Neck	4	х	7s		Reactive-AMAP/Push-Pull-EA					
F	Bench Glute	4	х	7s		Reactive-AMAP/Push-Pull-EA					
G	<u>Ant. Tib Band</u>	4	х	7s	1" Band	Reactive-AMAP-EA					
				aneously for 4							
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between Ro	ounds					
<u>Block 4</u>			Lower	Auxiliary Po	ower						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
Α	Staggered Stance RDL	5	х	7s	65-70%	Reactive-AMAP/Push-Pull-EA					
В	DB Common Lunge Matrix	5	х	3 EA	65-70%	3-FWD,3-LAT,3-ROT-EA					
С	<u>Bench Groin</u>	5	х	7s		Reactive-AMAP/Push-Pull-EA					
				aneously for 5							
	2	25 Second		etween Exerc							
Block 5				Auxiliary Po							
<u>Order</u>	Exercise	Sets	•	/Duration	Load	Notes					
Α	<u>Glute Ham Bar Lift</u>	4	х	7s	65-70%	Reactive-AMAP/Push-Pull-EA					
В	Hip Flex Prone	4	х	7s		Reactive-AMAP/Push-Pull-EA					
C	Cable Rotational Pull to Press	4	X	4 EA		Low to High, Violent Hip Drive					
				aneously for 4							
	2	25 Second	is Rest B	etween Exerc	ises						

	Triphasic	Lacr	osse	Trainir	ng Manu	ıal				
R	epeat-Power 6-Day									
Pre-Training, Multi-Dimensional Warm-Up										
Block 1	Block 1 Speed/Agility Training									
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
A	Stairs + Turn & Sprint	1	х	3 EA		10 Yard Stairs + 10 Sprint				
	1	.:30 Mir	nute Rest	t Between Re	ps					
Block 2 Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
	Perform	A & B S	Series Sin	nultaneously	for 3 Sets					
		1:00 Mi	nute Res	t Between Se	ts					
Block 3 Upper Body Power										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
А	Bench Press	4	х	7s,7s-Clu	65-70%	Reactive-AMAP/Push-Pull-EA				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	<u>Rack Band Push-Up</u>	4	х	5		Pull-In, Explode Out Immediately				
E	Mini Band Scap Press	4	х	10	Green					
				aneously for 4						
	25 Seconds Rest B					bunds				
Block 4			Upper .	Auxiliary Po	ower					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Pull-Up</u>	4	х	7s		Reactive-AMAP/Push-Pull				
В	Banded Cuban Press	4	х	7s	1/2" Band	Reactive-AMAP/Push-Pull-EA				
C	<u>Wrist Uln & Rad</u>	4	х	7s		Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	25	Second	ls Rest B	etween Exerc	ises					
Block 5			Upper .	Auxiliary Po	<u>ower</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Split Stance Cable Rotational Row	4	х	7s EA	Moderate	Reactive-AMAP/Push-Pull				
В	DB Shoulder Press	4	х	7s	65-70%	Bottom 1/2, Reactive-AMAP-EA				
	Wrist Pro & Sup	4	х	7s		Reactive-AMAP/Push-Pull-EA				
C										
D	SA Farmers Carry	4	х	20Y	Moderate					
-	Perf	orm A-l) Simulta	20Y aneously for 4 etween Exerc	4 Sets					

	Triphasic Lacrosse Training Manual							
Repeat-Power 6-Day Elite Training Block Week 26 - Wednesday								
Pre-Running, Multi-Dimensional Warm-Up								
Block 1								
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes		
Α	Lactic Threshold Training	4	х	10x20s		Sprint Max Distance in 20 seconds		
	Perform A for 10 repetitions of 0:20 Sprint; 10 second rest between repetitions; Complete 4 Total Sets with Rest 2:00 between Sets							

	Triphasic				<u> </u>					
	epeat-Power 6-Day E									
Pre Block 1	<u>Pre</u>	- I rain			onal Warm	- <u>Up</u>				
	Freedor	Cata	-	Agility Tra		Natas				
Order A	Exercise Pro-Agility	Sets	-	/Duration 3 EA	Load	Notes				
Α		-	X NUTE Rest	t Between Re	ns	5-10-5, Shuffle-Sprint-Shuffle				
Block 2	· · · · · · · · · · · · · · · · · · ·			Body Warr						
Order	Exercise	Sets		/Duration	Load	Notes				
A	Hex Bar Deadlift	1,1,1	x	5,3,3	50-80%	Warm-Up				
	Perfo	rm A as	a Warm	-Up for Heav	ier Sets					
		1:00 Mi	nute Res	t Between Se	ts					
Block 3			Lowe	er Body Pov	ver					
Order	Exercise	Sets		/Duration	Load	Notes				
Α	Hex Bar Deadlift	8	х	5s	75-80%	Max Reps, No Floor Touch				
В	Common Lunge Matrix Plyo + Return	8	х	3 EA		Continuous, 3 EA Way, EA Leg				
				aneously for 8						
	25 Seconds Rest B	etween	Exercise	s; 1:30 minut	es between R	ounds				
Block 4 Upper Body Warm-up										
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Bench Press</u>	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green					
				nultaneously						
		1:00 Mi	nute Res	t Between Se	ts					
Block 5			Uppe	er Body Pov	<u>ver</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	4	х	5s	75-80%	Max Reps				
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips				
C	Delt Bent Over OH Rebound Drop	4	X	5 EA						
				aneously for 4		ee de				
Dia di C	25 Seconds Rest B	etween		-		ounds				
Block 6				Auxiliary P						
<u>Order</u>	Exercise	Sets	•	/Duration	Load	Notes				
A	DB Step Up	3	x	5s	75-80%	Bottom 1/2, EA				
B C	<u>Glute Ham Hyper</u> Bench Groin	3	x	5s 5s		OC-D+1 OC-D+1, EA				
D	Bench Glute	3	x x	5s		OC-D+1, EA OC-D+1, EA				
D				aneously for 3	2 Sets	00-011, LA				
				etween Exerc						
Block 7		5000110		Auxiliary P						
Order	Exercise	Sets		/Duration	Load	Notes				
A	<u>DB Incline Press</u>	3	x	5s	75-80%	OC-D+1				
B	DB Bent Over Row	3	x	5s	75-80%	OC-D+1, EA				
C	DB Shoulder Press	3	x	5s	75-80%	OC-D+1				
D	<u>Chin-Up</u>	3	х	5s		OC-D+1				
	Perf	orm A-	C Simulta	aneously for 3	3 Sets	•				

	Triphasic Lacrosse Training Manual								
Repeat-Power 6-Day Elite Training Block Week 26 - Friday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	<u>(</u>	Slycoly	/tic Ene	rgy System	Conditionin	ng			
Order	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Lactic Capacity Training	3	х	3x1:30		Sprinting at Max Speed			
	Perform A for 3 repetitions of 1:30 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets								

	Triphasic	: Laci	rosse	Trainir	ng Manu	Jal				
Re	epeat-Power 6-Day									
Pre Pre-Training, Multi-Dimensional Warm-Up										
Block 1 Speed/Agility Training										
Order	Exercise	Sets		/Duration	Load	Notes				
A	Stairs + Turn & Sprint	1	x	3 EA		15 Yard Stairs + 15 Sprint				
1:30 Minute Rest Between Reps										
Block 2			Lower	Body Warn	n-up					
Order	Exercise	Sets		/Duration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	x	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
	Perforn			nultaneously						
		1:00 Mi	nute Res	t Between Se	ts					
Block 3 Lower Body Power										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	4	х	10s,10s-Clu	55-60%	Reactive-AMAP/Push-Pull-EA				
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous				
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Explode Out Immediately				
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA				
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA				
F	Bench Groin	4	х	10s		Reactive-AMAP/Push-Pull-EA				
G	Ankle Band Work	4	х	10s	1" Band	Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	25 Seconds Rest E	Between	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Uppe	er Body Pow	ver					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
А	<u>Chin-Up</u>	4	х	10s		Reactive-AMAP/Push-Pull				
В	SA Band St. Arm Lat Pull-Down	4	х	4 EA		Speed				
С	SA Cable St. Arm Lat Pull-Down	4	х	4 EA		Power				
D	MB OH Slams	4	х	5						
E	Banded Cuban Press	4	х	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	2			etween Exerc						
Block 5			Lower	Auxiliary Po	ower					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Staggered Stance RDL	3	х	10s	55-60%	Reactive-AMAP/Push-Pull-EA				
В	<u>Bench Glute</u>	3	х	10s		Reactive-AMAP/Push-Pull-EA				
C	SWB Twist Down	3	х	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 3						
	2!	5 Second	ls Rest B	etween Exerc	ises					

	Triphasi	c Laci	rosse	Trainir	ng Manu	ıal						
Re	epeat-Power 6-Day	[,] Elite	Trai	ning Blo	ock Wee	k 27 - Monday						
Pre	<u>Pr</u>	e-Traini	ng, Mu	lti-Dimensi	onal Warm-	<u>Up</u>						
Block 1	Speed/Agility Training											
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes						
Α	Flying 50's	1	х	6		20-10-20, Bound-Sprint						
<u>.</u>	1:30 Minute Rest Between Reps											
Block 2												
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes						
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up						
В	Ankle Wipers	3	х	12 EA		Max ROM, No Knee Mvmt						
	Perfor	m A & B S	Series Sin	nultaneously	for 3 Sets							
		1:00 Mi	nute Res	t Between Se	ts							
Block 3	Lower Body Power											
Order	Exercise	Sets	Reps	/Duration	Load	Notes						
А	Safety Bar Split Squat	4	х	7s,7s-Clu	65-70%	Reactive-AMAP/Push-Pull-EA						
В	<u>Hurdle Hop</u>	4	х	4		Jump High, Continuous						
С	Wt. Squat Jump	4	х	4		Pull-In, Explode Out Immediately						
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately						
E	Swissball 4-Way Neck	4	х	7s		Reactive-AMAP/Push-Pull-EA						
F	Bench Glute	4	х	7s		Reactive-AMAP/Push-Pull-EA						
G	Ant. Tib Band	4	х	7s	1" Band	Reactive-AMAP-EA						
				aneously for 4								
	25 Seconds Rest			-		bunds						
Block 4				Auxiliary Po	<u>ower</u>							
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes						
Α	Staggered Stance RDL	5	х	7s	65-70%	Reactive-AMAP/Push-Pull-EA						
В	DB Common Lunge Matrix	5	х	3 EA	65-70%	3-FWD,3-LAT,3-ROT-EA						
C	Bench Groin	5	х	7s		Reactive-AMAP/Push-Pull-EA						
				aneously for 5								
				etween Exerc								
Block 5	_ ·			Auxiliary Po								
Order	Exercise	Sets	•	/Duration	Load	Notes						
A B	<u>Glute Ham Bar Lift</u> <u>Hip Flex Prone</u>	4	x	7s 7s	65-70%	Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA						
C	Cable Rotational Pull to Press	4	X X	4 EA		Low to High, Violent Hip Drive						
C				aneously for 4	l Sets	Low to high, violent hip blive						
				etween Exerc								
	4		is nest D		1303							

	Triphasic									
R	epeat-Power 6-Day									
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Speed/Agility Training									
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		10 Yard Stairs + 10 Sprint				
1:30 Minute Rest Between Reps										
Block 2 Upper Body Warm-up										
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
А	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
				nultaneously						
1:00 Minute Rest Between Sets										
Block 3				er Body Pov	ver					
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	4	х	7s,7s-Clu	65-70%	Reactive-AMAP/Push-Pull-EA				
В	Speed Bench Press	4	х	5	30-35%	Push-Pull, Full ROM				
С	DB Incline Press	4	х	5	35-40%	Push-Pull, Full ROM				
D	Rack Band Push-Up	4	х	5		Pull-In, Explode Out Immediately				
E	Mini Band Scap Press	4	х	10	Green					
				aneously for 4						
	25 Seconds Rest B					bunds				
Block 4				Auxiliary Po	<u>ower</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Pull-Up</u>	4	х	7s		Reactive-AMAP/Push-Pull				
В	Banded Cuban Press	4	х	7s	1/2" Band	Reactive-AMAP/Push-Pull-EA				
С	<u>Wrist Uln & Rad</u>	4	х	7s		Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	25			etween Exerc						
Block 5				Auxiliary Po	ower					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Split Stance Cable Rotational Row	4	х	7s EA	Moderate	Reactive-AMAP/Push-Pull				
В	DB Shoulder Press	4	х	7s	65-70%	Bottom 1/2, Reactive-AMAP-EA				
C	Wrist Pro & Sup	4	х	7s		Reactive-AMAP/Push-Pull-EA				
D	SA Farmers Carry	4	X	20Y	Moderate					
				aneously for 4						
	25	Second	is Rest B	etween Exerc	ises					

	Triphasic Lacrosse Training Manual								
Repeat-Power 6-Day Elite Training Block Week 27 - Wednesday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	<u>G</u>	ilycoly	tic Enei	rgy System	Conditionin	g			
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Lactic Threshold Training	4	4 x 10x30s Sprint Max Distance in 30 second						
	Perform A for 10 repetitions of 0:30 Sprint; 10 second rest between repetitions; Complete 4 Total Sets with Rest 2:00 between Sets								

	Triphasic				0						
	epeat-Power 6-Day E										
Pre Block 1	Pre	- I rain			onal Warm	<u>. Ор</u>					
	Fuencies	Cata	-	Agility Tra		Natas					
Order A	Exercise Pro-Agility	Sets	x x x	/Duration 3 EA	Load	Notes 5-10-5, Shuffle-Sprint-Shuffle					
A		-		t Between Re	ins.	5-10-5, Shume-Sprint-Shume					
Block 2 Lower Body Warm-up											
Order	Exercise	Sets		/Duration	Load	Notes					
A	Hex Bar Deadlift	1,1,1	х	5,3,3	50-80%	Warm-Up					
	Perfo	rm A as	a Warm	-Up for Heav	ier Sets						
		1:00 Mi	nute Res	t Between Se	ets						
Block 3 Lower Body Power											
Order	Exercise	Sets		/Duration	Load	Notes					
Α	Hex Bar Deadlift	8	х	5s	75-80%	Max Reps, No Floor Touch					
В	Common Lunge Matrix Plyo + Return	8	х	3 EA		Continuous, 3 EA Way, EA Leg					
	Perf	orm A-	B Simulta	aneously for 8	8 Sets						
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds											
Block 4 Upper Body Warm-up											
Order	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Mini-Band Scap Wall Walks	3	х	10 EA	Green						
	Perform	A & B S	Series Sin	nultaneously	for 3 Sets						
		1:00 Mi	nute Res	t Between Se	ets						
Block 5			Uppe	er Body Pov	ver						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
А	Bench Press	4	х	5s	75-80%	Max Reps					
В	One Arm Med Ball Pass	4	х	5 EA		Use Hips					
C	Delt Bent Over OH Rebound Drop	4	X	5 EA							
				aneously for 4							
	25 Seconds Rest B	etween		-		ounds					
Block 6				Auxiliary P							
<u>Order</u>	<u>Exercise</u>	Sets	•	/Duration	Load	Notes					
A	DB Step Up	3	х	5s	75-80%	Bottom 1/2, EA					
B	Glute Ham Hyper	3	X	5s		OC-D+1					
C	Bench Groin Bonch Cluto	3	x	5s Ec		OC-D+1, EA					
D	Bench Glute	3	X D Simult:	5s aneously for 3	l 2 Sats	OC-D+1, EA					
				etween Exerc							
Block 7	25	Jecond		Auxiliary P							
	Evoreico	Sets				Notos					
<u>Order</u> A	Exercise DB Incline Press	3	x x	/Duration 5s	Load 75-80%	OC-D+1					
B	DB Bent Over Row	3	x	5s	75-80%	OC-D+1 OC-D+1					
C	DB Shoulder Press	3	x	5s	75-80%	OC-D+1, LA					
D	Chin-Up	3	x	53 5s		OC-D+1					
L		-		aneously for 3) Coto						
	Peri		C Simulia		s sels						

	Triphasic Lacrosse Training Manual								
Repeat-Power 6-Day Elite Training Block Week 27 - Friday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	<u>(</u>	Slycoly	/tic Ene	rgy System	Conditionin	1g			
Order	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Lactic Capacity Training	3	х	3x2:00		Sprinting at Max Speed			
	Perform A for 3 repetitions of 2:00 Sprint; 1:00 rest between repetitions; Complete 3 Total Sets with Rest 3:00 between Sets								

	Triphasic	Laci	rosse	Trainir	ng Manu	Jal				
	epeat-Power 6-Day									
Pre-Training, Multi-Dimensional Warm-Up										
Block 1 Speed/Agility Training										
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Stairs + Turn & Sprint	1	х	3 EA		15 Yard Stairs + 15 Sprint				
1:30 Minute Rest Between Reps										
Block 2 Lower Body Warm-up										
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
	Perforn			nultaneously						
		1:00 Mi	nute Res	t Between Se	ts					
Block 3	lock 3 Lower Body Power									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	4	х	10s,10s-Clu	55-60%	Reactive-AMAP/Push-Pull-EA				
В	Lateral Hurdle Hop	4	х	3 EA		Jump High, Continuous				
С	Resisted Speed Skater Jumps	4	х	3 EA		Pull-In, Explode Out Immediately				
D	Band Assisted Shuffle	4	х	1 EA		5 Yards EA				
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA				
F	<u>Bench Groin</u>	4	х	10s		Reactive-AMAP/Push-Pull-EA				
G	Ankle Band Work	4	х	10s	1" Band	Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	25 Seconds Rest E	Between	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Uppe	er Body Pow	ver					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
А	<u>Chin-Up</u>	4	х	10s		Reactive-AMAP/Push-Pull				
В	SA Band St. Arm Lat Pull-Down	4	х	4 EA		Speed				
С	SA Cable St. Arm Lat Pull-Down	4	х	4 EA		Power				
D	MB OH Slams	4	х	5						
E	Banded Cuban Press	4	х	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 4						
	25			etween Exerc						
Block 5			Lower	<u>Auxiliary Po</u>	ower					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Staggered Stance RDL	3	х	10s	55-60%	Reactive-AMAP/Push-Pull-EA				
В	<u>Bench Glute</u>	3	х	10s		Reactive-AMAP/Push-Pull-EA				
С	<u>SWB Twist Down</u>	3	х	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 3						
	25	5 Second	ls Rest B	etween Exerc	ises					

4.21 Download (Week 28)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 28 - Monday										
<u>Pre</u>	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	(Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
A	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off					

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 28 - Wednesday										
<u>Pre</u>	e Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fu	ntion Wa	rm-Up S	eries Prior to	Fraining				
Block 2	<u>Ox</u>	idative	e Energy	y Syste	m Condition	ing				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Threshold Training	2	х	4m		Running at Max Heart Rate				
	Perform A for 2	2 Sets o	f 4 min; 2	2:30 rest	between rou	nds				

	Triphasic Lacrosse Training Manual									
	Download 4-Day Elite Training Block Week 28 - Friday									
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional War	m-Up				
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes				
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible				
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off					

	Triphasic Lacrosse Training Manual									
Download 4-Day Elite Training Block Week 28 - Saturday										
Pre	Pre-Running, Multi-Dimensional Warm-Up									
Block 1	Glute Function Series Warm-Up									
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Banded Big Toe Work	1	х	20 EA						
В	Banded Other 4 Toe Work	1	х	20 EA						
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue					
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow				
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training				
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ning				
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes				
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155				
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	d Throug	h Running, Bi	king, or an Elliptical				

4.22 Speed Training Block (Weeks 29-30)

The repeat-power block lays the foundation for the speed training block, just as strength laid the foundation for power. The speed block is the most transferrable training phase as it is executed in the most specific manner to the sport of lacrosse. The primary goal of this training phase is to maximize RFD for each movement trained. In order to train this phase to the highest extent, low-loads at the highest possible velocities must be trained. Performance coaches must remember their goal is to not only prepare athletes optimally for the physical demands of competition, but also for the requirements of practice. These are commonly not identical stressors and must be considered individually. For this reason, running days are now completed three days per week and are all aimed at improving the ATP/Cr-P energy system and also include metabolic change of direction work. This leads to optimal performance on the lacrosse field and "peaks" an athlete specifically for the requirements of the sport.

- Maximize RFD production through kinetic chain
- Movement efficiency at highest velocities
- Improve the SSC ability at velocities similar to lacrosse
- Reduce antagonist activation at high-velocities
- Improve "reactivity" at lacrosse game speeds
- Improve synchronization within individual muscles at highest velocities
- Enhance kinetic chain synchronization at highest velocities

Triphasic Lacrosse Training Manual											
Speed 6-Day Elite Training Block Week 29 - Monday											
Pre	<u>Pr</u>	e-Traini	ng, Mu	<mark>lti-Dimens</mark> i	ional Warm	-Up					
Block 1	Speed/Agility Training										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	<u>Flying 60's</u>	1	х	6		20-20-20, Bound-Sprint					
1:30 Minute Rest Between Reps											
Block 2											
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Band Work	3	X	7s	1" Band	Max ROM, Speed					
	Perfor			nultaneously							
Dia di 2		1:00 1011		t Between Se							
Block 3	F actor and a second	Cata		er Body Spe							
Order	Exercise	Sets			Load	Notes					
A B	Lunge OC Hops Hurdle Hop	4	x x	7s,7s-Clu 4		Reactive-AMAP/Push-Pull-EA Jump for Distance, Continuous					
C	Wt. Squat Jump	4	x	4		Pull-In, Explode Out Immediately					
D	Accel. Band Jump	4	x	4		Pull-In, Explode Out Immediately					
E	Swissball 4-Way Neck	4	x	7s		Reactive-AMAP/Push-Pull-EA					
F	Banded Speed Glute	4	х	7s		Reactive-AMAP/Push-Pull-EA					
G	Banded Hip Flexor Pulls	4	х	7s	1" Band	Reactive-AMAP/Push-Pull-EA					
				aneously for 4							
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds					
Block 4			<u>Upper</u>	Body Warr	<u>n-up</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
A	Bench Press	1,1,1	Х	5,3,3	50-80%	Warm-Up					
В	Band Pull-Aparts	3	х	10	1/2" Band						
	Perfor			nultaneously							
		1:00 Mii		t Between Se							
Block 5				er Body Spe							
<u>Order</u>	Exercise	Sets	•	/Duration	Load	Notes					
A	Bench Press	3	X	7s	35-40%	Reactive-AMAP/Push-Pull-EA					
B C	One Arm Med Ball Pass OC Rack Band Press	3	x x	5 EA 7s		Use Hips OC-D+1					
D	Pull-Up	3	×	73 7s		Bottom 1/2, Reactive-AMAP					
E	Banded Cuban Press	3	x	7 s							
				neously for 3	3 Sets						
	25 Seconds Rest					ounds					
Block 6			Lower	Auxiliary S	peed						
Order	Exercise	Sets		/Duration	Load	Notes					
Α	Switch Cycle Lunge	3	x	3 EA		Switch Legs in Air to Land in Start Pos.					
В	Banded Speed Groin	3	х	7s		Reactive-AMAP/Push-Pull-EA					
С	<u>Glute Ham Bar Lift</u>	3	х	7s	35-40%	OC-D+1					
D	Banded Paw Back	3	х	7s		Reactive-AMAP/Push-Pull-EA					
				neously for 3							
	2	25 Second	Is Rest B	etween Exerc	cises						

Triphasic Lacrosse Training Manual									
Speed 6-Day Elite Training Block Week 29 - Tuesday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1		Acce	leratio	n Techniqu	e Training				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
А	<u>SA Wall Drill - Continuous</u>	4	х	7s		Drive Hips FWD, Leg in Piston Motion			
		1:00 Mir	nute Rest	: Between Re	ps				
Block 2	Acceleration Technique Training								
Order	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Band Resisted Run	6	х	10Y		Drive Hips FWD, Maintain Angle			
		1:00 Mi	nute Res	t Between Se	ts				
Block 3		Acce	leratio	n Techniqu	e Training				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Staggered Stance Start	2 EA	х	15Y		Drive Hips FWD, Maintain Angle			
	1:00 Minute Rest Betwe	en Sets;	Complet	e 4 Total Rep	etitions, 2 EA	Leg Forward			
Block 4	<u> </u>	ATP/Cr	-P Ener	gy System (Conditioning				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
A	Crease Running + Return	1	х	5 EA		Partner Chase, COD @ Cones			
	1:00 Minute Rest Between Sets								

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Speed 6-Day Elite Training Block Week 29 - Wednesday												
Pre	Pre	-Traini	ng, Mu	lti-Dimensi	onal Warm	-Up						
Block 1				Agility Trai								
Order	Exercise	Sets		/Duration	Load	Notes						
Α	Pro-Agility	1	х	3 EA		5-10-5, Shuffle-Sprint-Shuffle						
	1:30 Minute Rest Between Reps											
Block 2	Lower Body Warm-up											
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes						
Α	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up						
Perform A as a Warm-Up for Heavier Sets												
		1:00 Mi		t Between Se								
Block 3				er Body Spe								
<u>Order</u>	Exercise	Sets	-	/Duration	Load	Notes						
A	Drop Jump DB Split Squat	6	X	2 EA	45-55%	Drop into Position and Explode Out						
В	Kneel. 3-Way Hip Flex	6	X	5 EA aneously for 6	. Cata	5-FWD,5-LT,5-RT, EA Leg						
	25 Seconds Rest B					ounds						
Block 4		etween		•		ounds						
Order	Exercise	Sets		er Body Spe /Duration	Load	Notes						
A	Chin-Up	3	x	5s	LUau	OC-D+1						
B	MB OH Slams	3	x	5		00011						
С	Delt Bent Over OH Rebound Drop	3	х	5 EA								
Į	Per	form A-	C Simulta	aneously for 3	3 Sets							
	25	Second	ls Rest B	etween Exerc	ises							
Block 5			Lower	Auxiliary S	peed							
Order	Exercise	Sets	Reps	/Duration	Load	Notes						
Α	Switch Cycle Lunge	3	х	5s		OC-D+1						
В	DB SL RDL	3	х	5s	45-55%	OC-D+1, EA						
C	Bench Glute	3	X	5s		OC-D+1, EA						
				aneously for 3 etween Exerc								
Plack 6	23	Second										
Block 6	Exercise	Sets		Auxiliary S /Duration		Notes						
<u>Order</u> A	<u>Exercise</u> Split Stance Cable Rotational Row	3	x	5s EA	Load Speed	Reactive-AMAP/Push-Pull						
B	DB Shoulder Press	3	x	53 LA	45-55%	OC-D+1						
C	Cable Rotational Pull to Press	3	x	4 EA		Low to High, Violent Hip Drive						
Į		form A-	C Simulta	aneously for 3	3 Sets							
	25	Second	ls Rest B	etween Exerc	ises							
Block 7			Lower	Auxiliary S	peed							
Order	Exercise	Sets		/Duration	Load	Notes						
Α	Banded Hip Flexor Pulls	3	x	5s		Reactive-AMAP/Push-Pull-EA						
В	<u>Glute Ham Bar Lift</u>	3	х	5s	45-55%	OC-D+1						
С	Bench Groin	3	x	5s	L	OC-D+1, EA						
				aneously for 3								
	25	Second	is Rest B	etween Exerc	ises							

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Speed 6-Day Elite Training Block Week 29 - Thursday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1	Change of Direction Technique Training								
Order	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Partner Reactive Decel Drill	4	х	4 EA		Decel With Partner, 4 EA Leg			
		1:00 M	inute Re	st Between S	iets				
Block 2	Change of Direction Technique Training								
Order	Exercise	Sets	ts Reps/Duration Load Notes						
Α	Partner Reactive Shuffle Decel Drill	4	х	4 EA		Decel With Partner, 4 EA Leg			
		1:00 Mi	inute Re	st Between S	Sets				
Block 3	<u></u>	hange	of Dire	ction Tech	nique Traini	ng			
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	<u>Chaos Drill - Mirror</u>	6	х	5s		Partner Reactive, Sprint FWD, Shuffle BCK			
	1:00 Minute Rest Between Se	ets; Cor	nplete 3	Sets as the "	Leader" and 3	as the "Follower"			
Block 4		ATP/Ci	r-P Ene	rgy System	Conditionin	lg			
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes			
Α	Box Drill	1	х	4 EA		Shuffle-Sprint-Shuffle			
	1:00 Minute Rest Between Sets								

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Speed 6-Day Elite Training Block Week 29 - Friday										
Pre	Pre-Training, Multi-Dimensional Warm-Up									
Block 1	Speed/Agility Training									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
А	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		15 Yard Stairs + 15 Sprint				
1:30 Minute Rest Between Reps										
Block 2	k 2 Lower Body Warm-up									
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
	Perfor			nultaneously						
1:00 Minute Rest Between Sets										
Block 3	Block 3 Lower Body Speed									
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Lunge OC Hops	4	х	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA				
В	<u>Hurdle Hop</u>	4	х	4		Jump for Distance, Continuous				
С	<u>Wt. Squat Jump</u>	4	х	4		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA				
F	Ball Groin Squeeze	4	х	10s		Reactive-AMAP/Push-Pull				
G	Glute Wind-Up	4	Х	4 EA		Wind-Up Around Glute				
				aneously for 4						
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds				
Block 4				er Body Spe	ed					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Chin-Up</u>	3	х	10s	35-40%	Reactive-AMAP/Push-Pull-EA				
В	MB OH Slams	3	х	5						
C	Banded Cuban Press	3	х	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 3						
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds				
Block 5			Lower	Auxiliary Sp	<u>beed</u>					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.				
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA				
C	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA				
D	Banded Hip Flexor Pulls	3	X	10s		Reactive-AMAP/Push-Pull-EA				
				aneously for 3						
		25 Second	ls Rest B	etween Exerc	ises					

SECTION 4 | Triphasic Lacrosse Training Manual

	Triphasic Lacrosse Training Manual									
	Speed 6-Day Elite Training Block Week 29 - Saturday									
Pre	Pre-Running	, Mult	i-Dime	nsional Wa	<u>rm-Up</u>					
Block 1	ATP/Cr-P Energy System Conditioning									
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Shuffle 5-RT; Shuffle 5-LT; Sprint 20	5	х	1						
В	Backpedal 5; Sprint 10; Backpedal 5; Sprint 10	5	х	1						
С	<u>Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT</u>	5	х	1						
D	Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT	5	х	1						
E	Sprint 10; 45° Dodge-RT; Sprint 10	5	х	1						
F	Sprint 10; 45° Dodge-LT; Sprint 10	5	х	1						
G	Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT	5	х	1						
н	H Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT 5 x 1									
	30 Seconds Rest Between Exercises; Rest 2:00 between rounds									
	Perform A-D at Maxima	Speed,	Simulta	neously for 5	Sets					

Triphasic Lacrosse Training Manual											
Speed 6-Day Elite Training Block Week 30 - Monday											
Pre	<u>Pr</u>	e-Traini	ng, Mu	lti-Dimensi	onal Warm	-Up					
Block 1	Speed/Agility Training										
Order	Exercise	Sets	Reps	/Duration	Load	Notes					
Α	Flying 60's	1	х	6		20-20-20, Bound-Sprint					
1:30 Minute Rest Between Reps											
Block 2											
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes					
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up					
В	Ankle Band Work	3	X	7s	1" Band	Max ROM, Speed					
	Perfor			nultaneously							
Dia di 2		1:00 1011		t Between Se							
Block 3	F actor and a second	Cata		er Body Spe							
Order	Exercise	Sets			Load	Notes					
A B	Lunge OC Hops Hurdle Hop	4	x x	7s,7s-Clu 4		Reactive-AMAP/Push-Pull-EA Jump for Distance, Continuous					
C	Wt. Squat Jump	4	x	4		Pull-In, Explode Out Immediately					
D	Accel. Band Jump	4	x	4		Pull-In, Explode Out Immediately					
E	Swissball 4-Way Neck	4	x	7s		Reactive-AMAP/Push-Pull-EA					
F	Banded Speed Glute	4	х	7s		Reactive-AMAP/Push-Pull-EA					
G	Banded Hip Flexor Pulls	4	х	7s	1" Band	Reactive-AMAP/Push-Pull-EA					
				aneously for 4							
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds					
Block 4			<u>Upper</u>	Body Warr	<u>n-up</u>						
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes					
A	Bench Press	1,1,1	Х	5,3,3	50-80%	Warm-Up					
В	Band Pull-Aparts	3	х	10	1/2" Band						
	Perfor			nultaneously							
		1:00 Mii		t Between Se							
Block 5				er Body Spe							
<u>Order</u>	Exercise	Sets	•	/Duration	Load	Notes					
A	Bench Press	3	X	7s	35-40%	Reactive-AMAP/Push-Pull-EA					
B C	One Arm Med Ball Pass OC Rack Band Press	3	x x	5 EA 7s		Use Hips OC-D+1					
D	Pull-Up	3	×	73 7s		Bottom 1/2, Reactive-AMAP					
E	Banded Cuban Press	3	x	7s							
				aneously for 3	3 Sets						
	25 Seconds Rest					ounds					
Block 6			Lower	Auxiliary S	peed						
Order	Exercise	Sets		/Duration	Load	Notes					
Α	Switch Cycle Lunge	3	x	3 EA		Switch Legs in Air to Land in Start Pos.					
В	Banded Speed Groin	3	х	7s		Reactive-AMAP/Push-Pull-EA					
С	<u>Glute Ham Bar Lift</u>	3	х	7s	35-40%	OC-D+1					
D	Banded Paw Back	3	х	7s		Reactive-AMAP/Push-Pull-EA					
				aneously for 3							
	2	25 Second	Is Rest B	etween Exerc	sises						

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Speed 6-Day Elite Training Block Week 30 - Tuesday									
Pre	Pre-Running, Multi-Dimensional Warm-Up								
Block 1		Acce	leratio	n Techniqu	e Training				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	<u>SA Wall Drill - Continuous</u>	4	х	7s		Drive Hips FWD, Leg in Piston Motion			
		1:00 Mir	nute Rest	: Between Re	ps				
Block 2	Acceleration Technique Training								
Order	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Band Resisted Run	6	х	10Y		Drive Hips FWD, Maintain Angle			
		1:00 Mi	nute Res	t Between Se	ts				
Block 3		Acce	leratio	n Techniqu	e Training				
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
Α	Staggered Stance Start	2 EA	х	15Y		Drive Hips FWD, Maintain Angle			
	1:00 Minute Rest Betwe	en Sets;	Complet	e 4 Total Rep	etitions, 2 EA	Leg Forward			
Block 4	<u> </u>	ATP/Cr	P Ener	gy System (Conditioning	2			
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes			
A	Crease Running + Return	1	х	6 EA		Partner Chase, COD @ Cones			
	1:00 Minute Rest Between Sets								

Speed 6-Day Elite Training Block Week 30 - Wednesday Pre Pre-Training, Multi-Dimensional Warm-Up Block 1 Speed/Agility Training Order Exercise Sets Reps/Duration Load Notes A Pro-Agility 1 x 3 EA 5-10-5, Shuffle-Sprint-Shu 1:30 Minute Rest Between Reps Block 2 Lower Body Warm-up Notes 0rder Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1.1 x 5,3.3 50-80% Warm-Up Order Exercise Sets Reps/Duration Load Notes 1:00 Minute Rest Between Sets Block 3 Lower Body Speed Orop into Position and Explo 0rder Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 5 EA Setwop into Position and Explo 20 Get Exercise Sets Reps/Duration Load Notes 25 Seconds Rest Between Exercises 1:30		ual	ng Manu	Trainir	rosse	Lac	Triphasic		
Pre Pre-Training, Multi-Dimensional Warm-Up Block 1 Speed/Agility Training Order Exercise Sets Rep/Duration Load Notes A Pro-Agility 1 x 3 EA 5-10-5, Shuffle-Sprint-Shu 1:30 Minute Rest Between Reps Lower Body Warm-up Notes Ørder Exercise Sets Reps/Duration Load Notes A Safety Bar Spilt Squat 1,1,1 x 5,3,3 So-80% Warm-Up Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Sets Notes Block 3 Lower Body Speed Orop into Position and Explo Notes Notes A Orop Jump DB Spilt Squat 6 x 2 EA 45-55% Drop into Position and Explo Block 4 Upper Body Speed Orop Imp DB Spilt Squat 6 x 5 EA S-FWD,5-LT,5-RT, EA Le 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed OC-D+1 S		Wednesday	eek 30 -	lock W	ing B	rain	Speed 6-Day Elite T		
Block 1 Speed/Agility Training Order Exercise Sets Reps/Duration Load Notes A Pro-Agility 1 x 3 EA 5-10-5, Shuffle-Sprint-Shu 1:30 Minute Rest Between Reps Block 2 Lower Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1,1 x 5,3,3 50-80% Warm-Up Order Exercise Sets Reps/Duration Load Notes 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Drop Iump DB Split Squat 6 x 2 EA 45-55% Drop Ium Position and Explo B Kneel, 3-Way Hip Flex 6 x 5 EA S-FWD,5-UT,5-RT, EA Le Upper Body Speed Upper Body Speed Order Seconds Rest Between Exercises 1:30 Notes A Chin-Up 3 x 5 S OC-D+1 Sets B MB OH Slams 3 x 5 S OC-D+1								Pre	
A Pro-Agility 1 x 3 EA 5-10-5, Shuffle-Sprint-Shu Block 2 Lower Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1,1 x 5,3,3 50-80% Warm-Up Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Block 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel, 3-Way Hip Flex 6 x 5 EA 5-FWD,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed OC-D+1 B MB OH Slams 3 x 5 S OC-D+1 C Delt Bent Over OH Rebound Drog 3 x 5 S OC-D+1									
1:30 Minute Rest Between Reps Interview Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1,1 x Solver Body Warm-up Perform A as a Warm-Up for Heavier Sets Block 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes Block 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes Block 5 <th c<="" th=""><th></th><th>Notes</th><th>Load</th><th>/Duration</th><th>Reps</th><th>Sets</th><th>Exercise</th><th>Order</th></th>	<th></th> <th>Notes</th> <th>Load</th> <th>/Duration</th> <th>Reps</th> <th>Sets</th> <th>Exercise</th> <th>Order</th>		Notes	Load	/Duration	Reps	Sets	Exercise	Order
Block 2 Lower Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1,1 x 5,3,3 So-80% Warm-Up Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Block 3 Lower Body Speed Load Notes Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel. 3-Way Hip Flex 6 x 5 EA 5-FWD,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5 5 OC-D+1 B MB OH Slams 3 x 5 5 OC-D+1 C <t< th=""><th>-Shuffle</th><th>5-10-5, Shuffle-Sprint-Shuff</th><th></th><th>-</th><th></th><th>-</th><th></th><th>Α</th></t<>	-Shuffle	5-10-5, Shuffle-Sprint-Shuff		-		-		Α	
Order Exercise Sets Reps/Duration Load Notes A Safety Bar Split Squat 1,1,1 x 5,3,3 50-80% Warm-Up Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets 1:00 Minute Rest Between Sets Block 3 Lower Body Speed Drop Jump DB Split Squat 6 x 2 EA 4 \$-55% Drop into Position and Explo B Kneel, 3-Way Hip Flex 6 x 5 EA S-FWD,S-LT,S-RT, EA Le 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds 1.0ad Notes Block 4 Upper Body Speed OC-D+1 B MB OH Slams 3 x 5 S C Delt Bent Over OH Rebound Drop 3 x 5 EA OC-D+1 B MB OH Slams 3 x 5 S OC-D+1 C Delt Bent Over OH Rebound Drop 3 x 5 S OC-D+1 B MB OH Slams 3 x 5 S OC-D+1, EA 25 S			ps	t Between Re	nute Res [.]	L:30 Mi	1		
A Safety Bar Split Squat 1,1,1 x 5,3,3 50-80% Warm-Up Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets Elock 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel, 3. Way Hip Flex 6 x 2 EA 45-55% Drop into Position and Explo B Kneel, 3. Way Hip Flex 6 x 5 EA 5-FWD,5-LT,5-RT, EA te 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Biock 4 Upper Body Speed 0C-D+1 B MB OH Slams 3 x 5 0C-D+1 C Delt Bent Over OH Rebound Drop 3 x 5 EA 0C-D+1 B MB OH Slams 3 x 5 S 0C-D+1 B MB OH Slams 3 x 5 S 0C-D+1 B DB SL RDL 3			n-up	Body Warn	Lower			Block 2	
Perform A as a Warm-Up for Heavier Sets 1:00 Minute Rest Between Sets Block 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel. 3-Way Hip Flex 6 x 5 EA 5-FWDJ,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5 OC-D+1 Perform A-C Simultaneously for 3 Sets 25 Seconds Rest Between Exercises Block 5 Lower Auxiliary Speed Order Exercise Sets Reps/Duration Load		Notes	Load	/Duration	Reps	Sets		<u>Order</u>	
1:00 Minute Rest Between Sets Block 3 Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel. 3-Way Hip Flex 6 x 5 EA 5-FWD,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5 EA Perform A-C Simultaneously for 3 Sets Codes Deter Exercise Block 5 Lower Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Seconds Rest Between Exercises Block 5 Code Rebound Drop 3 x 5s OC-D+1		Warm-Up						Α	
Block 3 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel. 3-Way Hip Flex 6 x 5 EA 5-FWD,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5 OC-D+1 B MB OH Slams 3 x 5 EA Dett Bent Over OH Rebound Drop 3 x 5 EA Perform A-C Simultaneously for 3 Sets 25 Seconds Rest Between Exercises Block 5 Lower Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Switch Cycle Lunge 3 x 5s OC-D+1, EA									
OrderExerciseSetsReps/DurationLoadNotesADrop Jump DB Split Squat6x2 EA45-55%Drop into Position and ExploBKneel. 3-Way Hip Flex6x5 EA5-FWD,5-LT,5-RT, EA LePerform A-B Simultaneously for 6 Sets25 Seconds Rest Between Exercises; 1:30 minutes between RoundsBlock 4Upper Body SpeedOrderExerciseSetsReps/DurationLoadNotesAChin-Up3x5sOC-D+1BMB OH Slams3x5Image: SetsCDelt Bent Over OH Rebound Drop3x5 EAImage: SetsCorderExerciseSector Rest Between ExercisesBlock 5Lower Auxiliary SpeedOrderExerciseSetsReps/DurationLoadNotesPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between ExercisesBlock 5CorderExerciseSetsReps/DurationLoadNotesPerform A-C Simultaneously for 3 Sets25 Seconds Rest Between ExercisesBlock 5Upper Auxiliary SpeedOC-D+1BDB SL RDL3						1:00 Mi			
A Drop Jump DB Split Squat 6 x 2 EA 45-55% Drop into Position and Explo B Kneel. 3-Way Hip Flex 6 x 5 EA 5 FWD,5-LT,5-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5s OC-D+1 C Delt Bent Over OH Rebound Drop 3 x 5EA OC-D+1 B MB OH Slams 3 x 5EA OC-D+1 B Delt Seconds Rest Between Exercises OC-D+1 Notes C Bench Glute 3 x 5s OC-D+1, E			<u>ed</u>					Block 3	
B Kneel. 3-Way Hip Flex 6 x 5 EA 5-FWD,5-LT,S-RT, EA Le Perform A-B Simultaneously for 6 Sets 25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5 EA OC-D+1 C Delt Bent Over OH Rebound Drop 3 x 5 EA Order Exercise Det Body Speed OC-D+1 B MB OH Slams 3 x 5 EA OC-D+1 Rebound Drop Perform A-C Simultaneously for 3 Sets OC-D+1 Destercise Block 5 OC-D+1 A Sets Reps/Duration Load Notes Destercise Block 5 OC-D+1, EA Order Exercise Sets <th></th> <th></th> <th></th> <th>1</th> <th>Reps</th> <th></th> <th></th> <th></th>				1	Reps				
Biock 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5s OC-D+1 C Delt Bent Over OH Rebound Drop 3 x 5 EA OC-D+1 Perform A-C Simultaneously for 3 Sets OC-D+1 Block 5 Conder Exercise OC-D+1 Block 5 Conder Auxiliary Speed OC-D+1 B DB SL RDL 3 x 5s OC-D+1 Block 5 OC-D+1 OC-D+1 B DB SL RDL 3 x 5s OC-D+1 A 5s OC-D+1 Perform A-C Simultaneously for 3 Sets OC-D+1, EA OC-D+			45-55%			-			
25 Seconds Rest Between Exercises; 1:30 minutes between Rounds Block 4 Upper Body Speed Order Exercise Sets Reps/Duration Load Notes A Chin-Up 3 x 5s OC-D+1 B MB OH Slams 3 x 5s OC-D+1 C Delt Bent Over OH Rebound Drop 3 x 5 EA Image: Color	A Leg	5-FWD,5-LT,5-RT, EA Leg		-		-		В	
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B DB SL RDL 3 x 5s 45-55% OC-D+1, EA C Bench Glute 3 x 5s 45-55% OC-D+1, EA Perform A-C Simultaneously for 3 Sets 25 Seconds Rest Between Exercises Block 6 Upper Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Split Stance Cable Rotational Row 3 x 5s 45-55% OC-D+1 B DB Shoulder Press 3 x 5s 45-55% OC-D+1 C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets		Notes	Load	/Duration	Reps	Sets	Exercise	Order	
C Bench Glute 3 x 5s OC-D+1, EA Perform A-C Simultaneously for 3 Sets 25 Seconds Rest Between Exercises Block 6 Upper Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Split Stance Cable Rotational Row 3 x 5s EA Speed Reactive-AMAP/Push-Pt B DB Shoulder Press 3 x 5s 45-55% OC-D+1 C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets		OC-D+1		5s	х	3		Α	
Perform A-C Simultaneously for 3 Sets 25 Seconds Rest Between Exercises Block 6 Order Exercise Split Stance Cable Rotational Row 3 x 5s EA Speed B DB Shoulder Press 3 x C Cable Rotational Pull to Press 3 x 4EA Perform A-C Simultaneously for 3 Sets		OC-D+1, EA	45-55%		х	-			
25 Seconds Rest Between Exercises Block 6 Upper Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Split Stance Cable Rotational Row 3 x 5s EA Speed Reactive-AMAP/Push-Pt B DB Shoulder Press 3 x 5s 45-55% OC-D+1 C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets		OC-D+1, EA				-		С	
Upper Auxiliary Speed Order Exercise Sets Reps/Duration Load Notes A Split Stance Cable Rotational Row 3 x 5s EA Speed Reactive-AMAP/Push-Pu B DB Shoulder Press 3 x 5s 45-55% OC-D+1 C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets									
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A Split Stance Cable Rotational Row 3 x 5s EA Speed Reactive-AMAP/Push-Push-Push-Pu B DB Shoulder Press 3 x 5s 45-55% OC-D+1 C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets Perform A-C Simultaneously for 3 Sets Sets Sets									
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C Cable Rotational Pull to Press 3 x 4 EA Low to High, Violent Hip D Perform A-C Simultaneously for 3 Sets	n-Pull								
Perform A-C Simultaneously for 3 Sets	lin Drive		43-3370						
			Sets						
25 Seconds Rest Between Exercises									
Block 7 Lower Auxiliary Speed							-	Block 7	
<u>Order</u> <u>Exercise</u> Sets Reps/Duration Load Notes		Notes				Sets	Exercise	-	
	-Pull-EA	Reactive-AMAP/Push-Pull-I		-	•				
B Glute Ham Bar Lift 3 x 5s 45-55% OC-D+1		OC-D+1	45-55%		x	3		В	
C Bench Groin 3 x 5s OC-D+1, EA		OC-D+1, EA				-		С	
Perform A-C Simultaneously for 3 Sets				,					
25 Seconds Rest Between Exercises			ises	etween Exerc	ls Rest B	Secon	25		

	Triphasic	Lac	rosse	e Traini	ng Man	ual		
	Speed 6-Day Elite Training Block Week 30 - Thursday							
<u>Pre</u>	Pre-Running, Multi-Dimensional Warm-Up							
Block 1	<u>C</u>	hange	of Dire	ction Tech	nique Traini	ng		
Order	Exercise	Sets	Reps	/Duration	Load	Notes		
Α	Partner Reactive Decel Drill	4	х	4 EA		Decel With Partner, 4 EA Leg		
		1:00 M	inute Re	st Between S	Sets			
Block 2	<u>C</u>	hange	of Dire	ction Tech	nique Traini	ng		
Order	Exercise	Sets	Reps	/Duration	Load	Notes		
Α	Partner Reactive Shuffle Decel Drill	4	х	4 EA		Decel With Partner, 4 EA Leg		
		1:00 Mi	inute Re	st Between S	Sets			
Block 3	<u>C</u>	hange	of Dire	ction Tech	nique Traini	ng		
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes		
Α	<u> Chaos Drill - Mirror</u>	6	х	5s		Partner Reactive, Sprint FWD, Shuffle BCK		
	1:00 Minute Rest Between Se	ets; Cor	nplete 3	Sets as the "	'Leader" and 3	as the "Follower"		
Block 4	<u> </u>	ATP/Cı	r-P Ene	rgy System	Conditionin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes		
Α	<u>Box Drill</u>	1	х	5 EA		Shuffle-Sprint-Shuffle		
		1:00 M	inute Re	st Between S	Sets			

	Triphasi	c Lacı	rosse	Trainir	ng Manu	ual
	Speed 6-Day Eli	te Tra	ainin	g Block	Week 3	30 - Friday
Pre	<u>Pi</u>	re-Traini	ng, Mu	lti-Dimensi	onal Warm	- <u>Up</u>
Block 1			Speed,	/Agility Trai	ining	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Stairs + Turn & Sprint</u>	1	х	3 EA		15 Yard Stairs + 15 Sprint
		1:30 Mir	nute Rest	t Between Re	ps	
Block 2			Lower	Body Warn	<u>n-up</u>	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
	Perfor			nultaneously		
		1:00 Mi	nute Res	t Between Se	ts	
Block 3			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	Lunge OC Hops	4	х	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	4	х	4		Jump for Distance, Continuous
C	Wt. Squat Jump	4	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	4	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	4	х	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	4	х	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	4	Х	4 EA		Wind-Up Around Glute
				aneously for 4		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 4				er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	10s	35-40%	Reactive-AMAP/Push-Pull-EA
В	MB OH Slams	3	х	5		
С	Banded Cuban Press	3	х	10s		Reactive-AMAP/Push-Pull-EA
				aneously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 5			Lower	Auxiliary S	peed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
С	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	Х	10s		Reactive-AMAP/Push-Pull-EA
				aneously for 3		
		25 Second	ls Rest B	etween Exerc	ises	

SECTION 4 | Triphasic Lacrosse Training Manual

	Triphasic Lacro	sse ⁻	Trair	ning Ma	nual	
	Speed 6-Day Elite Traini	ing E	Block	Week	30 - Satur	'day
Pre	Pre-Running	, Mult	i-Dime	nsional Wa	<u>rm-Up</u>	
Block 1	ATP/Cr-P	Energy	Syste	m Conditio	ning	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Shuffle 5-RT; Shuffle 5-LT; Sprint 20	5	х	1		
В	Backpedal 5; Sprint 10; Backpedal 5; Sprint 10	5	х	1		
С	<u>Sprint 5; Shuffle Back 45° RT; Sprint 5; Shuffle Back 45° LT</u>	5	х	1		
D	Sprint 15; Shuffle 10-RT; Sprint 15; Shuffle 10-LT	5	х	1		
E	Sprint 10; 45° Dodge-RT; Sprint 10	5	х	1		
F	Sprint 10; 45° Dodge-LT; Sprint 10	5	х	1		
G	Shuffle 10-RT; Turn and Sprint 10; Shuffle 10-LT	5	х	1		
н	<u>Shuffle 10-LT; Turn and Sprint 10; Shuffle 10-RT</u>	5	х	1		
	25 Seconds Rest Between I	Exercise	s; Rest 1	L:45 between	rounds	
	Perform A-D at Maxima	Speed,	Simulta	neously for 5	5 Sets	

4.23 Download (Week 31)

The download week is implemented to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic L	.acro	osse	Trair	ning Mai	nual
	Download 4-Day Elite	e Tra	ainin	g Blo	ock Wee	k 31 - Monday
<u>Pre</u>	Pre-T	'rainin	g, Mult	i-Dime	nsional War	<u>m-Up</u>
Block 1		Glute	Function	on Serie	es Warm-Up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	Banded Big Toe Work	1	х	20 EA		
В	Banded Other 4 Toe Work	1	х	20 EA		
C	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to	Fraining
Block 2	(Oxidat	ive Ene	ergy Sys	tem Trainin	g
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off	

	Triphasic L	.acro	osse ⁻	Train	ing Ma	nual
Do	ownload 4-Day Elite ⁻	Traiı	ning I	Block	k Week	31 - Wednesday
<u>Pre</u>	Pre-R	lunnin	g, Mult	i-Dime	nsional War	<u>m-Up</u>
Block 1		Glute	Functio	on Serie	es Warm-Up	
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes
Α	Banded Big Toe Work	1	х	20 EA		
В	Banded Other 4 Toe Work	1	х	20 EA		
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	Х	10 EA	1" Band	Hips Drive, Shoulders Follow
	Perform A-D as a G	lute Fu	ntion Wa	rm-Up S	eries Prior to	Fraining
Block 2	<u>Ox</u>	idative	e Energy	y Syste	m Condition	ing
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes
Α	Threshold Training	2	х	4m		Running at Max Heart Rate
	Perform A for 2	2 Sets o	f 4 min; 2	2:30 rest	between rou	nds

	Triphasic L	.acro	osse	Trair	ning Ma	nual
	Download 4-Day Eli	te T	raini	ng Bl	ock We	ek 31 - Friday
Pre	Pre-T	rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	m-Up
Block 1		Glute	Function	on Serie	es Warm-Up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	Banded Big Toe Work	1	х	20 EA		
В	Banded Other 4 Toe Work	1	х	20 EA		
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue	
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training
Block 2	<u> </u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes
Α	Metabolic Sandbell Circuit	1	х	25s		Complete As Many Reps As Possible
	Perfo	orm A fo	or 1 Set (@ 25s on	10s off	

	Triphasic Lacrosse Training Manual							
Download 4-Day Elite Training Block Week 31 - Saturday								
Pre	Pre-R	unnin	g, Mult	t <mark>i-Dim</mark> e	nsional War	m-Up		
Block 1		Glute	Functi	on Serie	es Warm-Up			
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training		
Block 2	<u>Ox</u>	idative	e Energ	y Syste	m Condition	ning		
<u>Order</u>	Exercise	Sets	Reps/D	uration	Load	Notes		
Α	Cardiac Output	1	х	30m		Heart Rate Between 135-155		
	Perform A for 1 Set for 30m; Ca	an Be C	omplete	d Throug	h Running, Bi	king, or an Elliptical		

4.24 Speed Training Block (Weeks 32-34)

This is the first block implemented while in-season practices are occurring. As the season occurs performance coaches must consider the intensity and volume which take place in-season. For this reason, training of the speed block is implemented only three days per week. The speed block is trained again for two reasons. First of all, the athlete experiences a stressor he is extremely familiar with. This is important as the athlete is now experiencing a new stressor in the form of practice. Training in a fashion the body is adapted to reduces the stress experienced in training. Secondly, by continuing to train the speed quality an athlete can be "peaked" for the first competition of the season. The adaptations for this training phase remain the same as the previous speed block. There is no running completed as conditioning occurs during practice sessions.

- Maximize RFD production through kinetic chain
- Movement efficiency at highest velocities
- Improve the SSC ability at velocities similar to lacrosse
- Reduce antagonist activation at high-velocities
- Improve "reactivity" at lacrosse game speeds
- Improve synchronization within individual muscles at highest velocities
- Enhance kinetic chain synchronization at highest velocities

	Triphasi	c Lacr	osse	Trainir	ng Manu	Jal
	Speed 3-Day Elit	e Trai	ining	Block \	Veek 32	2 - Monday
Pre	<u>P</u> 1	r <mark>e-Train</mark> i	ng, Mu	lti-Dimensi	onal Warm-	<u>-Up</u>
Block 1			Lower	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	7s	1" Band	Max ROM, Speed
	Perfor			nultaneously		
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	7s,7s-Clu		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	х	7s		Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	х	7s	1" Band	Reactive-AMAP/Push-Pull-EA
				aneously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Upper	Body Warn	n-up	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Band Pull-Aparts	3	х	10	1/2" Band	
	Perfor	·m A & B S	eries Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 4			Uppe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	3	х	7s	35-40%	Reactive-AMAP/Push-Pull-EA
В	One Arm Med Ball Pass	3	х	5 EA		Use Hips
С	OC Rack Band Press	3	х	7s		OC-D+1
D	<u>Pull-Up</u>	3	х	7s		Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	х	7s		
				aneously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 5			Lower	Auxiliary S	peed	
Order	Exercise	Sets		/Duration	Load	Notes
A	Switch Cycle Lunge	3	х	3 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Speed Groin	3	х	7s		Reactive-AMAP/Push-Pull-EA
С	<u>Glute Ham Bar Lift</u>	3	х	7s	35-40%	OC-D+1
D	Banded Paw Back	3	х	7s		Reactive-AMAP/Push-Pull-EA
				aneously for 3		
		25 Second	ls Rest Be	etween Exerc	ises	

	Triphasic	Lacr	osse	Traini	ng Manu	ual
	Speed 3-Day Elite 7					
<u>Pre</u>	<u>Pre</u>	<u>-Traini</u>	ng, Mu	lti-Dimens	ional Warm	<u>-Up</u>
Block 1			Lower	Body Warı	<u>m-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mir	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	Kneel. 3-Way Hip Flex	6	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
				aneously for		
	25 Seconds Rest E	etween	Exercise	s; 1:30 minut	tes between R	ounds
Block 3			Uppe	er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	х	5 EA		
				aneously for 3		
	2	5 Second	ls Rest B	etween Exer	cises	
Block 4			Lower	Auxiliary S	<u>peed</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Switch Cycle Lunge	3	х	5s		OC-D+1
В	<u>DB SL RDL</u>	3	х	5s	45-55%	OC-D+1, EA
С	Bench Glute	3	х	5s		OC-D+1, EA
						/
				aneously for		
				aneously for a etween Exerc		
Block 5		5 Second	ls Rest B		cises	
Block 5	2: <u>Exercise</u>	5 Second	ls Rest B Upper	etween Exerc	cises	Notes
	2:	5 Second Sets 3	ls Rest B Upper	etween Exerc Auxiliary S	cises peed	· · · · · · · · · · · · · · · · · · ·
Order	2: <u>Exercise</u>	5 Second Sets 3 3	ls Rest B Upper Reps	etween Exerc Auxiliary S /Duration	cises peed Load	Notes
Order A	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u>	5 Second Sets 3 3 3 3	s Rest B Upper Reps x x x	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	cises peed Load Speed 45-55%	Notes Reactive-AMAP/Push-Pull
Order A B	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	5 Second Sets 3 3 5 orm A-0	ls Rest B Upper Reps x x x x C Simulta	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	cises peed Load Speed 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	5 Second Sets 3 3 5 orm A-0	ls Rest B Upper Reps x x x x C Simulta	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	cises peed Load Speed 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	5 Second Sets 3 3 form A-0 5 Second	ls Rest B Upper Reps x x x C Simulta Is Rest B	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	5 Second Sets 3 3 form A-0 5 Second	Is Rest B Upper Reps x x C Simulta S Rest B Lower	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 6	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2:	5 Second Sets 3 3 form A-0 5 Second	Is Rest B Upper Reps x x C Simulta S Rest B Lower	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S	cises peed Load Speed 45-55% 3 Sets cises peed	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 6 Order A B	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u>	5 Second Sets 3 3 5 Second Sets 3 3 3 3 3 3 3 3 3 3 3 3 3	s Rest B Upper Reps x x C Simulta s Rest B Lower Reps	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	cises peed Load Speed 45-55% 3 Sets cises peed	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
Order A B C Block 6 Order A	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	5 Second Sets 3 3 5 Second 5 Second Sets 3 3 3 3 3 3 3 3 3 3 3 3 3	s Rest B Upper Reps x x x C Simulta s Rest B C Simulta s Rest B C Simulta s Rest B x x x x x x x x x x x x x	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s	cises	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 6 Order A B	2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> Per	5 Second Sets 3 3 form A-0 5 Second Sets 3 3 3 5 5 Second Sets 3 5 5 Second	s Rest B Upper Reps x x C Simulta s Rest B Lower Reps x x x x C Simulta	etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	cises	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasio	c Laci	rosse	Trainir	ng Manu	ual
	Speed 3-Day Elite	e Trai	ning	Block V	Veek 32	2 - Saturday
Pre	<u>Pr</u>	e-Traini	ing, Mu	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
	Perfor	m A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	х	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	х	4 EA		Wind-Up Around Glute
	Pe	rform A-0	G Simulta	aneously for 3	3 Sets	
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Uppe	er Body Spe	ed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	10s	35-40%	Reactive-AMAP/Push-Pull-EA
В	MB OH Slams	3	х	5		
С	Banded Cuban Press	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	rform A-	C Simulta	aneously for 3	3 Sets	
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 4			Lower	Auxiliary S	peed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
С	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	rform A-l	D Simulta	aneously for 3	3 Sets	
	2	5 Second	ls Rest B	etween Exerc	ises	

	Triphasi	c Lacr	rosse	Trainir	ng Manu	Jal
	Speed 3-Day Elit					
Pre	<u>Pi</u>	re-Traini	ng, Mu	lti-Dimensi	onal Warm-	<u>Up</u>
Block 1			Lower	Body Warn	n-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	7s	1" Band	Max ROM, Speed
	Perfor			nultaneously		
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	7s,7s-Clu		Reactive-AMAP/Push-Pull-EA
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	х	7s		Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	х	7s	1" Band	Reactive-AMAP/Push-Pull-EA
				aneously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between Ro	ounds
Block 3			Linner	Pody Warn		
DIOCK 3			<u>Upper</u>	Body Warn	<u>n-up</u>	
Order	Exercise	Sets		/Duration	n-up Load	Notes
	<u>Exercise</u> Bench Press	Sets 1,1,1		-		Notes Warm-Up
Order	Bench Press Band Pull-Aparts	1,1,1 3	Reps x x	/Duration 5,3,3 10	Load 50-80% 1/2" Band	
Order A	Bench Press Band Pull-Aparts	1,1,1 3 m A & B S	Reps x x Series Sin	/Duration 5,3,3 10 nultaneously	Load 50-80% 1/2" Band for 3 Sets	
Order A	Bench Press Band Pull-Aparts	1,1,1 3 m A & B S	Reps x x Series Sin	/Duration 5,3,3 10	Load 50-80% 1/2" Band for 3 Sets	
Order A	Bench Press Band Pull-Aparts	1,1,1 3 m A & B S	Reps x x Series Sin nute Res	/Duration 5,3,3 10 nultaneously	Load 50-80% 1/2" Band for 3 Sets ts	
Order A B	Bench Press Band Pull-Aparts	1,1,1 3 m A & B S	Reps x x Series Sin nute Res <u>Uppe</u>	/Duration 5,3,3 10 nultaneously t Between Se	Load 50-80% 1/2" Band for 3 Sets ts	
Order A B B Block 4	Bench Press Band Pull-Aparts Perfor <u>Exercise</u> Bench Press	1,1,1 3 m A & B S 1:00 Min Sets 3	Reps x x Series Sin nute Res <u>Uppe</u>	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s	Load 50-80% 1/2" Band for 3 Sets ts ed	Warm-Up
Order A B B Block 4 Order A B	Bench Press Band Pull-Aparts Perfor <u>Exercise</u> Bench Press One Arm Med Ball Pass	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3	Reps x x series Sin nute Res <u>Uppe</u> Reps	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration	Load 50-80% 1/2" Band for 3 Sets ts ed Load	Warm-Up Notes
Order A B B Block 4 Order A B B C	Bench Press Band Pull-Aparts Perfor <u>Exercise</u> Bench Press One Arm Med Ball Pass OC Rack Band Press	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3	Reps x x series Sin nute Res <u>Uppe</u> Reps x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s	Load 50-80% 1/2" Band for 3 Sets ts ed Load	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3 3 3	Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s	Load 50-80% 1/2" Band for 3 Sets ts ed Load	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips
Order A B B Block 4 Order A B C	Bench Press Band Pull-Aparts Perfor <u>Exercise</u> Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3 3 3 3 3 3 3	Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe r Body Sp	Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40%	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Performant Press	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3 3 3 erform A-l	Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x x x Simulta	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s aneously for 3	Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP
Order A B B Block 4 Order A B C D E E	Bench Press Band Pull-Aparts Perfor <u>Exercise</u> Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3 3 3 erform A-l	Reps x Series Sin nute Res Uppe Reps x x x x x x x x x x Simulta Exercise	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s aneously for 3 s; 2:00 minut	Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets es between Re	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Performant Press	1,1,1 3 m A & B S 1:00 Min Sets 3 3 3 3 3 3 erform A-l	Reps x Series Sin nute Res Uppe Reps x x x x x x x x x x Simulta Exercise	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s aneously for 3	Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets es between Re	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP
Order A B B Block 4 Order A B C D E E	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Pe 25 Seconds Rest Exercise	1,1,1 3 m A & B S 1:00 Min Sets 3 </td <td>Reps x series Sin nute Res Uppe Reps x x x x x x E Simulta Exercise</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration</td> <td>Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets es between Re</td> <td>Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes</td>	Reps x series Sin nute Res Uppe Reps x x x x x x E Simulta Exercise	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration	Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets es between Re	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes
Order A B Order A Order A B C D E Block 5 Order A	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press OC Rack Band Press Pull-Up Banded Cuban Press Per 25 Seconds Rest Exercise Switch Cycle Lunge	1,1,1 3 m A & B S 1:00 Min Sets 3 Sets 3	Reps x series Sin nute Res Uppe Reps x x x x x x E Simulta Exercise	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3 EA	Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets es between Re <u>Deed</u>	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos.
Order A B Order A B C D E Order A B C D E Order A B C D E Order A B B B B B B B B B B B B B B B B B B	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Pt 25 Seconds Rest Exercise Switch Cycle Lunge Banded Speed Groin	1,1,1 3 m A & B S 1:00 Min Sets 3 </td <td>Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x Simulta Exercise Lower Reps</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3 EA 7s</td> <td>Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets es between Re <u>beed</u> Load</td> <td>Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA</td>	Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x Simulta Exercise Lower Reps	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3 EA 7s	Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets es between Re <u>beed</u> Load	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA
Order A B Block 4 Order A B C D E Block 5 Order A B C B C B C B C C C C C C C C C C C	Bench Press Band Pull-Aparts Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Perfor 25 Seconds Rest Switch Cycle Lunge Banded Speed Groin Glute Ham Bar Lift	1,1,1 3 m A & B S 1:00 Min Sets 3 </td <td>Reps x series Sin nute Res Uppe Reps x</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s 7s 7s 3s; 2:00 minut Auxiliary Sj /Duration 3 EA 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s</td> <td>Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets es between Re <u>Deed</u></td> <td>Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA OC-D+1</td>	Reps x series Sin nute Res Uppe Reps x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s 7s 7s 3s; 2:00 minut Auxiliary Sj /Duration 3 EA 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s	Load 50-80% 1/2" Band for 3 Sets ts <u>ed</u> Load 35-40% Sets es between Re <u>Deed</u>	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B Order A B C D E Order A B C D E Order A B C D E Order A B B B B B B B B B B B B B B B B B B	Bench Press Band Pull-Aparts Perfor Perfor Bench Press One Arm Med Ball Pass OC Rack Band Press Pull-Up Banded Cuban Press Perfor 25 Seconds Rest Switch Cycle Lunge Banded Speed Groin Glute Ham Bar Lift Banded Paw Back	1,1,1 3 m A & B S 1:00 Min 3	Reps x series Sin nute Res Uppe Reps x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3 EA 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s	Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets es between Re Deed Load 35-40%	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA
Order A B Order A Order A B C D E Order A B C A B C D E Order A B C B C B C B C C B C	Bench Press Band Pull-Aparts Perfor Perfor Exercise Bench Press One Arm Med Ball Pass OC Rack Band Press OC Rack Band Press Pull-Up Banded Cuban Press Perfor 25 Seconds Rest Exercise Switch Cycle Lunge Banded Speed Groin Glute Ham Bar Lift Banded Paw Back	1,1,1 3 m A & B S 1:00 Min Sets 3 </td <td>Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x Simulta Exercise Lower Reps x x x x x C Simulta</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s 7s 7s 3s; 2:00 minut Auxiliary Sj /Duration 3 EA 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s</td> <td>Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets s between Ro Deed Load 35-40% Sets</td> <td>Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA OC-D+1</td>	Reps x series Sin nute Res <u>Uppe</u> Reps x x x x x Simulta Exercise Lower Reps x x x x x C Simulta	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 7s 5 EA 7s 7s 7s 7s 7s 7s 7s 3s; 2:00 minut Auxiliary Sj /Duration 3 EA 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s 7s	Load 50-80% 1/2" Band for 3 Sets ts ed Load 35-40% Sets s between Ro Deed Load 35-40% Sets	Warm-Up Notes Reactive-AMAP/Push-Pull-EA Use Hips OC-D+1 Bottom 1/2, Reactive-AMAP Dunds Notes Switch Legs in Air to Land in Start Pos. Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasic	Laci	rosse	Trainir	ng Manu	ual
	Speed 3-Day Elite T	rain	ing B	lock W	eek 33 -	- Wednesday
Pre	Pre	-Train	ing, Mu	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	Kneel. 3-Way Hip Flex	6	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
				aneously for		
	25 Seconds Rest B	etween		-		ounds
Block 3			Uppe	er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	х	5 EA		
				aneously for a		
	25	5 Second		etween Exerc		
Block 4	25	Second	Lower	Auxiliary S		
Order	Exercise	Sets	Lower	Auxiliary S /Duration		Notes
Order A	<u>Exercise</u> Switch Cycle Lunge	Sets 3	Lower Reps ×	Auxiliary S /Duration 5s	peed Load	OC-D+1
Order A B	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u>	Sets 3 3	Lower Reps x x	Auxiliary S /Duration 5s 5s	<u>peed</u>	OC-D+1 OC-D+1, EA
Order A	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u> <u>Bench Glute</u>	Sets 3 3 3 3	Lower Reps x x x	Auxiliary S /Duration 5s 5s 5s 5s	peed Load 45-55%	OC-D+1
Order A B	<u>Exercise</u> <u>Switch Cycle Lunge</u> <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x x C Simulta	Auxiliary S /Duration 5s 5s 5s aneously for 3	Deed Load 45-55% 3 Sets	OC-D+1 OC-D+1, EA
Order A B C	<u>Exercise</u> <u>Switch Cycle Lunge</u> <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x x C Simulta ds Rest B	Auxiliary S /Duration 5s 5s 5s aneously for etween Exerc	Deed Load 45-55% Sets Sises	OC-D+1 OC-D+1, EA
Order A B	<u>Exercise</u> <u>Switch Cycle Lunge</u> <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x C Simulta ds Rest B Upper	Auxiliary S /Duration 5s 5s aneously for etween Exerce Auxiliary S	Deed Load 45-55% Sets Sises	OC-D+1 OC-D+1, EA
Order A B C Block 5 Order	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise	Sets 3 3 form A- 5 Second	Lower Reps x x C Simulta ds Rest B Upper Reps	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA OC-D+1, EA Notes
Order A B C Block 5 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row	Sets 3 3 form A- 5 Second Sets 3	Lower Reps x x C Simulta ds Rest B Upper Reps x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA	Load 45-55% 3 Sets cises peed Load Speed	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press	Sets 3 3 form A- 5 Second Sets 3 3 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press	Sets 3 3 3 form A- 5 Second 3 Sets 3 3 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 3 3 3 3 3 3 6 Sets	Lower Reps x x C Simulta ds Rest B Upper Reps x x x x C Simulta	Auxiliary S /Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 3 3 3 3 3 3 6 Sets	Lower Reps x x C Simulta ds Rest B Upper Reps x x x c Simulta ds Rest B	Auxiliary S /Duration 5s 5s s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	Load 45-55% 3 Sets cises Deed Load Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Sets	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C C Block 6	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25	Sets 3 3 form A- 5 Second Sets 3 3 5 6 7 7 8 8 1 3 5 8 1 3 1 3 1 3 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	Auxiliary S /Duration 5s 5s saneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets Sises Sets Sises Speed 45-55% Speed Sises Sets Sises	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 5 Order A B C C Block 6 Order	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 25 <u>Exercise</u>	Sets 3 3 form A- 5 Second Sets 3 6 3 5 3 5 3 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises Deed Load Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Speed 45-55% Sets	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 5 Order A B C Block 6 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls	Sets 3 3 form A- Second Sets 3 form A- Second Sets 3 form A- Sets 3 form A- Second Second Second Second Second Second Second Second Sets 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed 45-55% Speed 45-55% Speed 45-55% Load Speed Load Load Load	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B B C B C B B C B B C B B C B B C B B C B B C B B C B B B C C B B B C B B C B B C B B C B B C C B B C C B B C C B B C C B B C C B C C B B C C B B C C B C C B B C C B B C C B C C B B C C B B C C B B C C B C C B C B C B C B C C B C C B C B C C B C B C C B C B C C B C C B C C B C C B C C C B C C C C B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u>	Sets 3 3 form A- Second Sets 3 form A- Second Sets 3 form A- Second Sets 3 form A- Second Second Sets 3 form A- Second Sets 3 3 3 3 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower x x x x x x x x x x x x x x x x x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets Sises Sets Sises Speed 45-55% Speed Sises Sets Sises	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B C Block 5 Order A B C Block 6 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	Sets 3 3 form A- Second Sets 3 form A- Second Sets 3 form A- Second Sets 3 form A- Second Second Sets 3 3 3 3 3 3 3 3 3 3 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x x x x x x x x x x x x x x x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s 5s	Load 45-55% 3 Sets cises Deed Load Speed 45-55% Sets cises Deed Sets Speed Sets cises Deed Load Sets cises Deed Load 45-55% 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B B C B C B B C B B C B B C B B C B B C B B C B B C B B B C C B B B C B B C B B C B B C B B C C B B C C B B C C B B C C B B C C B C C B B C C B B C C B C C B B C C B B C C B C C B B C C B B C C B B C C B C C B C B C B C B C C B C C B C B C C B C B C C B C B C C B C C B C C B C C B C C C B C C C C B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 3 3 3 3 form A- 5	Lower Reps x x C Simulta ds Rest B Upper Reps x x c Simulta ds Rest B Lower Reps x x x c Simulta	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets Sises peed 45-55% Sets Speed 45-55% Load 45-55% Load 45-55% Sets Sises peed Load Sets Sets Sets Sets	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasio	c Laci	rosse	Trainir	ng Mani	ual
	Speed 3-Day Elite	e Trai	ning	Block V	Veek 33	8 - Saturday
Pre	Pr	e-Traini	ng, Mu	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
	Perfor	m A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	х	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	х	4 EA		Wind-Up Around Glute
	Ре	rform A-0	G Simulta	aneously for 3	3 Sets	
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	tounds
Block 3			Uppe	er Body Spe	ed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Chin-Up	3	х	10s	35-40%	Reactive-AMAP/Push-Pull-EA
В	MB OH Slams	3	х	5		
С	Banded Cuban Press	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	rform A-	C Simulta	aneously for 3	3 Sets	-
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	tounds
Block 4			Lower	Auxiliary S	peed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
С	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	rform A-I) Simulta	aneously for 3	3 Sets	-
	2	5 Second	ls Rest B	etween Exerc	ises	

	Triphasi	c Laci	osse	Trainir	ng Manu	Jal
	Speed 3-Day Elit	e Trai	ining	Block V	Veek 34	I - Monday
Pre	<u>P</u> 1	r <mark>e-Train</mark> i	ng, Mu	lti-Dimensi	onal Warm-	<u>-Up</u>
Block 1			Lower	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	7s	1" Band	Max ROM, Speed
	Perfor			nultaneously		
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
А	Lunge OC Hops	3	х	7s,7s-Clu		Reactive-AMAP/Push-Pull-EA
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Glute	3	х	7s		Reactive-AMAP/Push-Pull-EA
G	Banded Hip Flexor Pulls	3	х	7s	1" Band	Reactive-AMAP/Push-Pull-EA
				aneously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Upper	Body Warn	<u>n-up</u>	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Band Pull-Aparts	3	х	10	1/2" Band	
	Perfor	m A & B S	eries Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 4			Uppe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	3	х	7s	35-40%	Reactive-AMAP/Push-Pull-EA
В	One Arm Med Ball Pass	3	х	5 EA		Use Hips
С	OC Rack Band Press	3	х	7s		OC-D+1
D	<u>Pull-Up</u>	3	х	7s		Bottom 1/2, Reactive-AMAP
E	Banded Cuban Press	3	х	7s		
				ineously for 3		
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 5			Lower	Auxiliary S	peed	
Order	Exercise	Sets		/Duration	Load	Notes
А	Switch Cycle Lunge	3	х	3 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Speed Groin	3	х	7s		Reactive-AMAP/Push-Pull-EA
С	<u>Glute Ham Bar Lift</u>	3	х	7s	35-40%	OC-D+1
D	Banded Paw Back	3	х	7s		Reactive-AMAP/Push-Pull-EA
				neously for 3		
				etween Exerc	icoc	

	Triphasic	Laci	rosse	Trainir	ng Manu	ual
	Speed 3-Day Elite T					
Pre	Pre	-Train	i <mark>ng, Mu</mark>	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warr	n-up	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heavi	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	Kneel. 3-Way Hip Flex	6	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
				aneously for 6		
	25 Seconds Rest B	etween	Exercise	s; 1:30 minut	es between R	ounds
Block 3			Uppe	er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	<u>Delt Bent Over OH Rebound Drop</u>	3	х	5 EA		
				aneously for 3		
	25	Socond	le Roet R	etween Exerc	rises	
	Ζ.	Second	13 NEST D		.1565	
Block 4	2.	Second		Auxiliary S		
Block 4	<u>Exercise</u>	Sets	Lower			Notes
			Lower	Auxiliary S	peed	Notes OC-D+1
Order A B	<u>Exercise</u> Switch Cycle Lunge DB SL RDL	Sets 3 3	Lower Reps	Auxiliary S /Duration 5s 5s	peed	OC-D+1 OC-D+1, EA
Order A	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u> <u>Bench Glute</u>	Sets 3 3 3 3	Lower Reps x x x	Auxiliary S /Duration 5s 5s 5s 5s	peed Load 45-55%	OC-D+1
Order A B	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x x C Simulta	Auxiliary S /Duration 5s 5s 5s aneously for 3	Load 45-55%	OC-D+1 OC-D+1, EA
Order A B C	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x x C Simulta ds Rest B	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerc	Load 45-55% Sets Sises	OC-D+1 OC-D+1, EA
Order A B	<u>Exercise</u> Switch Cycle Lunge <u>DB SL RDL</u> <u>Bench Glute</u> Per	Sets 3 3 3 form A-	Lower Reps x x x C Simulta ds Rest B	Auxiliary S /Duration 5s 5s 5s aneously for 3	Load 45-55% Sets Sises	OC-D+1 OC-D+1, EA
Order A B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise	Sets 3 3 form A- 5 Second Sets	Lower Reps x x C Simulta s Rest B Upper	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% Sets Sises	OC-D+1 OC-D+1, EA OC-D+1, EA Notes
Order A B C Block 5 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row	Sets 3 3 form A- Second Sets 3	Lower Reps x x C Simulta ds Rest B Upper Reps x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA	Load 45-55% Sets cises peed Load Speed	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	<u>Exercise</u> <u>Switch Cycle Lunge</u> <u>DB SL RDL</u> <u>Bench Glute</u> Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u>	Sets 3 3 form A- 5 Second Sets 3 3 3	Lower Reps x x C Simulta ds Rest Ba Upper Reps x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A	<u>Exercise</u> <u>Switch Cycle Lunge</u> <u>DB SL RDL</u> <u>Bench Glute</u> Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u>	Sets 3 3 3 form A- 5 Second 3 Sets 3 3 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x x x x	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	Load 45-55% Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 3 3 3 3 3 3 6 Sets	Lower Reps x x C Simulta ds Rest B Upper Reps x x x x C Simulta	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 3 3 3 3 3 3 6 Sets	Lower Reps x x C Simulta ds Rest B Upper Reps x x x c Simulta ds Rest B	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25	Sets 3 3 form A- 5 Second Sets 3 3 5 form A- 5 Second 5 Second	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	Auxiliary S /Duration 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 25 25 25 25 25 25 25 25 25	Sets 3 3 form A- 5 Second Sets 3 form A- 5 Second 5 Sets 5 Second 5 Sets 5 Second 5 Second 5 Sets 5 Second 5 Second 5 Sets 5 Second 5 Second 5 Sets 5 Second 5 Second 5 Sets 5 Second 5 Sets 5 Second 5 Sets 5 Second 5 Sets 5 Second 5 Second 5 Sets 5 Second	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 5 Order A B C Block 6 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u>	Sets 3 3 form A- Second Sets 3 form A- Second Sets 3 form A- Sets 3 form A- Second Second Second Second Second Second Second Second Second	Lower Reps x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B C Simulta ds Rest B Lower Reps x	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed 45-55% Speed 45-55% Speed 45-55% Load Speed Load Load Load	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B B C B B C B B C B B C B B C B B C B B C B C B C B C B C B C B C B C B C B C B C B C B C B C B C B C B C B C B C C B C C B C B C B C C B C C B C C B C C B C C B C C C B C C C B C C C C B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> <u>Cable Rotational Pull to Press</u> Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u>	Sets 3 3 form A- Second Sets 3 form A- Second Sets 3 form A- Sets 3 form A- Second Second Second Sets 3 3 3 3 3 3 3 3 3	Lower Reps x x C Simulta ds Rest Ba Upper Reps x x x C Simulta ds Rest Ba c Simulta ds Rest Ba Lower Reps x x x x x x x x x x x x x x x x x x x	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets cises peed 3 Sets cises peed speed a Sets cises peed	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B C Block 5 Order A B C Block 6 Order A	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> <u>Cable Rotational Pull to Press</u> <u>Per</u> 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	Sets 3 3 3 form A- 5 Second 3 Sets 3 3 3 form A- 5 Second 3 Sets 3 Sets 3 Sets 3 Sets 3 Sets 3 Jan 3 Jan 3	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B C Simulta ds Rest B Lower Reps x x x x x x x x x x x x x x x x x x x	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed 45-55% 45-55% 3 Sets cises peed Load 45-55%	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B B C C B B C C B B C C B B C C B B C C B B C C B B C C B B C C B B C C B B C C C B B C C C B C C C C B B C C C B B C C C B C C C C B C C C B C C C C C C C B C C C C B C C C C C C B C	Exercise Switch Cycle Lunge DB SL RDL Bench Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> <u>Cable Rotational Pull to Press</u> <u>Cable Rotational Pull to Press</u> <u>Per</u> 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> Per	Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 3 3 3 3 6 3 3 3 6 Torm A-	Lower Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B C Simulta x x c Simulta x x c Simulta	Auxiliary S /Duration 5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed 45-55% Speed 45-55% Sets Sises peed 45-55% Load Speed 45-55% Load 45-55% Load 45-55% Sets Sises peed Load 45-55% Sets Sets	OC-D+1 OC-D+1, EA OC-D+1, EA OC-D+1, EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasi	c Laci	rosse	Trainir	ng Manu	ual
	Speed 3-Day Elite	e Trai	ning	Block V	Veek 34	I - Saturday
Pre	<u>Pr</u>	e-Traini	ing, Mu	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
	Perfor	m A & B S	Series Sin	nultaneously	for 3 Sets	·
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	10s,10s-Clu		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	10s		Reactive-AMAP/Push-Pull-EA
F	Ball Groin Squeeze	3	х	10s		Reactive-AMAP/Push-Pull
G	Glute Wind-Up	3	х	4 EA		Wind-Up Around Glute
	Pe	rform A-0	G Simulta	aneously for 3	3 Sets	
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Uppe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	10s	35-40%	Reactive-AMAP/Push-Pull-EA
В	MB OH Slams	3	х	5		
С	Banded Cuban Press	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	erform A-0	C Simulta	aneously for 3	3 Sets	
	25 Seconds Rest	Between	Exercise	s; 2:00 minut	es between R	ounds
Block 4			Lower	Auxiliary S	<u>peed</u>	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
А	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Pe	rform A-I	D Simulta	aneously for 3	3 Sets	
	2	25 Second	ls Rest B	etween Exerc	ises	

4.25 Download (Week 35)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality

	Triphasic Lacrosse Training Manual							
Download 2-Day Elite Training Block Week 35 - Monday								
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional War	m-Up		
Block 1		Glute	Functio	on Serie	es Warm-Up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training		
Block 2	<u>[</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
А	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible		
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off			

	Triphasic L	.acro	osse	Trair	ning Ma	nual		
Do	wnload 2-Day Elite	Traiı	ning	Block	k Week	35 - Wednesday		
Pre	Pre-T	'rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	<u>m-Up</u>		
Block 1		Glute	Function	on Serie	es Warm-Up			
<u>Order</u>	<u>Exercise</u>	Sets						
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training		
Block 2	<u>(</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Metabolic Sandbell Circuit	1	х	20s		Complete As Many Reps As Possible		
	Perfc	orm A fo	or 1 Set (@ 20s on	10s off			

4.26 Eccentric Hybrid Training Block (Weeks 36-38)

The hybrid model is incorporated throughout the in-season training model of the Triphasic Lacrosse Training Model. This hybrid model takes into account the athlete's nervous system needs to the greatest extent, while continuing to consider the residual training effects of the other six physical performance qualities. This weekly model consists of two days per week as competitions are now completed every week and considers the training of each physical performance quality. Strength and power phases are implemented early in the week, with speed training being completed on the second training day. This weekly sequence allows the athlete to be neutrally "peaked" for the upcoming competition. The eccentric muscle action phase is also re-addressed in this training block. It is critical performance coaches be adaptable during in-season training. If athletes are fatigued, then neural work may not be possible as it requires high-quality training. Always remember that it does not have to be done because it is written on an athlete's program.

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Re-address isometric training block adaptations
- "Peak" athletes for competition

	Triphasic	Lacr	osse	Trainir	ng Manu	ual
Eco	centric Hybrid 2-Day	' Elit	e Tra	ining Bl	lock We	ek 36 - Monday
Pre	<u>Pre</u>	-Traini	ng, Mu	<u>lti-Dimensi</u>	onal Warm	<u>·Up</u>
Block 1			Lower	Body Warn	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	Hex Bar Deadlift	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Ecc, 3 Reps EA
	Perform	1 A & B S	eries Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Hex Bar Deadlift	3	х	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
C	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	3x5s		5 Sec Ecc, 3 Reps EA
				aneously for 3		
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			<u>Upper</u>	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Band Pull-Aparts	3	х	10	1/2" Band	
				nultaneously		
· · · · · · · · · · · · · · · · · · ·						
		1:00 Mi	nute Res	t Between Se	ts	
Block 4		1:00 Mi		t Between Se e r Body Spe		
Block 4	Exercise	1:00 Mi	<u>Uppe</u>			Notes
	<u>Exercise</u> Bench Press		<u>Uppe</u>	er Body Spe	ed	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete
Order A B	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u>	Sets 3 3	Uppe Reps	er Body Spe /Duration	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> Split Stance Cable Rotational Row	Sets 3 3 3	Uppe Reps, x	er Body Spe /Duration 3x5s 5 EA 3x5s	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
Order A B C D	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u>	Sets 3 3 3 3 3	Uppe Reps x x x x x	Preserved and a second	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	Sets 3 3 3 3 3 3 3 3	Uppe Reps, x x x x x x x	Pr Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s	ed Load 65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps, x x x x x x x Simulta	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps, x x x x x x x Simulta	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 5 form A- etween	Uppe Reps x x x x x Simulta Exercise	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets es between R	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps x x x x x Simulta Exercise Lower	r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut	eed Load 65-80% Sets es between R	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
<u>Order</u> A B C D E <u>Block 5</u>	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B	Sets 3 3 3 3 form A-letween Sets 3	Uppe Reps x x x x x Simulta Exercise Lower	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s meously for 3 s; 2:00 minut Auxiliary Sp /Duration 3x5s	Eed Load 65-80% Sets es between R Deed	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
Order A B C D E Block 5 Order A B	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	Sets 3 3 3 3 3 3 3 form A-letween Sets Satisfier 3 3 3	Uppe Reps, x x x x Simulta Exercise Lower Reps	Pression and a series of the s	Eed Load 65-80% B Sets es between R Deed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E <u>Block 5</u> <u>Order</u> A B C	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	Sets 3 3 3 3 3 3 3 form A etween Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Uppe Reps, x x x x Simulta Exercise Lower Reps, x	Production 3x5s 5 EA 3x5s 1000 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 3x5s	ed Load 65-80% 3 Sets es between R beed Load 65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
Order A B C D E Block 5 Order A B	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	Sets 3 3 3 3 3 3 3 form A etween Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Uppe Reps, x x x x x Simulta Exercise Lower Reps, x x x x x x x x	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s meously for 3 s; 2:00 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 5s 20Y	ed Load 65-80% 3 Sets es between R Deed Load 65-80% 65-80% Moderate	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E <u>Block 5</u> <u>Order</u> A B C	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry Per	Sets 3 3 3 3 3 3 3 form A-letween 3 Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 form A-form A-fo	Uppe Reps, x x x x Simulta Exercise Lower Reps, x x x x x x x x x x x x x x x x x x x	Production 3x5s 5 EA 3x5s 1000 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 3x5s	ed Load 65-80% 3 Sets es between R Deed Load 65-80% 65-80% Moderate 3 Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA

	Triphasic	Laci	rosse	Trainir	ng Manu	ual
Ecce	entric Hybrid 2-Day E					
<u>Pre</u>	Pre	-Traini	i <mark>ng, M</mark> u	lti-Dimens	ional Warm	<u>-Up</u>
Block 1			Lower	Body Warı	m-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	Glute Wind-Up	6	х	5 EA		Wind-Up Around Glute
				aneously for		
	25 Seconds Rest B	etween	Exercise	s; 1:30 minut	tes between R	ounds
Block 3			Uppe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	х	5 EA		
				aneously for		
	25	5 Second	ls Rest B	etween Exer		
Block 4				Auxiliary S	<u>peed</u>	
Block 4 Order	<u>Exercise</u>	Sets		Auxiliary S /Duration	peed Load	Notes
Order A	Switch Cycle Lunge	3		/Duration 5s	Load	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL	3	Reps	/Duration 5s 5s		OC-D+1 OC-D+1, EA
Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute	3 3 3	Reps x x x	/Duration 5s 5s 5s	Load 45-55%	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x x C Simulta	/Duration 5s 5s 5s aneously for 2	Load 45-55% 3 Sets	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x C Simulta ds Rest B	/Duration 5s 5s 5s aneously for etween Exerc	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x C Simulta ds Rest B	/Duration 5s 5s 5s aneously for 2	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u>	3 3 form A- Second	Reps x x C Simulta ds Rest B Upper	/Duration 5s 5s 5s aneously for etween Exerc	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row	3 3 form A- 5 Second Sets 3	Reps x x C Simulta ds Rest B Upper	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA	Load 45-55% 3 Sets cises peed Load Speed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row <u>DB Shoulder Press</u>	3 3 form A- 5 Second Sets 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press	3 3 form A- 5 Second Sets 3 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x x x x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta x x x x x x x x x C Simulta	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C Block 6 C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise	3 3 form A- 5 Second Sets 3 3 3 form A- 5 Second Sets	Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
Order A B C Block 5 Order A B C Block 6 C Block 6	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls	3 3 3 form A-is Second Sets 3 3 3 3 3 3 3 6 Second Sets 3 3 3 3 3 5 Second Sets 3	Reps x x C Simulta ds Rest B Upper Reps x x x x x x x x x x x x x x x x C Simulta ds Rest B Lower x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B C B C B C B C B B B B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift	3 3 3 form A-is Second 3 3 3 3 3 3 3 3 3 3 3 3 3 5 5 5 5 5 5 5 5 3	Reps x x C Simulta ds Rest B Upper Reps x	/Duration 5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B C Block 5 Order A B C Block 6 C Block 6	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin	3 3 3 3 form A-is Second Sets 3 3 3 3 3 form A-is Second Sets 3 3 3 5 Second Sets 3 3 3 3 3 3 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x x C Simulta x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed 45-55% 3 Sets cises peed Load Load 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C Block 6 Order A B C B C B C B C B B B B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin Per	3 3 form A- 5 Second 3 Sets 3 J 3 Gram A- 5 Second 3 J 3 J 3 Second 3 J 3 <t< th=""><th>Reps x x C Simulta ds Rest B Upper Reps x X X X X X X X</th><th>/Duration 5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s</th><th>Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets cises peed Load 45-55% 3 Sets 3 Sets</th><th>OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1</th></t<>	Reps x x C Simulta ds Rest B Upper Reps x X X X X X X X	/Duration 5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets cises peed Load 45-55% 3 Sets 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasic	Lacr	osse	Trainir	ng Manu	ual
Ec	centric Hybrid 2-Day	' Elit	e Tra	ining Bl	lock We	ek 37 - Monday
Pre	<u>Pre</u>	-Traini	ng, Mu	<u>lti-Dimensi</u>	onal Warm-	<u>·Up</u>
Block 1			Lower	Body Warn	n-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Ecc, 3 Reps EA
	Perform	1 A & B S	eries Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Hex Bar Deadlift</u>	3	х	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
C	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	3x5s		5 Sec Ecc, 3 Reps EA
				aneously for 3		
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			<u>Upper</u>	Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Band Pull-Aparts	3	х	10	1/2" Band	
				nultaneously		
		1.00 . 4.	auto Doc	+ Dotwoon Co	4 -	
		1:00 1011	iute kes	t Between Se	ts	
Block 4		1:00 MI		er Body Spe		
Block 4	<u>Exercise</u>	Sets	<u>Uppe</u>			Notes
	<u>Exercise</u> <u>Bench Press</u>		<u>Uppe</u>	er Body Spe	ed	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete
Order A B	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u>	Sets 3 3	Uppe Reps	er Body Spe /Duration	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u>	Sets 3 3 3	Uppe Reps, x	er Body Spe /Duration 3x5s 5 EA 3x5s	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
Order A B C D	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u>	Sets 3 3 3 3 3	Uppe Reps x x x x x	Preserved and a second	ed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	Sets 3 3 3 3 3 3 3 3	Uppe Reps, x x x x x x x	Pr Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s	eed Load 65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps, x x x x x x x Simulta	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps, x x x x x x x Simulta	r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 5 form A- etween	Uppe Reps x x x x x Simulta Exercise	r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s ineously for 3	eed Load 65-80% Sets es between R	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	Sets 3 3 3 3 3 3 6orm A-	Uppe Reps x x x x x Simulta Exercise Lower	r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut	eed Load 65-80% Sets es between R	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E Block 5	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B	Sets 3 3 3 3 form A-letween Sets 3	Uppe Reps x x x x x Simulta Exercise Lower	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s meously for 3 s; 2:00 minut Auxiliary Sp /Duration 3x5s	eed Load 65-80% Sets es between R peed	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
Order A B C D E Block 5 Order A B	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	Sets 3 3 3 3 3 3 3 form A-letween Sets Satisfier 3 3 3	Uppe Reps, x x x x Simulta Exercise Lower Reps	Pression and a series of the s	eed Load 65-80% 3 Sets es between Re peed Load	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E <u>Block 5</u> <u>Order</u> A B C	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	Sets 3 3 3 3 3 3 3 form A etween Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Uppe Reps, x x x x Simulta Exercise Lower Reps, x	Production 3x5s 5 EA 3x5s 1000 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 3x5s	eed Load 65-80% 3 Sets es between R beed Load 65-80% 65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
Order A B C D E Block 5 Order A B	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	Sets 3 3 3 3 3 3 3 form A etween Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	Uppe Reps, x x x x x Simulta Exercise Lower Reps, x x x x x x x x	er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s meously for 3 s; 2:00 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 5s 20Y	eed Load 65-80% 3 Sets es between R between R between R codd 65-80% 65-80% Moderate	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
Order A B C D E <u>Block 5</u> <u>Order</u> A B C	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry Per	Sets 3 3 3 3 3 3 3 form A-letween 3 Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 5 3 3 3 form A-form A-fo	Uppe Reps, x x x x Simulta Exercise Lower Reps, x x x x x x x x x x x x x x x x x x x	Production 3x5s 5 EA 3x5s 1000 minut Auxiliary Sj /Duration 3x5s 3x5s 3x5s 3x5s	eed Load 65-80% 3 Sets es between R between R between R between R 65-80% 65-80% Moderate 3 Sets	5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA

	Triphasic	Lac	rosse	Traini	ng Manu	ual
Ecce	ntric Hybrid 2-Day E					
Pre	<u>Pre</u>	e-Train	ing, Mu	lti-Dimens	ional Warm	- <u>Up</u>
Block 1			Lower	Body War	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1		5,3,3	50-80%	Warm-Up
	Perfc	orm A as	s a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	<u>Glute Wind-Up</u>	6	х	5 EA		Wind-Up Around Glute
				aneously for		
	25 Seconds Rest B	etween				ounds
Block 3				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	Х	5 EA		
				aneously for		
	25	5 Second		etween Exer		
Block 4				Auxiliary S	<u>peed</u>	
						N
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	5s		OC-D+1
A B	Switch Cycle Lunge DB SL RDL	3	X X	5s 5s	Load 45-55%	OC-D+1 OC-D+1, EA
A	Switch Cycle Lunge DB SL RDL Banded Speed Glute	3 3 3	x x x	5s 5s 5s	45-55%	OC-D+1
A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x x C Simulta	5s 5s 5s aneously for	45-55% 3 Sets	OC-D+1 OC-D+1, EA
A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x C Simulta ds Rest B	5s 5s 5s aneously for etween Exerc	45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x C Simulta ds Rest B Upper	5s 5s 5s aneously for etween Exerc Auxiliary S	45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise	3 3 form A- 5 Second	x x C Simulta ds Rest B Upper	5s 5s 5s aneously for etween Exerc	45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes
A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row	3 3 form A- 5 Second Sets 3	x X C Simulta ds Rest B Upper Reps X	5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA	45-55% 3 Sets cises peed Load Speed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
A B C Block 5 <u>Order</u> A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press	3 3 form A- 5 Second Sets 3 3 3	x x C Simulta ds Rest B Upper Reps x x x	5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s	45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press	3 3 form A- 5 Second Sets 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x x x	5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
A B C Block 5 <u>Order</u> A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	x x C Simulta ds Rest B Upper Reps x x x x C Simulta	5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
A B C Block 5 Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B	5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
A B C Block 5 <u>Order</u> A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B	5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
A B C Block 5 Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 25 25 25 25 25 25 25 25 25	3 3 form A- 5 Second Sets 3 3 3 form A- 5 Second Sets	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	5s 5s 5s etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
A B C Block 5 Order A B C Block 6 Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls	3 3 form A- 5 Second 3 3 3 3 3 3 5 Second 3 3 3 3 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
A B C Block 5 Order A B C Block 6 Order A B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift	3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 6 Second Sets 3 3 3 5 Second Sets 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x	5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
A B C Block 5 Order A B C Block 6 Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Cable Rotational Pull to Press Cable Rotational Pull to Press Per	3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 5 Second Sets 3 3 3 3 3 3 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x x x x x x x x x x x x x x x x x x x	5s 5s 5s etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed Load 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
A B C Block 5 Order A B C Block 6 Order A B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin Per	3 3 form A- 5 Second 3 5 Sets 3 3 3 form A- 5 Second 3 5 Sets 3 3 3 5 Second 3 6 Sets 3 3 3 6 Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x x x C Simulta	5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	45-55% 3 Sets cises peed Load Speed 45-55% Sets cises peed Load 45-55% 3 Sets 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasic	Laci	osse	Trainir	ng Manu	Jal
Ec	centric Hybrid 2-Day	/ Elit	e Tra	ining B	lock We	ek 38 - Monday
Pre	<u>Pre</u>	-Traini	ng, Mu	<u>lti-Dimensi</u>	onal Warm-	<u>·Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	Hex Bar Deadlift	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Ecc, 3 Reps EA
	Perform	1 A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Hex Bar Deadlift	3	х	3x5s	65-80%	5 Sec Ecc, 3 Reps, % Based on Athlete
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
C	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Sec Ecc, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	Х	3x5s		5 Sec Ecc, 3 Reps EA
				aneously for 3		
	25 Seconds Rest B	letween	Exercise	s; 2:00 minut	es between R	ounds
Block 3				Body Warn	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1 1 1	v.	522	50-80%	
~		1,1,1	Х	5,3,3		Warm-Up
B	Band Pull-Aparts	3	х	10	1/2" Band	Warm-Up
	Band Pull-Aparts Perform	3 n A & B S	x Series Sin	10 nultaneously	1/2" Band for 3 Sets	Warm-Up
В	Band Pull-Aparts Perform	3 n A & B S	x Series Sin	10	1/2" Band for 3 Sets	Warm-Up
	Band Pull-Aparts Perform	3 n A & B S	x Series Sin nute Res	10 nultaneously	1/2" Band for 3 Sets ts	Warm-Up
В	Band Pull-Aparts Perform	3 n A & B S	x Series Sin nute Res Uppe	10 nultaneously t Between Se	1/2" Band for 3 Sets ts	Warm-Up Notes
B Block 4	Band Pull-Aparts Perform <u>Exercise</u> Bench Press	3 n A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe	10 nultaneously t Between Se er Body Spe	1/2" Band for 3 Sets ts eed	
B Block 4 Order A B	Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass	3 A & B S 1:00 Mi Sets 3 3	x Series Sin nute Res <u>Uppe</u> Reps x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips
B Block 4 Order A B C	Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	3 A & B S 1:00 Mi Sets 3 3 3 3	x Series Sin nute Res Uppe Reps x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
B Block 4 Order A B C D	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u>	3 A & B S 1:00 Mi Sets 3 3 3 3 3 3	x Series Sin nute Res <u>Uppe</u> Reps x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps
B Block 4 Order A B C	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	3 A & B S 1:00 Mi Sets 3 3 3 3 3 3 3 3 3	x Series Sin nute Res <u>Uppe</u> Reps x x x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s	1/2" Band for 3 Sets ts eed Load 65-80%	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute
B Block 4 Order A B C D	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	3 1:00 Mi Sets 3 3 3 3 3 3 5 6 rm A-	x beries Sin nute Res Uppe Reps x x x x x x x x Simulta	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3	1/2" Band for 3 Sets ts eed 65-80%	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
B Block 4 Order A B C D E	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	3 1:00 Mi Sets 3 3 3 3 3 3 5 6 rm A-	x Series Sin nute Res Uppe Reps x x x x x x x Simulta Exercise	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut	1/2" Band for 3 Sets ts ed Load 65-80% 65-80% Sets es between R	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
B Block 4 Order A B C D E Block 5	Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B	3 1:00 Mi Sets 3 3 3 3 3 5 form A- setween	x Series Sin nute Res Uppe Reps x x x x x Simulta E Simulta Exercise	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s	1/2" Band for 3 Sets ts ed Load 65-80% 65-80% Sets es between R	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA 5 Sec Ecc, 3 Reps EA
B Block 4 Order A B C D E Block 5 Order	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u>	3 1:00 Mi Sets 3 3 3 3 3 5 orm A- setween	x Series Sin nute Res Uppe Reps x x x x x Simulta E Simulta Exercise	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration	1/2" Band for 3 Sets ts eed Load 65-80% Sets es between Re peed Load	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA 5 Sec Ecc, 3 Reps EA ounds
B Block 4 Order A B C D E E Block 5 Order A	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u>	3 1:00 Mi Sets 3 3 3 3 3 3 5 orm A- setween Sets 3	x inite Ress Uppe Reps, x x x x x Simulta Exercise Lower x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3x5s	1/2" Band for 3 Sets ts eed Load 65-80% 65-80% Sets es between R peed	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
B Block 4 Order A B C D E E Block 5 Order A B	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	3 1.00 Mi Sets 3 3 3 3 3 3 5 6 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8	x series Sin nute Res Uppe Reps x x x x Simulta Exercise Lower x x x x x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sp /Duration 3x5s 3x5s	1/2" Band for 3 Sets ts eed 65-80% 3 Sets es between Ro peed 65-80%	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
B Block 4 Order A B C D E Block 5 Order A B C	Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	3 1 A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe Reps x x x x Simulta Exercise Lower Reps x x x x x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sj /Duration 3x5s 3x5s 5 s	1/2" Band for 3 Sets ts eed 65-80% 3 Sets es between R peed 65-80% 65-80%	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps
B Block 4 Order A B C D E E Block 5 Order A B	Band Pull-Aparts Perform Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	3 1 A & B S 1:00 Mi Sets 3	x series Sin nute Res Uppe Reps x x x x Simulta Exercise Lower Reps x x x x x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sj /Duration 3x5s 3x5s 5s 20Y	1/2" Band for 3 Sets ts ed Load 65-80% 3 Sets es between Ro Deed Load 65-80% 65-80% Moderate	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA
B Block 4 Order A B C D E Block 5 Order A B C	Band Pull-Aparts Perform <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> <u>DB Common Lunge Matrix</u> <u>SA Farmers Carry</u> Per	3 1:00 Mi Sets 3	x series Sin nute Res Uppe Reps x x x x E Simulta Exercise Lower Reps x x x x C Simulta	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Sj /Duration 3x5s 3x5s 5 s	1/2" Band for 3 Sets ts ed Load 65-80% 3 Sets es between R peed Load 65-80% 65-80% Moderate 3 Sets	Notes 5 Sec Ecc, 3 Reps, % Based on Athlete Use Hips 5 Sec Ecc, 3 Reps EA, Load Glute 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA ounds Notes 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps 5 Sec Ecc, 3 Reps EA

	Triphasic	Lac	rosse	Trainir	ng Manu	ual
Ecce	ntric Hybrid 2-Day E					
Pre	Pre	e-Train	ing, Mu	lti-Dimensi	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warr	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	<u>Safety Bar Split Squat</u>	1,1,1		5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	Glute Wind-Up	6	Х	5 EA		Wind-Up Around Glute
				aneously for (
	25 Seconds Rest B	etween		-		ounds
Block 3				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	x	5 EA		
-				aneously for 3		
	25	5 Second		etween Exerc		
			Lower	Auxiliary S	peed	
Block 4						
Block 4	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Order A	Switch Cycle Lunge	3	х	5s	Load	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL	3	X X	5s 5s		OC-D+1 OC-D+1, EA
Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute	3 3 3	x x x	5s 5s 5s	Load 45-55%	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x X C Simulta	5s 5s 5s aneously for 3	Load 45-55% 3 Sets	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x C Simulta ds Rest B	5s 5s 5s aneously for 3 etween Exerc	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	x x C Simulta ds Rest B	5s 5s 5s aneously for 3	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise	3 3 form A- 5 Second	x x C Simulta ds Rest B Upper	5s 5s aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes
Order A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row	3 3 form A- 5 Second Sets 3	x x C Simulta ds Rest B Upper	5s 5s aneously for 3 etween Exerc Auxiliary S /Duration 5s EA	Load 45-55% 3 Sets cises peed Load Speed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press	3 3 form A- 5 Second Sets 3 3 3	x x C Simulta ds Rest B Upper Reps x x x	5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press	3 3 form A- 5 Second Sets 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x x x	5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	x x C Simulta ds Rest B Upper Reps x x x x C Simulta	5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B	5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C Block 6	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25	3 3 form A- 5 Second Sets 3 3 3 form A- 5 Second	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	5s 5s 5s etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA eneously for 3 etween Exerce Auxiliary S	Load 45-55% 3 Sets ises peed Load Speed 45-55% 3 Sets ises peed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 5 Order A B C B C B C B C B C B C B C B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 25 25 25 25 25 25 25 25 25	3 3 form A- 5 Second Sets 3 3 3 form A- 5 Second Sets	x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps	5s 5s 5s etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive
Order A B C Block 5 Order A B C B C B C B C B C B C B C B C A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls	3 3 form A- 5 Second 3 3 3 3 3 3 6 Second Sets 3 3 5 Second Sets 3 3 3 3 3 3 3 3 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x	5s 5s 5s aneously for 3 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s	Load 45-55% 3 Sets ises peed Load Speed 45-55% 3 Sets ises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C B C B C B C B C B C B C B C B B B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift	3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 6 Second Sets 3 3 3 5 Second Sets 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x	5s 5s 5s aneously for 3 etween Exerc Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerc Auxiliary S /Duration 5s 5s	Load 45-55% 3 Sets ises peed Load Speed 45-55% 3 Sets ises peed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B C Block 5 Order A B C B C B C B C B C B C B C B C A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Cable Rotational Pull to Press Cable Rotational Pull to Press Per	3 3 3 3 form A- 5 5 3 3 3 3 3 6 5 3 3 5 5 5 5 6 5 7 5 7 5 8 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x x x x x x x x x x x x x x x x x	5s 5s 5s etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets ises peed Load Speed 45-55% 3 Sets ises peed Load 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C Block 5 Order A B C B C B C B C B C B C B C B C B B B B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> <u>Cable Rotational Pull to Press</u> Per 25 <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Banded Speed Groin</u> Per	3 3 form A- 5 Second 3 5 Sets 3 3 3 form A- 5 Second 3 5 Sets 3 3 3 5 Second 3 6 Sets 3 3 3 6 Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	x x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x x x C Simulta C Simulta	5s 5s 5s aneously for 3 etween Exerc Auxiliary S /Duration 5s EA 5s 4 EA aneously for 3 etween Exerc Auxiliary S /Duration 5s 5s 5s	Load 45-55% 3 Sets cises peed Load 45-55% 3 Sets cises peed Load 45-55% 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

4.27 Download (Week 39)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- "Peak" athletes for competition

	Triphasic L	.acro	osse	Train	ing Ma	nual	
	Download 2-Day Elite	e Tra	ainin	g Blo	ck Wee	k 39 - Monday	
Pre							
Block 1		Glute	Functio	on Serie	es Warm-Up		
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration Load Notes					
Α	Banded Big Toe Work	1	х	20 EA			
В	Banded Other 4 Toe Work	1	х	20 EA			
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue		
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow	
	Perform A-D as a G	lute Fui	ntion Wa	ırm-Up S	eries Prior to	Training	
Block 2	Block 2 Oxidative Energy System Training						
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
А	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible	
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off		

	Triphasic L	.acro	osse	Trair	ning Ma	nual	
Do	wnload 2-Day Elite	Traiı	ning	Bloc	k Week	39 - Wednesday	
Pre							
Block 1		Glute	Function	on Serie	es Warm-Up	<u>)</u>	
<u>Order</u>	<u>Exercise</u>	Sets Reps/Duration Load Notes					
Α	Banded Big Toe Work	1	х	20 EA			
В	Banded Other 4 Toe Work	1	х	20 EA			
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue		
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow	
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training	
Block 2		Oxidat	ive Ene	ergy Sys	tem Trainin	g	
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes	
Α	Metabolic Sandbell Circuit	1	х	20s		Complete As Many Reps As Possible	
	Perfo	orm A fo	or 1 Set (@ 20s on	10s off		

4.28 Isometric Hybrid Training Block (Weeks 40-42)

As with the previous hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. The isometric muscle action phase is re-addressed in this training block. As always, be adaptable and adjust programming as needed according to each of your athletes.

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Re-address isometric training block adaptations
- "Peak" athletes for competition

	Triphasic	Lacr	rosse	Trainir	ng Manu	Jal
lso	metric Hybrid 2-Day					
<u>Pre</u>	Pre	-Traini	ng, Mu	<mark>lti-Dimens</mark> i	onal Warm	-Up
Block 1			Lower	Body Warr	n-up	
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Hex Bar Deadlift	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Iso, 3 Reps EA
	Perform	n A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	Hex Bar Deadlift	3	х	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Sec Iso, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	3x5s		5 Sec Iso, 3 Reps EA
				aneously for 3		
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			<u>Upper</u>	Body Warr	<u>n-up</u>	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Band Pull-Aparts	3	х	10	1/2" Band	
			orios Cin	· · ·	f = ") C = t =	
				nultaneously		
				hultaneously t Between Se		
Block 4			nute Res		ts	
Block 4			nute Res Uppe	t Between Se	ts	Notes
	<u>Exercise</u> Bench Press	1:00 Min Sets 3	nute Res Uppe	t Between Se er Body Spe	ts ed	Notes 5 Sec Iso, 3 Reps, % Based on Athlete
Order A B	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u>	1:00 Min Sets 3 3	nute Res <u>Uppe</u> Reps	t Between Se er Body Spe /Duration	ts ed Load	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u>	1:00 Min Sets 3 3 3	nute Res <u>Uppe</u> Reps x	t Between Se F Body Spe /Duration 3x5s 5 EA 3x5s	ts ed Load	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
Order A B C D	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u>	1:00 Min Sets 3 3 3 3 3	nute Res <u>Uppe</u> Reps x x x x x x x	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s	ts ed Load	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps
Order A B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	1:00 Mi Sets 3 3 3 3 3 3 3 3 3	nute Res Uppe Reps x x x x x x x x x	t Between Se Pr Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s	ts eed Load 65-80%	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	1:00 Mi Sets 3 3 3 3 form A-	nute Res Uppe Reps x x x x x x E Simulta	t Between Se Provide Set Set Set Set Set Set Set Set Set Se	ts eed Load 65-80% Sets	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D E	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u>	1:00 Mi Sets 3 3 3 3 form A-	nute Res Uppe Reps x x x x x E Simulta Exercise	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s s; 2:00 minut	ts eed Load 65-80% Sets es between R	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	1:00 Mi Sets 3 3 3 3 form A-	nute Res Uppe Reps x x x x x E Simulta Exercise	t Between Se Provide Set Set Set Set Set Set Set Set Set Se	ts eed Load 65-80% Sets es between R	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D E	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	1:00 Mi Sets 3 3 3 3 form A-	nute Res <u>Uppe</u> Reps, x x x x E Simulta Exercise Lower	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s s; 2:00 minut	ts eed Load 65-80% Sets es between R	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D E Block 5	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u>	1:00 Mii Sets 3 3 3 3 3 5 6 orm A- etween Sets 3	nute Res <u>Uppe</u> Reps, x x x x E Simulta Exercise Lower	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s	ts ed Load 65-80% Sets es between R peed	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
Order A B C D E Block 5 Order A B	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	1:00 Mii Sets 3 3 3 3 5 6 orm A- etween Sets 3 3 3	nute Res <u>Uppe</u> <u>Reps</u> x x x x E Simulta Exercise <u>Lower</u> <u>Reps</u>	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 3x5s	ts ed Load 65-80% 3 Sets es between R peed Load	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D E <u>Block 5</u> Order A B B C	<u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Per 25 Seconds Rest B <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> <u>DB Common Lunge Matrix</u>	1:00 Mii Sets 3 3 3 3 5 orm A- etween Sets 3 3 3 3 3 3	nute Res <u>Uppe</u> <u>Reps</u> x x x x E Simulta Exercise <u>Lower</u> <u>Reps</u> x	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Spectrum 3x5s 3x5s 5s	ts ed Load 65-80% 3 Sets es between R peed Load	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
Order A B C D E <u>Block 5</u> <u>Order</u> A B	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	1:00 Mii Sets 3 3 3 3 3 5 orm A etween Sets 3 3 3 3 3 3 3 3 3	nute Res <u>Uppe</u> Reps, x x x x x E Simulta Exercise <u>Lower</u> Reps, x x x x x x x x x x x x x	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5s 20Y	ts ed Load 65-80% 3 Sets es between R peed Load 65-80% 65-80% Moderate	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B C D E Block 5 Order A B B C	Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry Per	1:00 Mi Sets 3 3 3 3 5 form A-l etween Sets 3 3 3 3 3 5 5 5 5 5 5 5 5 5 5 5 5 5	nute Res <u>Uppe</u> <u>Reps</u> x x x x x E Simulta Exercise <u>Lower</u> <u>Reps</u> x x x x C Simulta	t Between Se r Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary Spectrum 3x5s 3x5s 5s	ts ed Load 65-80% 3 Sets es between R peed Load 65-80% 65-80% Moderate 3 Sets	5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA

	Triphasic	Laci	rosse	Traini	ng Manu	ual
Isom	etric Hybrid 2-Day E					
Pre	Pre	e-Traini	ing, Mu	lti-Dimens	ional Warm	- <u>Up</u>
Block 1			Lower	Body War	m-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	<u>Glute Wind-Up</u>	6	х	5 EA		Wind-Up Around Glute
				aneously for		
	25 Seconds Rest B	letween		-		ounds
Block 3				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	Х	5 EA		
				aneously for		
	25	5 Second	ds Rest B	etween Exer	cises	
Block 4				Auxiliary S	<u>peed</u>	
Block 4	Exercise	Sets		Auxiliary S /Duration	peed Load	Notes
Order A	Switch Cycle Lunge	3	Reps x	/Duration 5s	Load	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL	3	Reps x x	/Duration 5s 5s		OC-D+1 OC-D+1, EA
Order A	Switch Cycle Lunge DB SL RDL Banded Speed Glute	3 3 3	Reps x x x x	/Duration 5s 5s 5s	Load 45-55%	OC-D+1
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x x C Simulta	/Duration 5s 5s 5s aneously for	Load 45-55% 3 Sets	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x x C Simulta ds Rest B	/Duration 5s 5s 5s aneously for etween Exerc	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per	3 3 3 form A-	Reps x x x C Simulta ds Rest B	/Duration 5s 5s 5s aneously for	Load 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA
Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise	3 3 form A- 5 Second	Reps x x C Simulta ds Rest B Upper	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes
Order A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row	3 3 form A- 5 Second Sets 3	Reps x x C Simulta ds Rest B Upper	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA	Load 45-55% 3 Sets cises peed Load Speed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press	3 3 form A- 5 Second Sets 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s	Load 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 <u>Order</u> A	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press	3 3 form A- 5 Second Sets 3 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x x x x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	Load 45-55% 3 Sets cises peed Load Speed 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x x C Simulta x C Simulta x x </th <th>/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce</th> <th>Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises</th> <th>OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1</th>	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per	3 3 form A- 5 Second Sets 3 3 3 3 form A-	Reps x x C Simulta ds Rest B Upper Reps x x C Simulta x C Simulta x x </th <th>/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for</th> <th>Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises</th> <th>OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1</th>	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1
Order A B C Block 5 Order A B C Block 6 C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 25 25 25 25 25 25 25 25 25	3 3 form A- 5 Second Sets 3 3 3 form A- 5 Second Sets	Reps x x C Simulta ds Rest B Upper Reps x x x C Simulta x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
Order A B C Block 5 Order A B C Block 6 C Block 6	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls	3 3 3 form A- 5 Second 3 3 3 3 3 6 Second 5 Second 3 3 3 3 3 3 5 Second Sets 3 3	Reps x x C Simulta ds Rest B Upper Reps x x x x x x x x x x x x x x x x x C Simulta ds Rest B Lower x x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed Load	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C C Block 5 Order A B C Block 6 C Block 6 C C Block 6 B C B B C B B C B B C B B C B C C C C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift	3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 6 Second Sets 3 3 3 5 Second Sets 3 3 3 3 3	Reps x x C Simulta ds Rest B Upper Reps x	/Duration 5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% 3 Sets cises peed	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Order A B C Block 5 Order A B C Block 6 C Block 6	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press <u>Cable Rotational Pull to Press</u> Per 25 <u>Exercise</u> Banded Hip Flexor Pulls <u>Glute Ham Bar Lift</u> Banded Speed Groin	3 3 form A- 5 5 Second Sets 3 3 3 6 Second Sets 3 3 3 6 Second Sets 3 3 3 5 Second Sets 3 3 3 3 3 3 3	Reps x x c Simulta ds Rest B Upper Reps x x x c Simulta x	/Duration 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	Load 45-55% 3 Sets cises peed 45-55% 3 Sets cises peed Load 45-55%	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Order A B C C Block 5 Order A B C Block 6 C Block 6 C C Block 6 B C B B C B B C B B C B B C B C C C C	Switch Cycle Lunge DB SL RDL Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin Per	3 3 form A- 5 5 Second 3 3 3 3 6 Sets 5 Second 5 Second 5 3 3 3 5 Second 5 Second 6 Sets 3 3 3 3 3 3 3 3 3 3 6 Sets	Reps x x C Simulta ds Rest B Upper Reps x x C Simulta x	/Duration 5s 5s 5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s	Load 45-55% 3 Sets cises peed Load Speed 45-55% Sets cises peed Load 45-55% 3 Sets 3 Sets	OC-D+1 OC-D+1, EA Reactive-AMAP/Push-Pull-EA Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasic	Laci	rosse	Trainir	ng Manu	Jal
lso	metric Hybrid 2-Day	/ Elit	e Tra	ining B	lock We	ek 41 - Monday
Pre	<u>Pre</u>	e-Traini	ing, Mu	<u>lti-Dimensi</u>	onal Warm	<u>-Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Hex Bar Deadlift	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Iso, 3 Reps EA
	Perform	1 A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ts	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Hex Bar Deadlift</u>	3	х	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
C	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Iso Ecc, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	3x5s		5 Sec Iso, 3 Reps EA
				aneously for 3		
	25 Seconds Rest B	letween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			<u>Upper</u>	Body Warr	<u>n-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A .	Bench Press	1,1,1	х	5,3,3	50-80%	
A		1,1,1	^	3,3,3		Warm-Up
A B	Band Pull-Aparts	3	x	10	1/2" Band	Warm-Up
	Band Pull-Aparts Perform	3 n A & B S	x Series Sin	10 nultaneously	1/2" Band for 3 Sets	Warm-Up
	Band Pull-Aparts Perform	3 n A & B S	x Series Sin	10	1/2" Band for 3 Sets	Warm-Up
	Band Pull-Aparts Perform	3 n A & B S	x Series Sin nute Res	10 nultaneously	1/2" Band for 3 Sets ts	Warm-Up
В	Band Pull-Aparts Perform	3 n A & B S	x Series Sin nute Res Uppe	10 nultaneously t Between Se	1/2" Band for 3 Sets ts	Notes
B Block 4	Band Pull-Aparts Perform <u>Exercise</u> Bench Press	3 n A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe	10 nultaneously t Between Se er Body Spe /Duration 3x5s	1/2" Band for 3 Sets ts eed	
B Block 4 Order A B	Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass	3 A & B S 1:00 Mi Sets 3 3	x Series Sin nute Res Uppe Reps	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips
B Block 4 Order A B C	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	3 A & B S 1:00 Mi Sets 3 3 3 3	x Series Sin nute Res Uppe Reps x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
B Block 4 Order A B C D	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	3 A & B S 1:00 Mi Sets 3 3 3 3 3 3 3 3 3 3	x Series Sin nute Res <u>Uppe</u> Reps x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s	1/2" Band for 3 Sets ts eed Load	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps
B Block 4 Order A B C	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	3 A & B S 1:00 Mi Sets 3 3 3 3 3 3 3 3 3 3	x Series Sin nute Res Uppe Reps x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s	1/2" Band for 3 Sets ts eed Load 65-80%	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
B Block 4 Order A B C D	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	3 1 A & B S 1:00 Mi Sets 3	x Series Sin nute Res <u>Uppe</u> Reps x x x x x x x x Simulta	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3	1/2" Band for 3 Sets eed Load 65-80%	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
B Block 4 Order A B C D E	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	3 1 A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe Reps x x x x x E Simulta Exercise	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut	1/2" Band for 3 Sets ts eed 65-80% 65-80% 8 Sets es between R	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
B Block 4 Order A B C D	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	3 1:00 Mi Sets 3 3 3 3 3 5 orm A- setween	x Series Sin nute Res Uppe Reps x x x x x E Simulta Exercise	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3	1/2" Band for 3 Sets ts eed 65-80% 65-80% 8 Sets es between R	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
B Block 4 Order A B C D E	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise	3 1:00 Mi Sets 3 3 3 3 3 5 orm A- setween	x Series Sin nute Res Uppe Reps x x x x x E Simulta Exercise Lower	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration	1/2" Band for 3 Sets ts eed 65-80% 65-80% 8 Sets es between R	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes
B Block 4 Order A B C D E E Block 5 Order A	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift	3 1 A & B S 1:00 Mi Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 4 5 6 Setween Sets 3	x Series Sin nute Res Uppe Reps x x x x x E Simulta Exercise Lower	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s	1/2" Band for 3 Sets ts Load 65-80% Sets ses between R peed	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
B Block 4 A B C D E Block 5 Order A B	Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	3 1 A & B S 1:00 Mi Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 4 5 3 3 3 3 3 3 3 3 3 3 3 3 3	x Series Sin nute Res Reps x x x x x E Simulta Exercise Lower Reps	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s	1/2" Band for 3 Sets eed Load 65-80% 3 Sets ees between R peed Load 65-80%	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
B Block 4 Order A B C D E E Block 5 Order A B C	Band Pull-Aparts Perform Perform Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	3 1 A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe Reps x x x x Simulta Esercise Lower Reps x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5s	1/2" Band for 3 Sets ts eed 65-80% 3 Sets es between R peed 65-80% 65-80%	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
B Block 4 A B C D E Block 5 Order A B	Band Pull-Aparts Perform Perform Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	3 1 A & B S 1:00 Mi Sets 3	x Series Sin nute Res Uppe Reps x x x Simulta Exercise Lower Reps x x x x x x x x x x x x x x x x x x x	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s	1/2" Band for 3 Sets tts eed 65-80% 3 Sets tes between R peed 65-80% 65-80% Moderate	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
B Block 4 Order A B C D E Block 5 Order A B C	Band Pull-Aparts Perform Perform Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry Per	3 1:00 Mi Sets 3	x Series Sin nute Res Reps x x x x E Simulta Exercise Lower Reps x x x x x C Simulta	10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5s	1/2" Band for 3 Sets ts eed 65-80% 3 Sets es between R peed Load 65-80% 65-80% Moderate 3 Sets	Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA

	Triphasic	Lac	rosse	Trainir	ng Mani	ual
Isom	netric Hybrid 2-Day E					
Pre	<u>Pre</u>	-Train	ing, Mu	lti-Dimens	ional Warm	<u>-Up</u>
Block 1			Lower	Body Warı	<u>m-up</u>	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	<u>Glute Wind-Up</u>	6	Х	5 EA		Wind-Up Around Glute
				aneously for		
	25 Seconds Rest B	etween		-		ounds
Block 3				er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	Х	5		
C	Delt Bent Over OH Rebound Drop	3	х	5 EA		
				neously for		
	25	5 Second		etween Exer		
Block 4			Lower	<u>Auxiliary S</u>	<u>peed</u>	
<u>Order</u>	<u>Exercise</u>	Sets	-	/Duration	Load	Notes
Α	Switch Cycle Lunge	3	Х	5s		OC-D+1
				5s	45-55%	OC-D+1, EA
В	<u>DB SL RDL</u>	3	Х		13 3370	
B C	Banded Speed Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA
_	Banded Speed Glute Per	3 form A-	x C Simulta	5s aneously for	3 Sets	Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute Per	3 form A-	x C Simulta ds Rest B	5s aneously for etween Exerc	3 Sets cises	Reactive-AMAP/Push-Pull-EA
_	Banded Speed Glute Per	3 form A- 5 Second	x C Simulta ds Rest B Upper	5s aneously for etween Exerc Auxiliary S	3 Sets cises	Reactive-AMAP/Push-Pull-EA
C	Banded Speed Glute Per 25 <u>Exercise</u>	3 form A- 5 Second Sets	x C Simulta ds Rest B Upper	5s aneously for etween Exerc Auxiliary S /Duration	3 Sets cises peed Load	Notes
C Block 5 Order A	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row	3 form A- 5 Second Sets 3	x C Simulta ds Rest B Upper	5s aneously for etween Exerce Auxiliary S /Duration 5s EA	3 Sets cises peed Load Speed	Notes Reactive-AMAP/Push-Pull
C Block 5 Order A B	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press	3 form A- 5 Second Sets 3 3 3	x C Simulta ds Rest B Upper Reps x x x	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s	3 Sets cises peed Load	Notes Reactive-AMAP/Push-Pull OC-D+1
C Block 5 Order A	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row <u>DB Shoulder Press</u> Cable Rotational Pull to Press	3 form A- 5 Second Sets 3 3 3 3	X C Simulta ds Rest B Upper Reps X X X X	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	3 Sets Cises peed Load Speed 45-55%	Notes Reactive-AMAP/Push-Pull
C Block 5 Order A B	Banded Speed Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	X C Simulta ds Rest B Upper Reps X X X C Simulta	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	3 Sets cises peed Load Speed 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1
C Block 5 Order A B C	Banded Speed Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	X C Simulta ds Rest B Upper Reps X X C Simulta ds Rest B	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
C Block 5 Order A B	Banded Speed Glute Per 25 <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	X C Simulta ds Rest B Upper Reps X X C Simulta ds Rest B	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
C Block 5 Order A B C	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u>	3 form A- 5 Second 3 3 3 form A-	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	5s aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
C Block 5 Order A B C Block 6 Order A	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls	3 form A- 5 Second 3 3 3 3 form A- 5 Second Sets 3	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	5s aneously for 2 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s	3 Sets cises peed Speed 45-55% 3 Sets cises peed Load	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
C Block 5 Order A B C Block 6 Order A B B	Banded Speed Glute Per 25 <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Per 25 <u>Exercise</u> Banded Hip Flexor Pulls Glute Ham Bar Lift	3 form A- 5 Second 3 3 3 3 form A- 5 Second Sets 3 3 3 3	x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B Lower Reps x x x	5s aneously for 2 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	3 Sets cises peed Load Speed 45-55% 3 Sets cises peed	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
C Block 5 Order A B C Block 6 Order A	Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin	3 form A- 5 Second 3 3 3 3 5 Sets 5 Second Sets 3 3 3 3 3 3 3 3 3 3 3 3	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x x	5s aneously for 2 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for 2 etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	3 Sets cises peed Load Speed 45-55% 3 Sets cises peed Load 45-55%	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
C Block 5 Order A B C B Block 6 Order A B	Banded Speed Glute Per 25 Exercise Split Stance Cable Rotational Row DB Shoulder Press Cable Rotational Pull to Press Cable Rotational Pull to Press Per 25 Exercise Banded Hip Flexor Pulls Glute Ham Bar Lift Banded Speed Groin Per	3 form A-5 5 Second 3 3 6 Sets 3 6 Second 5 Second 3 6 form A-	x C Simulta ds Rest B Upper Reps x x C Simulta ds Rest B C Simulta x x x C Simulta	5s aneously for 2 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	3 Sets cises peed Speed 45-55% 3 Sets cises peed Load 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

	Triphasic	Laci	rosse	Trainir	ng Manu	ual
lso	metric Hybrid 2-Day					
<u>Pre</u>	Pre	-Traini	ng, Mu	<mark>lti-Dimens</mark> i	ional Warm	-Up
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	5 Sec Iso, 3 Reps EA
	Perform	n A & B S	Series Sin	nultaneously	for 3 Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Hex Bar Deadlift	3	х	3x5s	65-80%	5 Sec Iso, 3 Reps, % Based on Athlete
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
С	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		5 Sec Iso, EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	3x5s		5 Sec Iso, 3 Reps EA
				aneously for a		
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	tes between R	ounds
Block 3			Unner	Body Warr	n-un	
			<u>obbci</u>	bou, man	<u>n-up</u>	
Order	Exercise	Sets		/Duration	Load	Notes
Order A	Bench Press	1,1,1		/Duration 5,3,3	Load 50-80%	Notes Warm-Up
Order	Bench Press Band Pull-Aparts	1,1,1 3	Reps, x x	/Duration 5,3,3 10	Load 50-80% 1/2" Band	
Order A	Bench Press Band Pull-Aparts Perform	1,1,1 3 n A & B S	Reps x x Series Sin	/Duration 5,3,3 10 nultaneously	Load 50-80% 1/2" Band for 3 Sets	
Order A B	Bench Press Band Pull-Aparts Perform	1,1,1 3 n A & B S	Reps x x Series Sin	/Duration 5,3,3 10	Load 50-80% 1/2" Band for 3 Sets	
Order A	Bench Press Band Pull-Aparts Perform	1,1,1 3 n A & B S	Reps, x x Series Sin nute Res	/Duration 5,3,3 10 nultaneously	Load 50-80% 1/2" Band for 3 Sets ets	
Order A B	Bench Press Band Pull-Aparts Perform	1,1,1 3 n A & B S	Reps x x Series Sin nute Res Uppe	/Duration 5,3,3 10 nultaneously t Between Se	Load 50-80% 1/2" Band for 3 Sets ets	
Order A B B Block 4	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press	1,1,1 3 A & B S 1:00 Min Sets 3	Reps x x Series Sin nute Res Uppe	/Duration 5,3,3 10 hultaneously t Between Se er Body Spe	Load 50-80% 1/2" Band for 3 Sets ets	Warm-Up
Order A B B Block 4 Order A B	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass	1,1,1 3 A & B S 1:00 Min Sets 3 3 3	Reps x x series Sin nute Res <u>Uppe</u> Reps	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA	Load 50-80% 1/2" Band for 3 Sets ets eed Load	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips
Order A B B Block 4 Order A B C	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	1,1,1 3 A & B S 1:00 Min Sets 3 3 3 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s	Load 50-80% 1/2" Band for 3 Sets ets eed Load	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
Order A B B B Order A B C D	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	1,1,1 3 A & B S 1:00 Min Sets 3 3 3 3 3 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets ets eed Load	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps
Order A B B B Order A B C	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 A & B S 1:00 Min Sets 3 3 3 3 3 <td>Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x x x x x</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s</td> <td>Load 50-80% 1/2" Band for 3 Sets ets eed Load 65-80%</td> <td>Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute</td>	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets ets eed Load 65-80%	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute
Order A B B B Order A B C D	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per	1,1,1 3 A & B S 1:00 Min Sets 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x x x x Simulta	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets eed Load 65-80% 3 Sets	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B B B Order A B C D E	Bench Press Band Pull-Aparts Perform <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 A & B S 1:00 Min Sets 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x x x Simulta Exercise	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s aneously for 3 s; 2:00 minut	Load 50-80% 1/2" Band for 3 Sets ets eed Load 65-80% 3 Sets es between R	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B B B Order A B C D E Block 5	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B	1,1,1 3 A & B S 1:00 Min Sets 3 6 wetween	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x x E Simulta Exercise Lower	/Duration 5,3,3 10 hultaneously t Between Se Pr Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets ets eed Load 65-80% 3 Sets es between R	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B B Order A B C D E Block 5 Order	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise	1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,1,1 3 1,10 Million Sets 3 3 3 3 3 6 Form A-letween Sets Sets	Reps, x Series Sin nute Res Uppe Reps, x x x x x x E Simulta Exercise Lower	/Duration 5,3,3 10 hultaneously t Between Se Pr Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets eed Load 65-80% 3 Sets tes between Re peed Load	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes
Order A B B Order A B C D E Block 5 Order	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift	1,1,1 3 A & B S 1:00 Min Sets 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 6orm A- etween Sets 3	Reps, x Series Sin nute Res Uppe Reps, x x x x x x E Simulta Exercise Lower	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s	Load 50-80% 1/2" Band for 3 Sets eed Load 65-80% 3 Sets es between Ro peed	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
Order A B B Order A B C D E Block 5 Order A B	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	1,1,1 3 1:00 Min Sets 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x Simulta Exercise Lower Reps, x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s	Load 50-80% 1/2" Band for 3 Sets eed Load 65-80% 3 Sets tes between Re peed Load 65-80%	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B Block 4 Order A B C D E Order A B C D E Order A B C D E A B C B C C	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	1,1,1 3 A & B S 1:00 Min Sets 3 <td>Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x Simulta Exercise Lower Reps, x x x x x x x x x x x x x x x x x x x</td> <td>/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5 S</td> <td>Load 50-80% 1/2" Band for 3 Sets ed Load 65-80% 3 Sets tes between Re peed Load 65-80% 65-80%</td> <td>Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps</td>	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x Simulta Exercise Lower Reps, x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5 S	Load 50-80% 1/2" Band for 3 Sets ed Load 65-80% 3 Sets tes between Re peed Load 65-80% 65-80%	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps
Order A B B Order A B C D E Block 5 Order A B	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry	1,1,1 3 A & B S 1:00 Mi Sets 3	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x Simulta Exercise Lower Reps, x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5 s 20Y	Load 50-80% 1/2" Band for 3 Sets ed Load 65-80% 3 Sets tes between Re peed Load 65-80% 65-80% Moderate	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA
Order A B Block 4 Order A B C D E Order A B C D E Order A B C D E Order A B C C C	Bench Press Band Pull-Aparts Perform Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Per 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix SA Farmers Carry Per	1,1,1 3 1.00 Mi Sets 3 <	Reps, x series Sin nute Res <u>Uppe</u> Reps, x x x x x Simulta Exercise Lower Reps, x x x x Simulta C Simulta	/Duration 5,3,3 10 nultaneously t Between Se er Body Spe /Duration 3x5s 5 EA 3x5s 3x5s 3x5s 3x5s 3x5s s; 2:00 minut Auxiliary S /Duration 3x5s 3x5s 5 S	Load 50-80% 1/2" Band for 3 Sets ed Load 65-80% 3 Sets tes between Re peed Load 65-80% 65-80% Moderate 3 Sets	Warm-Up Notes 5 Sec Iso, 3 Reps, % Based on Athlete Use Hips 5 Sec Iso, 3 Reps EA, Load Glute 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA ounds Notes 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps 5 Sec Iso, 3 Reps EA

	Triphasic	Laci	rosse	Trainir	ng Mani	ual
Isom	etric Hybrid 2-Day I					
Pre	Pre	e-Traini	ing, Mu	lti-Dimens	ional Warm	- <u>Up</u>
Block 1			Lower	Body Warı	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
А	<u>Safety Bar Split Squat</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
	Perfo	orm A as	a Warm	-Up for Heav	ier Sets	
		1:00 Mi	nute Res	t Between Se	ets	
Block 2				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	Drop Jump DB Split Squat	6	х	2 EA	45-55%	Drop into Position and Explode Out
В	<u>Glute Wind-Up</u>	6	х	5 EA		Wind-Up Around Glute
				aneously for		
	25 Seconds Rest B	letween		-		ounds
Block 3				er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
Α	<u>Chin-Up</u>	3	х	5s		OC-D+1
В	MB OH Slams	3	х	5		
С	Delt Bent Over OH Rebound Drop	3	х	5 EA		
				aneously for		
	25	5 Second		etween Exer		
Block 4				Auxiliary S	<u>peed</u>	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	Switch Cycle Lunge	3	х	5s	-	OC-D+1
В	DB SL RDL	3	х	5s	45-55%	OC-D+1, EA
		-			10 0070	
С	Banded Speed Glute	3	х	5s		Reactive-AMAP/Push-Pull-EA
С	Per	3 form A-	x C Simulta	aneously for 3	3 Sets	Reactive-AMAP/Push-Pull-EA
	Per	3 form A-	x C Simulta Is Rest B	aneously for etween Exerc	3 Sets cises	Reactive-AMAP/Push-Pull-EA
C Block 5	Per	3 form A-	x C Simulta Is Rest B	aneously for 3	3 Sets cises	Reactive-AMAP/Push-Pull-EA
	Per 2: <u>Exercise</u>	3 form A- 5 Second	x C Simulta ds Rest B Upper	aneously for etween Exerc	3 Sets cises	Notes
Block 5 Order A	Per 2: <u>Exercise</u> Split Stance Cable Rotational Row	3 form A- 5 Second Sets 3	x C Simulta Is Rest B Upper Reps x	aneously for etween Exerce Auxiliary S /Duration 5s EA	3 Sets cises peed Load Speed	Notes Reactive-AMAP/Push-Pull
Block 5 Order A B	Per 2! <u>Exercise</u> Split Stance Cable Rotational Row DB Shoulder Press	3 form A- 5 Second Sets 3 3	x C Simulta ds Rest B Upper Reps x x x	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s	3 Sets cises peed Load	Notes Reactive-AMAP/Push-Pull OC-D+1
Block 5 Order A	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u>	3 form A- 5 Second Sets 3 3 3 3	x C Simulta ds Rest B Upper Reps x x x x	aneously for a etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA	3 Sets cises peed Load Speed 45-55%	Notes Reactive-AMAP/Push-Pull
Block 5 Order A B	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	x C Simulta ds Rest B Upper Reps x x x x C Simulta	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	3 Sets cises peed Load Speed 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1
Block 5 Order A B C	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B	aneously for a etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
Block 5 Order A B	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per	3 form A- 5 Second 3 3 3 form A-	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1
Block 5 Order A B C	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u>	3 form A- 5 Second 3 3 3 form A- 5 Second Second	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	aneously for a etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce	3 Sets cises peed Load Speed 45-55% 3 Sets cises	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes
Block 5 Order A B C Block 6 Order A	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u>	3 form A- 5 Second 3 3 3 5 Sets 5 Second 5 Second 5 Sets 3	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s	3 Sets cises peed Speed 45-55% 3 Sets cises peed Load	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Block 5 Order A B C Block 6 Order A B	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u>	3 form A- 5 Second 3 3 3 3 form A- 5 Second Sets 3 3 3 3	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	3 Sets cises peed Load Speed 45-55% 3 Sets cises peed	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1
Block 5 Order A B C Block 6 Order A	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Banded Speed Groin</u>	3 form A- 5 Second 3 3 3 3 form A- 5 Second Sets 3 3 3 3 3 3 3 3 3	x C Simulta ds Rest B Upper Reps x x x C Simulta ds Rest B Lower Reps x x x x	aneously for 2 etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s 5s 5s	3 Sets cises peed 45-55% 3 Sets cises peed Load 45-55%	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA
Block 5 Order A B C Block 6 Order A B	Per 2: <u>Exercise</u> <u>Split Stance Cable Rotational Row</u> <u>DB Shoulder Press</u> <u>Cable Rotational Pull to Press</u> Per 2: <u>Exercise</u> <u>Banded Hip Flexor Pulls</u> <u>Glute Ham Bar Lift</u> <u>Banded Speed Groin</u> Per	3 form A 5 Second 3 3 3 6 Sets 3 6 Second Sets 3 6 form A	x C Simulta ds Rest B Upper Reps x C Simulta ds Rest B Lower Reps x x x C Simulta	aneously for etween Exerce Auxiliary S /Duration 5s EA 5s 4 EA aneously for etween Exerce Auxiliary S /Duration 5s 5s	3 Sets cises peed 45-55% 3 Sets cises peed Load 45-55% 3 Sets	Notes Reactive-AMAP/Push-Pull OC-D+1 Low to High, Violent Hip Drive Notes Reactive-AMAP/Push-Pull-EA OC-D+1

4.29 Download (Week 43)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- "Peak" athletes for competition

	Triphasic Lacrosse Training Manual							
Download 2-Day Elite Training Block Week 43 - Monday								
Pre	Pre-T	rainin	g, Mult	i-Dime	nsional War	m-Up		
Block 1		Glute	Functio	on Serie	es Warm-Up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	irm-Up S	eries Prior to	Training		
Block 2	<u>[</u>	Oxidat	ive Ene	rgy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible		
	Perfo	orm A fo	or 1 Set (a 20s on	15s off			

	Triphasic L	.acro	osse	Trair	ning Ma	nual		
Download 2-Day Elite Training Block Week 43 - Wednesday								
Pre	Pre-T	'rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	<u>m-Up</u>		
Block 1		Glute	Function	on Serie	es Warm-Up	<u>)</u>		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training		
Block 2	<u>(</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Metabolic Sandbell Circuit	1	х	20s		Complete As Many Reps As Possible		
	Perfc	orm A fo	or 1 Set (@ 20s on	10s off			

4.30 Hybrid Training Block (Weeks 44-45)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes.

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- "Peak" athletes for competition

	Triphasio	: Lac	rosse	e Traini	ng Man	ual
	Hybrid 2-Day Elite	e Tra	inin	g Block	Week 4	4 - Monday
<u>Pre</u>	Pr	e-Train	ing, M	ulti-Dimens	sional Warm	<u>1-Up</u>
Block 1			Lowe	r Body War	m-up	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA
	Perforr			multaneousl		
		1:00 M	inute Re	st Between S	Sets	
Block 2			Low	er Body Sp	eed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	Hex Bar Deadlift	3	х	7s	65-80%	Reactive-AMAP/Push-Pull, No Floor Touch
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	7s		Reactive-AMAP/Push-Pull-EA
				taneously for		
	25 Seconds Rest I	Betweer	n Exercis	es; 2:00 minı	utes between	Rounds
Block 3			Uppe	r Body War	m-un	
					<u>m ap</u>	
<u>Order</u>	<u>Exercise</u>	Sets		/Duration	Load	Notes
<u>Order</u> A	<u>Exercise</u> Bench Press	1,1,1		/Duration 5,3,3	Load 50-80%	Notes Warm-Up
	Bench Press Band Pull-Aparts	1,1,1 3	Reps x x	/Duration 5,3,3 10	Load 50-80% 1/2" Band	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si	/Duration 5,3,3 10 multaneousl	Load 50-80% 1/2" Band y for 3 Sets	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si	/Duration 5,3,3 10	Load 50-80% 1/2" Band y for 3 Sets	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si inute Re	/Duration 5,3,3 10 multaneousl	Load 50-80% 1/2" Band y for 3 Sets Sets	
A B	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si inute Re <u>Upp</u>	/Duration 5,3,3 10 multaneousl st Between S	Load 50-80% 1/2" Band y for 3 Sets Sets	
A B B Block 4	<u>Bench Press</u> Band Pull-Aparts Perforr	1,1,1 3 n A & B 1:00 M	Reps x x Series Si inute Re <u>Upp</u>	/Duration 5,3,3 10 multaneousl st Between S er Body Sp	Load 50-80% 1/2" Band y for 3 Sets sets eeed	Warm-Up
A B Block 4 <u>Order</u> A B	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass	1,1,1 3 n A & B 1:00 M Sets 3 3	Reps x x Series Si inute Re <u>Upp</u> Reps	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration	Load 50-80% 1/2" Band y for 3 Sets sets eed Load	Warm-Up Notes
A B Block 4 Order A B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3	Reps x Series Si inute Re Upp Reps x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s	Load 50-80% 1/2" Band y for 3 Sets sets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute
A B B C D D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3	RepsxSeries Siinute ReUppRepsxxxxxxx	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets sets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull
A B B Block 4 Order A B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 3	RepsxSeries Siinute ReUppRepsxxxxxxxxxxxxxxxxx	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s 7s	Load 50-80% 1/2" Band y for 3 Sets sets eed Load 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute
A B B C D D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	Reps x Series Si inute Re Upp Reps x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s 7s caneously for	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B C D E B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minutes r Auxiliary S	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C C D E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E B B C D E B B C C D C C D C C D C C C D C C C C C	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift	1,1,1 3 n A & B 1:00 M Sets 3 Setween Sets 3	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu Auxiliary S /Duration 7s	Load 50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between Speed	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E B B C D E B D E D E D B C D B C D B B C B B C B B C B B B B	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I <u>Exercise</u> Glute Ham Bar Lift Bench Groin	1,1,1 3 n A & B 1:00 M Sets 3 3 3 <	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets utes between Speed Load 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E B B C C D E B B C C B C C C C C C C C C C C C C C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	1,1,1 3 n A & B 1:00 M Sets 3	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu Auxiliary S /Duration 7s 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% 3 Sets utes between Speed Load 65-80% 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA
A B B Order A B C D E E B B B C C D E C D C C D C C D C C D C C D B C C D B C C D B C C D B C C C C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix Contra. Glute Ham + DB Row	1,1,1 3 n A & B 1:00 M Sets 3 3 3 <	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eeed Load 65-80% Jtes between Speed Load 65-80% Load 65-80% Light	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E B B C D E B D E D C D C C C C C C C C C C C C C C C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix Contra. Glute Ham + DB Row Pe	1,1,1 3 n A & B 1:00 M Sets 3	Reps x Series Si inute Re Upp Reps x x x x x x x x E Simuli n Exercis Lowel x x x x x x x c Simuli	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu Auxiliary S /Duration 7s 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eets eeed Load 65-80% 4 5 5 5 6 5 6 5-80% 6 5-80% 6 5-80% Load 6 5-80% Light 3 Sets	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA

	Triphasic	Lacr	rosse	Trainir	ng Mani	ual
	Hybrid 2-Day Elite T	rain	ing B	Block W	eek 44	- Wednesday
Pre	<u>Pre</u>	-Traini	ng, Mu	lti-Dimensi	ional Warm	- <u>Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
				nultaneously		
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	eed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	5s		Reactive-AMAP/Push-Pull-EA
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
С	Speed Skater Jumps	3	х	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	х	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	х	4 EA		Wind-Up Around Glute
	Per	form A-0	G Simulta	aneously for 3	3 Sets	
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Uppe	er Body Spe	eed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	<u>Chin-Up</u>	3	х	5s	35-40%	Reactive-AMAP/Push-Pull
В	MB OH Slams	3	х	5		
С	Split Stance Cable Rotational Row	3	х	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	3	х	5s		Reactive-AMAP/Push-Pull-EA
	Per	form A-I) Simulta	aneously for 3	3 Sets	
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 4			Lower	Auxiliary S	peed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	Switch Cycle Lunge	3	x	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
С	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Per	form A-I) Simulta	aneously for 3	3 Sets	
	25	Second	ls Rest B	etween Exerc	cises	

	Triphasio	: Lac	ross	e Traini	ng Man	ual
	Hybrid 2-Day Elite	e Tra	inin	g Block	Week 4	5 - Monday
<u>Pre</u>	Pr	e-Train	ing, M	ulti-Dimens	sional Warm	<u>1-Up</u>
Block 1			Lowe	r Body War	m-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
A	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Band Work	3	х	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA
	Perforr			multaneously		
		1:00 M	inute Re	st Between S	ets	
Block 2			Low	er Body Sp	eed	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
Α	<u>Hex Bar Deadlift</u>	3	х	7s	65-80%	Reactive-AMAP/Push-Pull, No Floor Touch
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
С	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg
G	<u>Bench Glute</u>	3	х	7s		Reactive-AMAP/Push-Pull-EA
				taneously for		
	25 Seconds Rest I	Betweer	า Exercis	es; 2:00 minu	utes between	Rounds
Block 3			Uppe	r Body War	m-up	
Order	E	Cata		/Duration		
UNUCI	<u>Exercise</u>	Sets	керз	/Duration	Load	Notes
A	<u>Exercise</u> Bench Press	1,1,1	x x	5,3,3	50-80%	Notes Warm-Up
	Bench Press Band Pull-Aparts	1,1,1 3	x x	5,3,3 10	50-80% 1/2" Band	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	x x Series Si	5,3,3 10 multaneousl	50-80% 1/2" Band y for 3 Sets	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	x x Series Si	5,3,3 10	50-80% 1/2" Band y for 3 Sets	
A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	x x Series Si inute Re	5,3,3 10 multaneousl	50-80% 1/2" Band y for 3 Sets iets	
A B	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	x x Series Si inute Re <u>Upp</u>	5,3,3 10 multaneoush st Between S	50-80% 1/2" Band y for 3 Sets iets	
A B B Block 4	Bench Press Band Pull-Aparts Perforr	1,1,1 3 n A & B 1:00 M	x x Series Si inute Re <u>Upp</u>	5,3,3 10 multaneousl st Between S eer Body Sp	50-80% 1/2" Band y for 3 Sets ets eed	Warm-Up
A B B Block 4 Order A B	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass	1,1,1 3 n A & B 1:00 M Sets 3 3 3	x Series Si inute Re <u>Upp</u> Reps	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA	50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips
A B Block 4 Order A B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3	x Series Si inute Re <u>Upp</u> Reps x x x x	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s	50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute
A B B C D D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3	x Series Si inute Re <u>Upp</u> Reps x x x x x x	5,3,3 10 multaneousl st Between S eer Body Sp /Duration 7s 5 EA 7s 7s 7s	50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull
A B Block 4 Order A B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 3 3 3 3	x Series Si inute Re <u>Upp</u> Reps x x x x x x x x x	5,3,3 10 multaneousl st Between S eer Body Sp /Duration 7s 5 EA 7s 7s 7s 7s 7s	50-80% 1/2" Band y for 3 Sets ets eed Load 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute
A B B C D D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	x Series Si inute Re <u>Upp</u> Reps x x x x x x x x x x z	5,3,3 10 multaneousl st Between S eer Body Sp /Duration 7s 5 EA 7s 7s 7s 7s taneously for	50-80% 1/2" Band y for 3 Sets ets eed Load 65-80% 3 Sets	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	x Series Si inute Re <u>Upp</u> Reps x x x x x -E Simuli n Exercis	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s taneously for es; 2:00 minu	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B C D D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis Lowe	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B Block 4 Order A B C D E E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 3 3 3 3 3 3 3 7 5 7 5 7 7 8	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis Lowe	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s taneously for es; 2:00 minu	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B Block 4 Order A B C D E E Block 5	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I	1,1,1 3 n A & B 1:00 M Sets 3	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis Lowe	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between Speed	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B Order A B C D E E B B B C C D E C D C C D C C D C C D C C D B C C D B C C D B C C D B C C C C	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin	1,1,1 3 n A & B 1:00 M Sets 3	x Series Si inute Re Upp Reps x x x x x x -E Simuli n Exercis Lowel Reps	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 7s	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between Speed Load 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E B B C C D E B B C C B C C C C C C C C C C C C C C	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix	1,1,1 3 n A & B 1:00 M Sets 3 3 3 <	x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets utes between Speed Load 65-80% 65-80%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA
A B B Order A B C D E E B B B C C D E C D C C D C C D C C C D C C C D C C C D C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Banded Cuban Press Pe 25 Seconds Rest I <u>Exercise</u> Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix Contra. Glute Ham + DB Row	1,1,1 3 n A & B 1:00 M Sets 3	x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	5,3,3 10 multaneouslist st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s	50-80% 1/2" Band y for 3 Sets eets eed Load 65-80% 3 Sets utes between Speed Load 65-80% Light	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A B B D C D E D E B B C C D E D C C B C C C C C C C C C C C C C C C C	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin DB Common Lunge Matrix Contra. Glute Ham + DB Row Pe	1,1,1 3 n A & B 1:00 M Sets 3	x Series Si inute Re Upp Reps x x x x x x x c E Simuli n Exercis Lowel Reps x x x x x x c Simuli C Simuli	5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA	50-80% 1/2" Band y for 3 Sets eed Load 65-80% 3 Sets stes between Speed Load 65-80% Load 65-80% Light 3 Sets	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA

	Triphasic	Lacr	osse	Trainir	ng Mani	ual
	Hybrid 2-Day Elite T	rain	ing B	lock W	eek 45	- Wednesday
Pre	<u>Pre</u>	-Traini	ng, Mu	lti-Dimensi	onal Warm	- <u>Up</u>
Block 1			Lower	Body Warr	n-up	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur
				nultaneously		
		1:00 Mi	nute Res	t Between Se	ets	
Block 2			Lowe	er Body Spe	ed	
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes
Α	Lunge OC Hops	3	х	5s		Reactive-AMAP/Push-Pull-EA
В	<u>Hurdle Hop</u>	3	х	4		Jump for Distance, Continuous
С	Speed Skater Jumps	3	х	3 EA		Pull-In, Explode Out Immediately
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
E	Swissball 4-Way Neck	3	х	5s		Reactive-AMAP/Push-Pull-EA
F	Banded Speed Groin	3	х	5s		Reactive-AMAP/Push-Pull-EA
G	Glute Wind-Up to Jump	3	х	4 EA		Wind-Up Around Glute
	Per	form A-0	G Simulta	aneously for 3	3 Sets	
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 3			Uppe	er Body Spe	eed	
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes
A	<u>Chin-Up</u>	3	х	5s	35-40%	Reactive-AMAP/Push-Pull
В	MB OH Slams	3	х	5		
С	Split Stance Cable Rotational Row	3	х	5s	Speed	Reactive-AMAP/Push-Pull
D	Banded Cuban Press	3	х	5s		Reactive-AMAP/Push-Pull-EA
	Per	form A-I) Simulta	aneously for 3	3 Sets	
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds
Block 4			Lower	Auxiliary S	<u>peed</u>	
Order	Exercise	Sets	Reps	/Duration	Load	Notes
A	Switch Cycle Lunge	3	х	4 EA		Switch Legs in Air to Land in Start Pos.
В	Banded Paw Back	3	х	10s		Reactive-AMAP/Push-Pull-EA
С	Banded Speed Glute	3	х	10s		Reactive-AMAP/Push-Pull-EA
D	Banded Hip Flexor Pulls	3	х	10s		Reactive-AMAP/Push-Pull-EA
	Per	form A-I) Simulta	aneously for 3	3 Sets	
	25	Second	ls Rest B	etween Exerc	cises	

4.31 Download (Week 46)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- "Peak" athletes for competition

	Triphasic Lacrosse Training Manual								
	Download 2-Day Elite Training Block Week 46 - Monday								
Pre	Pre-T	rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	m-Up			
Block 1		Glute	Functio	on Serie	es Warm-Up	<u>)</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>[</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	3-D Contralateral Circuit	1	х	20s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 20s on	15s off				

	Triphasic L	.acro	osse	Trair	ning Ma	nual		
Download 2-Day Elite Training Block Week 46 - Wednesday								
Pre	Pre-T	'rainin	g, Mult	<mark>i-Dime</mark> i	nsional War	<u>m-Up</u>		
Block 1		Glute	Function	on Serie	es Warm-Up			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Banded Big Toe Work	1	х	20 EA				
В	Banded Other 4 Toe Work	1	х	20 EA				
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue			
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow		
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training		
Block 2	<u>(</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g		
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes		
Α	Metabolic Sandbell Circuit	1	х	20s		Complete As Many Reps As Possible		
	Perfc	orm A fo	or 1 Set (@ 20s on	10s off			

4.32 Hybrid Training Block (Weeks 47-48)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes.

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- "Peak" athletes for competition

Hybrid 2-Day Elite Training Block Week 47 - Monday Pre Pre-Training, Multi-Dimensional Warm-Up Block 1 Lower Body Warm-up Order Exercise Sets A Hex Bar Deadlift 1,1.1 x 53.3 50-80% Warm-Up B Ankie Band Work 3 x 3x5s 1° Band Reactive-AMAP/Push-Pull-EA Perform A & B Series Simultaneously for 3 Sets 3 1° Band Notes Block 2 Lower Body Speed Outer Notes Notes A Hex Bar Deadlift 3 x 75 55-65% Reactive-AMAP/Push-Pull-EA B Hurdle hop 3 x 4 Pull-In, Explode Out Immediately C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediately D Accel. Band Jump 3 x 75 Reactive-AMAP/Push-Pull-EA F Kneel. 3.Way Hip Flex 3 x 75 Reactive-AMAP/Push-Pull-EA G Bench Press 1,1,1 x<		Triphasio	: Lac	ross	e Traini	ng Man	ual
Block 1 Lower Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadiff 1,1,1 x 5,3,3 50×80% Warm-Up B Ankle Band Work 3 x 3x5s 1" Band Reactive-AMAP/Push-Pull-EA Perform A & B Series Simultaneously for 3 Sets IOW Monte Rest Between Sets Block 2 Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadliff 3 x 4 Dump for Distance, Continuous C WitsGual Jump 3 x 4 Pull-In, Explode Out Immediately D Accel, Band Jump 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel, Z-Way Hip Elex 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel, Z-Way Hip Elex 3 x 7s		Hybrid 2-Day Elite	e Tra	inin	g Block	Week 4	7 - Monday
Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 1,1,1 x 5,3,3 50-80% Warm-Up B Ankle Band Work 3 x 3x5 1" Band Reactive-AMAP/Push-Pull-EA Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets Block 2 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 3 x 7s 55-65% Reactive-AMAP/Push-Pull, No Floor Touch B Hurdle Hop 3 x 4 Pull-In, Explode Out Immediately D Accel, Band Jump 3 x 4 Pull-In, Explode Out Immediately D Accel, Band Jump 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel, 3-Way Hip Flex 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA	Pre	Pro	e-Train	ing, M	ulti-Dimens	sional Warm	<u>ı-Up</u>
A Hex Bar Deadlift 1,1,1 x 5,3,3 59-80% Warm-Up B Ankle Band Work 3 x 3x5s 1" Band Reactive-AMAP/Push-Pull-EA Perform A & B Series Simultaneously for 3 Sets I:00 Minute Rest Between Sets Block 2 Lower Body Speed Notes A Hex Bar Deadlift 3 x 7s 55-65% Reactive-AMAP/Push-Pull No Floor Touch B Hurdle Hop 3 x 4 Jump for Distance, Continuous C Wt. Saust Jump 3 x 4 Pull-In, Explode Out Immediately D Accet. Band Jump 3 x 4 Pull-In, Explode Out Immediately C Wt. Saust Jump 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel. 3:Way Hip Flex 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel. 3:Way Hip Flex 3 x 7s	Block 1			Lowe	r Body War	m-up	
B Ankle Band Work 3 x 3x5s 1" Band Reactive-AMAP/Push-Pull-EA Perform A & B Series Simultaneously for 3 Sets Block 2 Lower Body Speed Notes Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 3 x 75 55-65% Reactive-AMAP/Push-Pull, No Floor Touch B Hurdle Hop 3 x 4 Jump for Distance, Continuous C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediately D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediately E Swissball 4-Way Neck 3 x 75 Reactive-AMAP/Push-Pull-EA F Kneel, 3-Way Hip Flex 3 x 75 Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 75 Reactive-AMAP/Push-Pull-EA Vepform A-G Simultaneously for 3 Sets 10.1/2" Band Notes Notes B Band Pul-Aparts	Order	Exercise	Sets	Reps	/Duration	Load	Notes
Perform A & B Series Simultaneously for 3 Sets I:00 Minute Rest Between Sets Block 2 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 3 x 7s S5-65% Reactive-AMAP/Push-Pull No Floor Touch B Hurdle Hop 3 x 4 Pull-In, Explode Out Immediately D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediately E Switsball 4-Way Neck 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel, 3-Way Hip Flex 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Gitte 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Fress 1,1,1 x 53.35 50-80% Warm-Up Order Exercise Sets Reps/Duration Load Notes B Bench Fress 1,1,1 x 53.33 50-80% Warm-Up	Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up
1:00 Minute Rest Between Sets Block 2 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 3 x 7s 55-65% Reactive-AMAP/Push-Pull, No Floor Touch B Hurdle Hop 3 x 4 Jump for Distance, Continuous C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediately D Accel, Band Jump 3 x 4 Pull-In, Explode Out Immediately E Swissball 4-Way Neck 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel, 3-Way Hip Flex 3 x 5EA 5FrWD; 5T, 5R; R EA Leg G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Perform A-G Simultaneously for 3 Sets 1.0 1/2" Band Order Exercise Sets Reps/Duration Load Notes B Band Pull-Aparts 3 x 1.0 1/2" Band Order Exercise Sets Sets Sets Notes B Band Pull-Aparts 3 x 1.0 1/2" Band </td <td>В</td> <td></td> <td>-</td> <td></td> <td></td> <td></td> <td>Reactive-AMAP/Push-Pull-EA</td>	В		-				Reactive-AMAP/Push-Pull-EA
Block 2 Lower Body Speed Order Exercise Sets Reps/Duration Load Notes A Hex Bar Deadlift 3 x 75 55-65% Reactive-AMAP/Push-Pull, No Floor Touch B Hurdle Hop 3 x 4 Jump for Distance, Continuous C Wt. Squal Jump 3 x 4 Pull-In, Explode Out Immediately D Accel, Band Jump 3 x 4 Pull-In, Explode Out Immediately E Switsball 4-Way Neck 3 x 75 Reactive-AMAP/Push-Pull-EA F Kneel, 3-Way Hip Flex 3 x 75 Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 75 Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Block 3 Upper Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Bench Press 1,1,1 x 5,3,3 50-80% <t< td=""><td></td><td>Perforr</td><td>n A & B</td><td>Series S</td><td>multaneously</td><td>y for 3 Sets</td><td></td></t<>		Perforr	n A & B	Series S	multaneously	y for 3 Sets	
OrderExerciseSetsReps/DurationLoadNotesAHex Bar Deadlift3x7s55-65%Reactive-AMAP/Push-Pull, No Floor TouchBHurdle Hop3x4Jump for Distance, ContinuousCWtt. Squat Jump3x4Pull-In, Explode Out ImmediatelyDAccel, Band Jump3x4Pull-In, Explode Out ImmediatelyESwissball 4-Way Neck3x7sReactive-AMAP/Push-Pull-EAFKneel, 3-Way Hip Flex3x5EAS-FWD,5-LT,5-RT, EA LegGBench Glute3x7sReactive-AMAP/Push-Pull-EAPerform A-G Simultaneously for 3 Sets25 Seconds Rest Between Exercise; 2:00 minutes between RoundsNotesBlock 3Upper Body Warm-up1/2" BandNotesOrderExerciseSetsReps/DurationLoadNotesBand Pull-Aparts3x101/2" BandNotesOrderExerciseSetsReps/DurationLoadNotesABench Press1,1,1x5,3,350-80%Warm-UpBand Pull-Aparts3x101/2" BandPerform A & B Series Simultaneously for 3 Sets1:00 Minute Rest Between SetsBlock 4Upper Body SpeedOrderExerciseSetsReps/DurationLoadABench Press2x7sReactive-AMAP/Push-Pull			1:00 M	inute Re	st Between S	ets	
A Hex Bar Deadlift 3 x 7s 55-65% Reactive-AMAP/Push-Pull, No Floor Touch, Jump for Distance, Continuous B Hurdle Hog 3 x 4 Jump for Distance, Continuous C Wt. Squat Jump 3 x 4 Pull-In, Explode Out Immediately D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediately E Swissball 4-Way Neck 3 x 5EA PstMoD-Str.5rr.Fr. Relog G Bench Glute 3 x 5EA Streactive-AMAP/Push-Pull-EA F Kneel. 3-Way Hip Flex 3 x 75 Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 75 Reactive-AMAP/Push-Pull-EA Block 3 Upper Body Warm-up Distance Others Notes Block 4 Bench Press 1,1,1 x 5,3,3 50-60% Warm-Up Order Exercise Sets Reps/Duration Load Notes B Band Pull-Aparts <th< td=""><td>Block 2</td><td></td><td></td><td>Low</td><td>er Body Sp</td><td>eed</td><td></td></th<>	Block 2			Low	er Body Sp	eed	
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D Accel. Band Jump 3 x 4 Pull-In, Explode Out Immediately E Swissball 4-Way Neck 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel. 3-Way Hip Flex 3 x 5 EA S-FWD,S-LT,S-RT, EA Leg G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Block 3 Upper Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Bench Press 1,1,1 x 5,3,3 50-80% Warm-Up B Band Pull-Aparts 3 x 10 1/2" Band Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets Block 4 Upper Body Speed Order Exercise Sets Reactive-AMAP/Push-Pull-EA C Split Stance Cable Rotational Row 2 x 7s Reactive-AMAP/Push-Pull-E	В	Hurdle Hop	3	х	4		Jump for Distance, Continuous
E Swissball 4-Way Neck 3 x 7s Reactive-AMAP/Push-Pull-EA F Kneel.3-Way Hip Flex 3 x 5 EA 5-FWD,5-LT,5-RT, EA Leg G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Block 3 Upper Body Warm-up Order Exercise Sets Reps/Duration Load Notes A Bench Press 1,1,1 x 5,3,3 S0-80% Warm-Up B Band Pull-Aparts 3 x 10 1/2" Band Perform A & B Series Simultaneously for 3 Sets 1:00 Minute Rest Between Sets Band Pull-Aparts X 75 55-65% Reactive-AMAP/Push-Pull B One Arm Med Ball Pass 2 x 75 Seck Reactive-AMAP/Push-Pull B One Arm Med Ball Pass 2 x 75 Seck Reactive-AMAP/Push-Pull B One Arm Med Ball Pass 2 x 7	С	Wt. Squat Jump	3	х	4		Pull-In, Explode Out Immediately
F Kneel. 3-Way Hip Flex 3 x 5 EA Intervention G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA G Bench Glute 3 x 7s Reactive-AMAP/Push-Pull-EA Perform A-G Simultaneously for 3 Sets 25 Seconds Rest Between Exercises; 2:00 minutes between Rounds Block 3 Upper Body Warm-up Order Exercise Sets A Bench Press 1,1,1 x 5,3,3 50-80% Warm-Up B Band Pull-Aparts 3 x 10 1/2" Band Creder Exercise Sets Reps/Duration Load Notes Block 4 Upper Body Speed Upper Body Speed <td< td=""><td>D</td><td>Accel. Band Jump</td><td>3</td><td>х</td><td>4</td><td></td><td>Pull-In, Explode Out Immediately</td></td<>	D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately
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Order Exercise Sets Reps/Duration Load Notes A Glute Ham Bar Lift 2 x 7s 55-65% Reactive-AMAP/Push-Pull B Bench Groin 2 x 7s S5-65% Reactive-AMAP/Push-Pull-EA C Common Lunge Matrix Plyo 2 x 3 EA 55-65% Continuous, 3 EA Way, EA Leg D Contra. Glute Ham + DB Row 2 x 7s Light Reactive-AMAP/Push-Pull-EA	B Block 4 Order A B C D	Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	n A & B 1:00 M Sets 2 2 2 2 2 2 2 7 crform A	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s taneously for	y for 3 Sets ets eed 55-65% 2 Sets	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
A Glute Ham Bar Lift 2 x 7s 55-65% Reactive-AMAP/Push-Pull B Bench Groin 2 x 7s Starting Reactive-AMAP/Push-Pull-EA C Common Lunge Matrix Plyo 2 x 3 EA 55-65% Continuous, 3 EA Way, EA Leg D Contra. Glute Ham + DB Row 2 x 7s Light Reactive-AMAP/Push-Pull-EA Perform A-C Simultaneously for 2 Sets	B Block 4 Order A B C D E E	Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	n A & B 1:00 M Sets 2 2 2 2 2 2 2 7 crform A	x Series Si inute Re <u>Upp</u> Reps x x x x x -E Simuli n Exercis	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s taneously for es; 2:00 minu	y for 3 Sets ets <u>eed</u> <u>Load</u> 55-65% 2 Sets ites between	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
C Common Lunge Matrix Plyo 2 x 3 EA 55-65% Continuous, 3 EA Way, EA Leg D Contra. Glute Ham + DB Row 2 x 7s Light Reactive-AMAP/Push-Pull-EA Perform A-C Simultaneously for 2 Sets	B Block 4 Order A B C D E Block 5	Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I	n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 7 form A Betweer	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis Lowe	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S	y for 3 Sets ets <u>eed</u> <u>Load</u> 55-65% 2 Sets utes between Speed	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds
D Contra. Glute Ham + DB Row 2 x 7s Light Reactive-AMAP/Push-Pull-EA Perform A-C Simultaneously for 2 Sets	B Block 4 Order A B C D E E Block 5 Order	Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise	n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 7 form A Betweer Sets	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis Lowel Reps	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration	y for 3 Sets ets <u>eed</u> <u>Load</u> 55-65% 2 Sets utes between Speed Load	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes
Perform A-C Simultaneously for 2 Sets	B Block 4 A B C D E E Block 5 <u>Order</u> A	Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift	n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 5 8 etweer Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	x Series Si inute Re <u>Upp</u> Reps x x x x x x E Simuli n Exercis <u>Lowel</u> Reps x	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s	y for 3 Sets ets <u>eed</u> <u>Load</u> 55-65% 2 Sets utes between Speed Load	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull
	B Block 4 A B C D E Block 5 <u>Order</u> A B	Perforr <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Pe 25 Seconds Rest I <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u>	n A & B 1:00 M Sets 2 2 2 2 2 2 2 7 6 8 8 8 8 8 8 8 8 8 8 8 8 8	x Series Si inute Re <u>Upp</u> Reps x x x x x x x E Simuli n Exercis <u>Lowel</u> Reps x x x	multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 7s	y for 3 Sets ets ets Load 55-65% 2 Sets tes between Speed Load 55-65%	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA
	B Block 4 A B C D E Block 5 <u>Order</u> A B C	Perforr <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Pe 25 Seconds Rest I <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> <u>Common Lunge Matrix Plyo</u> <u>Contra. Glute Ham + DB Row</u>	n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis <u>Lowel</u> Reps x x x x x x x x x x x x x x x x x x x	multaneousli st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s	y for 3 Sets ets eed Load 55-65% 2 Sets stes between Speed Load 55-65% Light	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Continuous, 3 EA Way, EA Leg
25 Seconds Rest Between Exercises	B Block 4 A B C D E E Block 5 <u>Order</u> A B C	Perforr <u>Exercise</u> <u>Bench Press</u> <u>One Arm Med Ball Pass</u> <u>Split Stance Cable Rotational Row</u> <u>Pull-Up</u> <u>Banded Cuban Press</u> Pe 25 Seconds Rest I <u>Exercise</u> <u>Glute Ham Bar Lift</u> <u>Bench Groin</u> <u>Common Lunge Matrix Plyo</u> <u>Contra. Glute Ham + DB Row</u>	n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2	x Series Si inute Re <u>Upp</u> Reps x x x x x x -E Simuli n Exercis <u>Lowel</u> Reps x x x x x x x x x x x x x x x x x x x	multaneousli st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s	y for 3 Sets ets eed Load 55-65% 2 Sets stes between Speed Load 55-65% Light	Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Continuous, 3 EA Way, EA Leg

	Triphasic	Laci	rosse	Trainir	ng Mani	ual				
Hybrid 2-Day Elite Training Block Week 47 - Wednesday										
Pre	<u>Pre</u>	-Traini	ing, Mu	lti-Dimensi	ional Warm	<u>-Up</u>				
Block 1	Lower Body Warm-up									
<u>Order</u>	Exercise	Sets Reps/Duration Load Notes								
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
Perform A & B Series Simultaneously for 3 Sets										
		1:00 Mi	nute Res	t Between Se	ets					
Block 2 Lower Body Speed										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Lunge OC Hops	3	х	5s		Reactive-AMAP/Push-Pull-EA				
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous				
С	Speed Skater Jumps	3	х	3 EA		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	3	х	5s		Reactive-AMAP/Push-Pull-EA				
F	Banded Speed Groin	3	х	5s		Reactive-AMAP/Push-Pull-EA				
G	Glute Wind-Up to Jump	3	х	4 EA		Wind-Up Around Glute				
	Per	orm A-0	G Simulta	aneously for 3	3 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 3			Uppe	er Body Spe	eed					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Chin-Up</u>	2	х	5s	35-40%	Reactive-AMAP/Push-Pull				
В	MB OH Slams	2	х	5						
С	Split Stance Cable Rotational Row	2	х	5s	Speed	Reactive-AMAP/Push-Pull				
D	Banded Cuban Press	2	х	5s		Reactive-AMAP/Push-Pull-EA				
	Per	orm A-I	D Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Lower	Auxiliary S	<u>peed</u>					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Switch Cycle Lunge	2	х	4 EA		Switch Legs in Air to Land in Start Pos.				
В	Banded Paw Back	2	х	10s		Reactive-AMAP/Push-Pull-EA				
С	Banded Speed Glute	2	х	10s		Reactive-AMAP/Push-Pull-EA				
D	Banded Hip Flexor Pulls	2	х	10s		Reactive-AMAP/Push-Pull-EA				
	Per	orm A-I	D Simulta	aneously for 2	2 Sets					
	25	Second	ls Rest B	etween Exerc	cises					

	Triphasio	: Lac	ross	e Traini	ng Man	ual				
	Hybrid 2-Day Elite Training Block Week 48 - Monday									
<u>Pre</u>	Pr	e-Train	ing, M	ulti-Dimens	sional Warm	<u>1-Up</u>				
Block 1	Lower Body Warm-up									
<u>Order</u>	Exercise Sets Reps/Duration Load Notes									
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	Warm-Up					
В	Ankle Band Work	3	х	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA				
	Perforr	n A & B	Series Si	multaneousl	y for 3 Sets					
	1:00 Minute Rest Between Sets									
Block 2			Low	er Body Sp	eed					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Hex Bar Deadlift	3	х	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch				
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous				
C	<u>Wt. Squat Jump</u>	3	х	4		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	3	х	7s		Reactive-AMAP/Push-Pull-EA				
F	Kneel. 3-Way Hip Flex	3	х	5 EA		5-FWD,5-LT,5-RT, EA Leg				
G	<u>Bench Glute</u>	3	х	7s		Reactive-AMAP/Push-Pull-EA				
				taneously for						
	25 Seconds Rest I	Betweer	n Exercis	es; 2:00 minı	utes between	Rounds				
Block 3			<u>Uppe</u>	r Body Wai	rm-up					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	Bench Press	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Band Pull-Aparts	3	х	10	1/2" Band					
	Perforr			multaneousl						
		1:00 M	inute Re	st Between S	Sets					
	1:00 Minute Rest Between Sets									
Block 4			Upp	er Body Sp	eed					
Block 4	<u>Exercise</u>	Sets		er Body Sp /Duration	Load	Notes				
	<u>Exercise</u> <u>Bench Press</u>	Sets 2				Notes Reactive-AMAP/Push-Pull				
Order A B	Bench Press One Arm Med Ball Pass	2 2	Reps	/Duration 7s 5 EA	Load	Reactive-AMAP/Push-Pull Use Hips				
Order A B C	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	2 2 2	Reps x	/Duration 7s 5 EA 7s	Load	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute				
Order A B C D	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	2 2 2 2	Reps x x x x x x	/Duration 7s 5 EA 7s 7s 7s	Load	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull				
Order A B C	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	2 2 2 2 2 2	Reps x x x x x x x x	/Duration 7s 5 EA 7s 7s 7s 7s	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute				
Order A B C D	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	2 2 2 2 2 rform A	Reps x x x x x x -E Simuli	/Duration 7s 5 EA 7s 7s 7s caneously for	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D E	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	2 2 2 2 2 rform A	Reps x x x x x -E Simuli n Exercis	/Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	2 2 2 2 2 rform A	Reps x x x x -E Simuli n Exercis Lowe	/Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minutes r Auxiliary S	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D E	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	2 2 2 2 2 rform A	Reps x x x x -E Simuli n Exercis Lowe	/Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D E <u>Block 5</u>	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I	2 2 2 2 rform A Between	Reps x x x x -E Simuli n Exercis Lowe	/Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minutes r Auxiliary S	Load 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds				
Order A B C D E Block 5 Order A B	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin	2 2 2 2 2 rform A Between Sets 2 2 2	Reps x x x x -E Simuli n Exercis Lowel Reps	/Duration 7s 5 EA 7s 7s caneously for es; 2:00 minu Auxiliary S /Duration 7s 7s 7s	Load 55-65% 2 Sets utes between Speed Load	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D E <u>Block 5</u> Order A B C	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo	2 2 2 2 2 rform A Between Sets 2 2 2 2 2	Reps x x x x -E Simuli n Exercis Lowel Reps x x x x x x	/Duration 7s 5 EA 7s 7s caneously for es; 2:00 minu Auxiliary S /Duration 7s 7s 7s 3 EA	Load 55-65% 2 Sets Utes between Speed Load 55-65% 55-65%	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Continuous, 3 EA Way, EA Leg				
Order A B C D E Block 5 Order A B	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo Contra. Glute Ham + DB Row	2 2 2 2 2 rform A Between Sets 2 2 2 2 2 2 2 2 2	Reps x x x x -E Simult n Exercis Lowe Reps x x x x x x x x	/Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s	Load 55-65% 2 Sets utes between Speed Load 55-65% Light	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA				
Order A B C D E Block 5 Order A B C	Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest I Exercise Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo Contra. Glute Ham + DB Row Pe	2 2 2 2 2 3 3 3 8 4 5 8 4 8 4 9 8 4 9 8 4 9 9 2 2 2 2 2 2 2 2 2 2 7 7 7 7 7 7 7 7	Reps x x x x -E Simuli n Exercis Lowe Reps x x x x x x c Simuli	/Duration 7s 5 EA 7s 7s caneously for es; 2:00 minu Auxiliary S /Duration 7s 7s 7s 3 EA	Load 55-65% 2 Sets utes between Speed Load 55-65% Light 2 Sets	Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Continuous, 3 EA Way, EA Leg				

Triphasic Lacrosse Training Manual										
Hybrid 2-Day Elite Training Block Week 48 - Wednesday										
Pre	<u>Pre</u>	-Traini	ng, Mu	lti-Dimensi	onal Warm	<u>-Up</u>				
Block 1	Lower Body Warm-up									
<u>Order</u>	Exercise	Sets								
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
Perform A & B Series Simultaneously for 3 Sets										
1:00 Minute Rest Between Sets										
Block 2 Lower Body Speed										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Lunge OC Hops	3	х	5s		Reactive-AMAP/Push-Pull-EA				
В	Hurdle Hop	3	х	4		Jump for Distance, Continuous				
С	Speed Skater Jumps	3	х	3 EA		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	3	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	3	х	5s		Reactive-AMAP/Push-Pull-EA				
F	Banded Speed Groin	3	х	5s		Reactive-AMAP/Push-Pull-EA				
G	Glute Wind-Up to Jump	3	х	4 EA		Wind-Up Around Glute				
	Per	form A-0	G Simulta	aneously for 3	3 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 3			Uppe	er Body Spe	eed					
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
A	<u>Chin-Up</u>	2	х	5s	35-40%	Reactive-AMAP/Push-Pull				
В	MB OH Slams	2	х	5						
С	Split Stance Cable Rotational Row	2	х	5s	Speed	Reactive-AMAP/Push-Pull				
D	Banded Cuban Press	2	х	5s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-I) Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Lower	Auxiliary S	<u>peed</u>					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
A	Switch Cycle Lunge	2	х	4 EA		Switch Legs in Air to Land in Start Pos.				
В	Banded Paw Back	2	х	10s		Reactive-AMAP/Push-Pull-EA				
С	Banded Speed Glute	2	х	10s		Reactive-AMAP/Push-Pull-EA				
D	Banded Hip Flexor Pulls	2	х	10s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-I) Simulta	aneously for 2	2 Sets	•				
	25	Second	ls Rest B	etween Exerc	cises					

4.33 Download (Week 49)

In-Season, the download week is now implemented on only a two-day basis. However, the goals remain to allow an athlete recovery time between intensive training blocks. Referring back to the GAS principles described in section one, it is during the recovery periods of training in which maximal adaptations occur. By allowing an athlete to recover from the previous, intense training phase, his body will improve to the greatest extent. The importance of these training weeks cannot be overlooked. Rest is a weapon and must be implemented at appropriate times within training. Both training and running days are completed in an oxidative fashion, with the implementation of the glute layering system and other circuit style methods.

- Allow supercompensation from previous training block
- Induce recovery
- Re-address glute function training
- Re-address oxidative performance quality
- Maximize physical preparedness for competition
- "Peak" athletes for competition

	Triphasic Lacrosse Training Manual								
	Download 2-Day Elite Training Block Week 49 - Monday								
Pre									
Block 1		Glute	Functio	on Serie	es Warm-Up	<u>)</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>[</u>	Oxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
А	3-D Contralateral Circuit	1	х	15s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 15s on	15s off				

	Triphasic L	.acro	osse	Trair	ing Man	ual			
Do	wnload 2-Day Elite	Traiı	ning	Block	k Week 4	9 - Wednesday			
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1		Glute	Functi	on Serie	es Warm-Up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to Tra	aining			
Block 2		Reg	enerati	on Traiı	ning Series				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes			
А	Foam Roller Regen. Circuit	1	х	Ind.					
В	Band Mobility Series	1	х	Ind.					
	Perform A an	d/or B	as Desir	ed per In	dividual Athlete				

4.34 Hybrid Training Block (Weeks 50-51)

In the hybrid training model, the six physical performance qualities are considered along with their residual training are considered in this weekly training model. Strength is trained early in the week, with speed being trained in the second training session to prepare athletes optimally to compete. Reactive training is completed on both days as the SSC and other neural factors now become the primary goal of training. As always, be adaptable and adjust programming as needed according to each of your athletes. Volume is typically reduced while intensity of the lift remains. This allows an athlete to "taper" while maintaining a high-level of CNS output, ultimately peaking for NCAA tournament time.

- Maximize physical preparedness for competition
- Maintain each quality at optimal levels
- Maximize use of SSC
- Re-address power training block adaptations
- "Peak" athletes for competition

	Triphasic	: Lac	ross	e Traini	ng Man	ual			
	Hybrid 2-Day Elite	e Tra	inin	g Block	Week 5	0 - Monday			
<u>Pre</u>	Pro	e-Train	ing, M	ulti-Dimens	sional Warm	<u>1-Up</u>			
Block 1	Lower Body Warm-up								
<u>Order</u>	Exercise	Exercise Sets Reps/Duration Load Notes							
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
В	Ankle Band Work	3	х	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA			
	Perforr			imultaneousl	1				
		1:00 M	inute Re	st Between S	Sets				
Block 2			Low	<u>er Body Sp</u>	eed				
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes			
A	<u>Hex Bar Deadlift</u>	2	х	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch			
В	<u>Hurdle Hop</u>	2	х	4		Jump for Distance, Continuous			
С	Wt. Squat Jump	2	х	4		Pull-In, Explode Out Immediately			
D	Accel. Band Jump	2	х	4		Pull-In, Explode Out Immediately			
E	Swissball 4-Way Neck	2	х	7s		Reactive-AMAP/Push-Pull-EA			
F	Kneel. 3-Way Hip Flex	2	х	5 EA		5-FWD,5-LT,5-RT, EA Leg			
G	Bench Glute	2	X	7s		Reactive-AMAP/Push-Pull-EA			
				taneously for					
	25 Seconds Rest I	Betweer		<i>.</i>		Rounds			
Block 3	Upper Body Warm-up								
51001 0			oppe	r bouy wai	<u>rm-up</u>				
Order	<u>Exercise</u>	Sets		Duration	Load	Notes			
Order A	Bench Press	1,1,1	Reps x	/Duration 5,3,3	Load 50-80%	Notes Warm-Up			
<u>Order</u>	Bench Press Band Pull-Aparts	1,1,1 3	Reps x x	/Duration 5,3,3 10	Load 50-80% 1/2" Band				
Order A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series S	/Duration 5,3,3 10 imultaneousl	Load 50-80% 1/2" Band y for 3 Sets				
Order A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series S	/Duration 5,3,3 10	Load 50-80% 1/2" Band y for 3 Sets				
Order A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series S inute Re	/Duration 5,3,3 10 imultaneousl	Load 50-80% 1/2" Band y for 3 Sets Sets				
Order A B	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series S inute Re <u>Upp</u>	/Duration 5,3,3 10 imultaneousl est Between S	Load 50-80% 1/2" Band y for 3 Sets Sets				
Order A B Block 4	<u>Bench Press</u> Band Pull-Aparts Perforr	1,1,1 3 n A & B 1:00 M	Reps x x Series S inute Re <u>Upp</u>	/Duration 5,3,3 10 imultaneousl est Between S per Body Sp	Load 50-80% 1/2" Band y for 3 Sets bets bets	Warm-Up			
Order A B B Block 4 Order A B	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass	1,1,1 3 n A & B 1:00 M Sets 2 2 2	Reps x x Series S inute Re <u>Upp</u> Reps	/Duration 5,3,3 10 imultaneousl est Between S per Body Sp /Duration 7s 5 EA	Load 50-80% 1/2" Band y for 3 Sets Sets Seed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips			
Order A B B Block 4 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2	Reps x Series S inute Re <u>Upp</u> Reps x x x x	/Duration 5,3,3 10 imultaneousl ist Between S oer Body Sp /Duration 7s 5 EA 7s	Load 50-80% 1/2" Band y for 3 Sets Sets Seed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute			
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2	Reps x Series S inute Re Reps x x x x x x x	/Duration 5,3,3 10 imultaneousl ist Between S per Body Sp /Duration 7s 5 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets Sets Seed Load	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull			
Order A B B Block 4 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 2	Reps x Series S inute Re Upp Reps x x x x x x x	/Duration 5,3,3 10 imultaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s	Load 50-80% 1/2" Band y for 3 Sets sets eeed Load 55-65%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute			
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 6 6 7 7 6 7	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x x x x	/Duration 5,3,3 10 imultaneousl ist Between S per Body Sp /Duration 7s 5 EA 7s 7s 7s 7s taneously for	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
<u>Order</u> A B <u>Block 4</u> <u>Order</u> A B C D E E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 6 6 7 7 6 7	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s taneously for es; 2:00 minu	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets utes between	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 6 6 7 7 6 7	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x E Simul n Exercis	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s 7s 7s taneously for es; 2:00 minutes r Auxiliary St	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets utes between	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B B Block 4 Order A B C C D E E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 6 6 7 7 6 7	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x E Simul n Exercis	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s taneously for es; 2:00 minu	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets utes between	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E Block 5	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest R	1,1,1 3 n A & B 1:00 M Sets 2 1	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x E Simul n Exercis	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s 7s taneously for es; 2:00 minu r Auxiliary S /Duration 7s	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets Jtes between Speed	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull			
Order A B Block 4 Order A B C D E Block 5 Order A B C D E Block 5 Order A B B B A B	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	1,1,1 3 n A & B 1:00 M Sets 2 1	Reps x Series S inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s 7s taneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% 2 Sets Jtes between Speed Load	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E E Block 5 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest B <u>Exercise</u> Glute Ham Bar Lift Bench Groin <u>Common Lunge Matrix Plyo</u>	1,1,1 3 n A & B 1:00 M Sets 2 1 1 1	Reps x Series S inute Re <u>Upp</u> Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s 5 EA 7s 7s taneously for es; 2:00 minu r Auxiliary S /Duration 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eets eeed Load 55-65% 2 Sets utes between Speed Load 55-65% 4 55-65%	Warm-Up Warm-Up Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Continuous, 3 EA Way, EA Leg			
Order A B Block 4 Order A B C D E Block 5 Order A B C D E Block 5 Order A B B B A B	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Banded Cuban Press Pe 25 Seconds Rest R Exercise Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo Contra. Glute Ham + DB Row	1,1,1 3 n A & B 1:00 M Sets 2 1 1 1 1 1	Reps x Series S inute Re Upp Reps x x x x x x x x x x x x E Simuli t Exercis Lowe Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 5 EA 7s 7s taneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eeed Load 55-65% Jtes between Speed Load 55-65% Light	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E D E Block 5 Order A B B C C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest F 25 Seconds Rest F <u>Exercise</u> Glute Ham Bar Lift Bench Groin <u>Common Lunge Matrix Plyo</u> <u>Contra. Glute Ham + DB Row</u> Pe	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1	Reps x Series S inute Re <u>Upp</u> Reps x x x x x c E Simul n Exercis <u>Lowe</u> x x x x x x x c C Simu	/Duration 5,3,3 10 imultaneousl est Between S oer Body Sp /Duration 7s 5 EA 7s 7s 5 EA 7s 7s taneously for es; 2:00 minu r Auxiliary S /Duration 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eets eetd Load 55-65% 2 Sets utes between Speed Load 55-65% Light r 1 Set	Warm-Up Warm-Up Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Continuous, 3 EA Way, EA Leg			

	Triphasic	Laci	rosse	Trainir	ng Mani	ual				
Hybrid 2-Day Elite Training Block Week 50 - Wednesday										
Pre	Pre	-Traini	ing, Mu	lti-Dimensi	ional Warm	<u>-Up</u>				
Block 1	Lower Body Warm-up									
<u>Order</u>	Exercise	Sets Reps/Duration Load Notes								
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
Perform A & B Series Simultaneously for 3 Sets										
		1:00 Mi	nute Res	t Between Se	ets					
Block 2			Lowe	er Body Spe	ed					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Lunge OC Hops	2	х	5s		Reactive-AMAP/Push-Pull-EA				
В	Hurdle Hop	2	х	4		Jump for Distance, Continuous				
С	Speed Skater Jumps	2	х	3 EA		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	2	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	2	х	5s		Reactive-AMAP/Push-Pull-EA				
F	Banded Speed Groin	2	х	5s		Reactive-AMAP/Push-Pull-EA				
G	Glute Wind-Up to Jump	2	х	4 EA		Wind-Up Around Glute				
	Per	form A-0	G Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 3			Uppe	er Body Spe	ed					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	<u>Chin-Up</u>	2	х	5s	35-40%	Reactive-AMAP/Push-Pull				
В	MB OH Slams	2	х	5						
С	Split Stance Cable Rotational Row	2	х	5s	Speed	Reactive-AMAP/Push-Pull				
D	Banded Cuban Press	2	х	5s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-l	D Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Lower	Auxiliary S	peed					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
A	Switch Cycle Lunge	1	х	4 EA		Switch Legs in Air to Land in Start Pos.				
В	Banded Paw Back	1	х	10s		Reactive-AMAP/Push-Pull-EA				
С	Banded Speed Glute	1	х	10s		Reactive-AMAP/Push-Pull-EA				
D	Banded Hip Flexor Pulls	1	х	10s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-	D Simult	aneously for	1 Set					
	25	Second	ls Rest B	etween Exerc	cises					

	Triphasic	: Lac	ross	e Traini	ng Man	ual			
	Hybrid 2-Day Elite	e Tra	inin	g Block	Week 5	51 - Monday			
<u>Pre</u>	Pro	e-Train	ing, M	ulti-Dimens	sional Warm	<u>1-Up</u>			
Block 1	Lower Body Warm-up								
<u>Order</u>	Exercise	Exercise Sets Reps/Duration Load Notes							
Α	<u>Hex Bar Deadlift</u>	1,1,1	х	5,3,3	50-80%	Warm-Up			
В	Ankle Band Work	3	х	3x5s	1" Band	Reactive-AMAP/Push-Pull-EA			
	Perforr			multaneousl	1				
		1:00 M	inute Re	st Between S	ets				
Block 2			Low	er Body Sp	eed				
<u>Order</u>	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes			
Α	<u>Hex Bar Deadlift</u>	2	х	7s	55-65%	Reactive-AMAP/Push-Pull, No Floor Touch			
В	<u>Hurdle Hop</u>	2	х	4		Jump for Distance, Continuous			
С	Wt. Squat Jump	2	х	4		Pull-In, Explode Out Immediately			
D	Accel. Band Jump	2	х	4		Pull-In, Explode Out Immediately			
E	Swissball 4-Way Neck	2	х	7s		Reactive-AMAP/Push-Pull-EA			
F	Kneel. 3-Way Hip Flex	2	Х	5 EA		5-FWD,5-LT,5-RT, EA Leg			
G	Bench Glute	2	X	7s		Reactive-AMAP/Push-Pull-EA			
				taneously for					
	25 Seconds Rest I	Betweer		,		Rounds			
Block 3	Upper Body Warm-up								
DIUCK 3			Uppe	r Body War	<u>m-up</u>				
Order	<u>Exercise</u>	Sets		r BOdy War /Duration	<u>m-up</u> Load	Notes			
Order A	Bench Press	1,1,1	Reps x	/Duration 5,3,3	Load 50-80%	Notes Warm-Up			
<u>Order</u>	Bench Press Band Pull-Aparts	1,1,1 3	Reps x x	/Duration 5,3,3 10	Load 50-80% 1/2" Band				
Order A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si	/Duration 5,3,3 10 multaneousl	Load 50-80% 1/2" Band y for 3 Sets				
Order A B	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si	/Duration 5,3,3 10	Load 50-80% 1/2" Band y for 3 Sets				
Order A	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si inute Re	/Duration 5,3,3 10 multaneousl	Load 50-80% 1/2" Band y for 3 Sets eets				
Order A B	Bench Press Band Pull-Aparts	1,1,1 3 n A & B	Reps x x Series Si inute Re <u>Upp</u>	/Duration 5,3,3 10 multaneousl st Between S	Load 50-80% 1/2" Band y for 3 Sets eets				
Order A B Block 4	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press	1,1,1 3 n A & B 1:00 M Sets 2	Reps x x Series Si inute Re <u>Upp</u>	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s	Load 50-80% 1/2" Band y for 3 Sets eets eed	Warm-Up			
Order A B B Block 4 Order A B	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass	1,1,1 3 n A & B 1:00 M Sets 2 2 2	Reps x Series Si inute Re Upp Reps x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA	Load 50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips			
Order A B B Block 4 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press <u>One Arm Med Ball Pass</u> Split Stance Cable Rotational Row	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2	Reps x Series Si inute Re <u>Upp</u> Reps x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s	Load 50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute			
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2	Reps x Series Si inute Re <u>Upp</u> Reps x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eets eed Load	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull			
Order A B B Block 4 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Reps x Series Si inute Re Upp Reps x x x x x x x x	/Duration 5,3,3 10 multaneoush st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eets eed Load 55-65%	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute			
Order A B B Block 4 Order A B C D	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 5 6 7	Reps x Series Si inute Re <u>Upp</u> Reps x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S eer Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for	Load 50-80% 1/2" Band y for 3 Sets eets eed Load 55-65% 2 Sets	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
<u>Order</u> A B <u>Block 4</u> <u>Order</u> A B C D E E	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press	1,1,1 3 n A & B 1:00 M Sets 2 3 4 5 6 7 2 2 2 2 2 2 2 3 3 4 5 5 5 6 7	Reps x Series Si inute Re Dpp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu	Load 50-80% 1/2" Band y for 3 Sets eed Load 55-65% 2 Sets utes between	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E Block 5	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest R	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 Getween	Reps x Series Si inute Re <u>Upp</u> Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s 7s caneously for es; 2:00 minutes r Auxiliary S	Load 50-80% 1/2" Band y for 3 Sets eed Load 55-65% 2 Sets utes between	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull			
Order A B B Block 4 Order A B C C D E E	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest B	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 Setweer Sets	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S	Load 50-80% 1/2" Band y for 3 Sets eed Load 55-65% 2 Sets utes between Speed Load	Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull Notes			
Order A B Block 4 Order A B C D E Block 5 Order A	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest R Exercise Glute Ham Bar Lift	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 Form A Between Sets 1	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s	Load 50-80% 1/2" Band y for 3 Sets eed Load 55-65% 2 Sets utes between Speed	Warm-Up Warm-Up Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull			
Order A B Block 4 Order A B C D E Block 5 Order A B C D E Block 5 Order A B B B A B	Bench Press Band Pull-Aparts Perforr Exercise Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 atweer Sets 1 1	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eets eed Load 55-65% 2 Sets utes between Speed Load 55-65%	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E E Block 5 Order A B B C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest R Exercise Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 6tweer 1 1 1 1	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eets eets Eed Load 55-65% 2 Sets utes between Speed Load 55-65% 4 55-65%	Warm-Up Warm-Up Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Continuous, 3 EA Way, EA Leg			
Order A B Block 4 Order A B C D E Block 5 Order A B C D E Block 5 Order A B B B A B	Bench Press Band Pull-Aparts Perforr Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest B Exercise Glute Ham Bar Lift Bench Groin Common Lunge Matrix Plyo Contra. Glute Ham + DB Row	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 3 Thom A Setween Sets 1 1 1 1 1 1	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s caneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA 7s 7s	Load 50-80% 1/2" Band y for 3 Sets eed Load 55-65% 2 Sets utes between Speed Load 55-65% Light	Warm-Up Warm-Up Notes Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Rounds Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA			
Order A B Block 4 Order A B C D E D E Block 5 Order A B B C C	Bench Press Band Pull-Aparts Perforr <u>Exercise</u> Bench Press One Arm Med Ball Pass Split Stance Cable Rotational Row Pull-Up Banded Cuban Press Pe 25 Seconds Rest F 25 Seconds Rest F <u>Exercise</u> Glute Ham Bar Lift Bench Groin <u>Common Lunge Matrix Plyo</u> Contra. Glute Ham + DB Row Pe	1,1,1 3 n A & B 1:00 M Sets 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 1	Reps x Series Si inute Re Upp Reps x x x x x x x x x x x x x x x x x x x	/Duration 5,3,3 10 multaneousl st Between S er Body Sp /Duration 7s 5 EA 7s 7s 7s aneously for es; 2:00 minu r Auxiliary S /Duration 7s 7s 3 EA	Load 50-80% 1/2" Band y for 3 Sets eets eets Load 55-65% 2 Sets utes between Speed Load 55-65% Light r 1 Set	Warm-Up Warm-Up Reactive-AMAP/Push-Pull Use Hips Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA, Load Glute Reactive-AMAP/Push-Pull-EA Rounds Notes Reactive-AMAP/Push-Pull Reactive-AMAP/Push-Pull-EA Continuous, 3 EA Way, EA Leg			

	Triphasic	Laci	rosse	Trainir	ng Mani	ual				
Hybrid 2-Day Elite Training Block Week 51 - Wednesday										
Pre	Pre	-Traini	ng, Mu	lti-Dimensi	ional Warm	<u>-Up</u>				
Block 1	Lower Body Warm-up									
<u>Order</u>	Exercise	Sets Reps/Duration Load Notes								
Α	Safety Bar Split Squat	1,1,1	х	5,3,3	50-80%	Warm-Up				
В	Ankle Rocker Hops	3	х	6		Drive Knee FWD, Vertical Femur				
Perform A & B Series Simultaneously for 3 Sets										
		1:00 Mi	nute Res	t Between Se	ets					
Block 2 Lower Body Speed										
<u>Order</u>	Exercise	Sets	Reps	/Duration	Load	Notes				
Α	Lunge OC Hops	2	х	5s		Reactive-AMAP/Push-Pull-EA				
В	Hurdle Hop	2	х	4		Jump for Distance, Continuous				
С	Speed Skater Jumps	2	х	3 EA		Pull-In, Explode Out Immediately				
D	Accel. Band Jump	2	х	4		Pull-In, Explode Out Immediately				
E	Swissball 4-Way Neck	2	х	5s		Reactive-AMAP/Push-Pull-EA				
F	Banded Speed Groin	2	х	5s		Reactive-AMAP/Push-Pull-EA				
G	Glute Wind-Up to Jump	2	х	4 EA		Wind-Up Around Glute				
	Per	form A-0	G Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 3			Uppe	er Body Spe	eed					
Order	<u>Exercise</u>	Sets	Reps	/Duration	Load	Notes				
Α	<u>Chin-Up</u>	2	х	5s	35-40%	Reactive-AMAP/Push-Pull				
В	MB OH Slams	2	х	5						
С	Split Stance Cable Rotational Row	2	х	5s	Speed	Reactive-AMAP/Push-Pull				
D	Banded Cuban Press	2	х	5s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-l) Simulta	aneously for 2	2 Sets					
	25 Seconds Rest B	etween	Exercise	s; 2:00 minut	es between R	ounds				
Block 4			Lower	Auxiliary S	<u>peed</u>					
Order	Exercise	Sets	Reps	/Duration	Load	Notes				
A	Switch Cycle Lunge	1	х	4 EA		Switch Legs in Air to Land in Start Pos.				
В	Banded Paw Back	1	х	10s		Reactive-AMAP/Push-Pull-EA				
С	Banded Speed Glute	1	х	10s		Reactive-AMAP/Push-Pull-EA				
D	Banded Hip Flexor Pulls	1	х	10s		Reactive-AMAP/Push-Pull-EA				
	Per	form A-	D Simult	aneously for	1 Set	•				
	25	Second	ls Rest B	etween Exerc	cises					

4.35 Download (Week 52)

Only four teams are still competing in collegiate lacrosse at this point in the annual calendar. In order to compete at optimal levels after a long, taxing season, athletes must be allowed to recover from their previous two weeks of hybrid training. At this point in the year all six physical performance qualities residuals have been considered throughout the entire in-season training program. At this point in the year, no more adaptations will be realized by an athlete through training. Athletes will receive their neural training through practice entirely at this point. Recovery protocols should be implemented in training to ensure each and every athlete feels their absolute best. This allows optimal physical preparedness for the potential, and hopefully, two game weekend which is the quest of every team starting back in week one of this annual plan.

- Allow supercompensation from previous training block
- Induce recovery
- Maximize physical preparedness for final four weekend
- "Peak" athletes for final four weekend

	Triphasic Lacrosse Training Manual								
Download 2-Day Elite Training Block Week 52 - Monday									
Pre									
Block 1		Glute	Functi	on Serie	es Warm-Up	<u>)</u>			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fui	ntion Wa	arm-Up S	eries Prior to	Training			
Block 2	<u>[</u>	Dxidat	ive Ene	ergy Sys	tem Trainin	g			
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	uration	Load	Notes			
Α	3-D Contralateral Circuit	1	х	15s		Complete As Many Reps As Possible			
	Perfo	orm A fo	or 1 Set (@ 15s on	15s off				

	Triphasic L	.acro	osse	Trair	ning Man	ual			
Dc	wnload 2-Day Elite	Traiı	ning	Block	k Week 5	2 - Wednesday			
Pre	Pre-Training, Multi-Dimensional Warm-Up								
Block 1		Glute	Functi	on Serie	es Warm-Up				
<u>Order</u>	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes			
Α	Banded Big Toe Work	1	х	20 EA					
В	Banded Other 4 Toe Work	1	х	20 EA					
С	Level 1 Glute Iso Training Protocol	1	х	18m	Green/Blue				
D	Swiss Ball Hip Patterning	1	х	10 EA	1" Band	Hips Drive, Shoulders Follow			
	Perform A-D as a G	lute Fu	ntion Wa	arm-Up S	eries Prior to Tra	aining			
Block 2		Reg	enerati	on Traiı	ning Series				
Order	<u>Exercise</u>	Sets	Reps/D	ouration	Load	Notes			
А	Foam Roller Regen. Circuit	1	х	Ind.					
В	Band Mobility Series	1	х	Ind.					
	Perform A an	d/or B	as Desir	ed per In	dividual Athlete				

4.36 Conclusion of the Triphasic Lacrosse Training Model

All coaches have the goal of winning the championship of their leagues at the start of each and every year. The training and conditioning of a team plays a large role in this goal. Only when stress is applied to each of the six physical performance qualities appropriately, along with injury reduction training and maximized transfer of training is elite-level lacrosse performance possible. If a program does not consider each of these primary principles athletes are likely to break down at some point. Injured athletes, regardless of their skill level, are not able to assist with the ultimate goal of winning a championship.

The Triphasic Lacrosse Training Model considers each of these training principles and applies them in a systematic training program. This program begins with the consideration of the requirements of lacrosse specifically. The Triphasic Lacrosse Training Model then improves every athlete's energy systems to the fullest extent, according to his individual needs in the sport. After an athlete has improved his ability to complete repeat-sprint efforts, he is then trained to improve his general strength levels. These increased force producing abilities are then translated to each of the three muscle action phases in order to maximize the power and efficiency of the SSC. Athletes are then trained in specific power production and speed to maximize RFD, which allows transfer of training to be realized to the highest possible extent. Finally, in-season training is programmed with each of the physical performance qualities and their residual training effects in mind, along with the neural preparation of athletes for competition.

Only when each of these factors are considered, implemented, and executed appropriately is optimal performance possible for an elite-level athlete throughout the duration of the grueling, physical lacrosse season.