

Off-Season Period Workouts

The Off-Season workouts will involve 4 workouts per week. Workouts will generally take place on Mondays, Tuesdays, Thursdays and Fridays.

Athletes will rest and recover on Wednesday, Saturday and Sunday. Monday and Thursday workouts will center around explosive lifts and exercises with a pushing emphasis while Tuesdays and Friday workouts will center around strength lifts and exercises with a pulling emphasis.

Weeks 1-14 Monday Explosive & Push Emphasis Workouts (Off-Season)

Monday Workout	Base Phase			Development Phase			Base Phase			Development Phase			Peak Phase	
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Bench Press	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	4x5 75/80/85 /85	4x5 80/85(3)	4x5 80/85(3)	3x10 65/70/75	3x10 70/75/75	4x10 70/75(3)	4x5 75/80/85 /85	4x5 80/85(3)	4x5 80/85(3)	4-3-2 80/85/90	4 85/90
Push Jerk	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/90
Hang Clean	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	3x6 75/80/80	3x6 75/80/80	3x6 80/80/80	3x5 80/85/85	3x5 85/85/85	3x5 85/85/85	4-3-2 80/85/90	4 85/90
Lying Dumbbell Pistons	3x10 65/70/75	3x10 70/75/75	3x10 70/75/75	3x8 70/75/80	3x8 70/75/80	3x8 75/80/80	3x10 65/70/75	3x10 70/75/75	3x10 75/75/75	3x8 70/75/80	3x8 80/85/85	3x5 85/85/85	3x5 85/85/85	3x5 85/85/85
Dips (add 10 LBS to belt once you can accomplish 15 reps)	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15	3x 10-15
Tricep Extensions (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Lateral Raises (Add 5 LBS once you can accomplish 3x10)	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10	3x10
Neck Exercises (Partner Resisted)	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Direction	3x10 Each Dir
Crunches	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25	3x 15-25