



Advanced Strength Training US Soccer Referees Development

Basic Strength Training Overview

It is well documented that strength training can provide a major boost in athletic performance. But there are many questions as to how and why to do certain activities. The ability to lay down a sound foundation of strength will pay off with huge dividends in the later stages of training. It is of utmost importance that any strength training program begins basically and progress with intensity and volume. A sound base of strength must be laid down and built upon for peak performance down the road. SAFETY AND TECHNIQUE MUST ALWAYS BE THE FIRST PRIORITY before adding weight while lifting. Athletes should strive to be just as active in the weight room as they are outside on the track and soccer field. Athletes should constantly remind themselves to perform proper technique, rep speed and keeping a true recovery in the weight room. The following is a basic strength training overview. These are basic guideline in which a well rounded strength training program can be built upon. These guidelines should be adjusted to meet your specific situation. A key component to strength training for performance is consistently altering the program to meet new demands. Just like your running workouts should change throughout the season so should your strength training program. Individuals must constantly keep in mind the type of strength that we are trying to create. This strength should be Relative Strength; relative strength refers to the body's ability to produce power relative to that individual's body weight. As your lifting routine progresses throughout the season you will find sections of aerobic lifting built into each week. This aerobic lifting is to help keep our focus on developing relative strength that will benefit us during the game and during both the sprints and Intervals of our fitness test.

When beginning any strength training plan it is always important to insure that every athlete is in appropriate physical condition to perform each of the many tasks at hand. If you, the athlete, feel that any of these activities could result in injury, they should proceed with extreme caution. Furthermore, each of these prescribed exercises has a specific technical form that must be performed properly to insure safety. If you are unsure of any activity please take the time to properly learn the exercise before using it as a major strength training activity.

This program is intended to be use as a general strength training plan for both Referees and Assistant Referees, with in the US Soccer organization. It will require dedication and hard work to show any significant gains. Along those lines it is important to note that individual beginning a strength training program for the first time tend show significant gains over the first few months. These gains are in part, due to the bodies increased neural muscular recruitment methods. This is not to be confused with major strength gains, but rather your body learning to fire more muscular units as one group. Following this first large gain, athletes will find that making significant gains in muscular strength much more difficult. This should not discourage individuals from performing a strength training plan, but rather motivate them to work harder for each of these small gains.

This program was developed to be a 27 week program with the remaining weeks being devoted to maintaining strength throughout the playing season. Each athlete will need to modify this program to meet the needs of their daily life, game schedule and yearly progression. This requires the athlete to make the decision of how to perform each phase of training. To determine what is best for the athlete, the athlete must first decide where he/she would like to be at their best physical condition level and work backwards from that point. If that particular date is not 27 weeks from the start of the general strength plan they will need to add or remove weeks to best fit their needs. Tentatively this weight room plan is scheduled to start on Oct 4th and progress to an early peak at the preseason fitness test and then continue throughout the year.

This strength training plan is meant to supplement the athlete's aerobic, high intensity and sprinting workouts, NOT REPLACE THEM.

Furthermore, just like with any training plan or information, the athlete's first priority must be to performing well at the next match, because it may be their last one. Especially with activities that may be new to individuals the risk of long duration soreness and fatigue is high. To insure that the athletes are not fatigued or sore while officiating MLS or International Matches, I recommend that the athletes skip specific strength training sessions to allow for maximum recovery. Therefore individuals should not weight lift 60 hours before a major match. If later the athletes chooses to add in additional strength training sessions to make up for lost work, it should be done with caution. Since the strength training plan will not be specific to one particular area but rather be general or total body in nature, I would recommend beginning a rotation that allows for 48 hours of recovery between each training session. Each athlete will have to make a decision as whether to perform two or three general strength training sessions per week. If the athlete finds that three days of weight lifting places too much physical demands on their body or on their personal life, then the athlete should only perform two sessions per week. Two days of general strength training per week will be sufficient to promote strength gains and prevent injuries.

General Terminology

- Set: A group of exercises done together at one continuous period of time
- Rep: An individual exercise being performed either one time or multiple times in a row
- Rest: The period of recovery between individual sets
- Tempo: The pace at which an exercise should be performed
EX. Bench Press Tempo: (1-0-1) refers to a one count on the way down, no pause at the bottom and a one count on the way up.

EX. Bench Press Tempo: (2-1-X) refers to a two count on the way down, a one sec pause at the bottom and an aggressive or explosive push out of the position

Performance: Is what you the athlete performed during the particular lifting exercise and should be recorded for every lift to help individuals track progression.



Core Strength Training Exercise

#1: General Strength (Holds-ABS)

Prone Hold (Front)	2X45S
Side Plank + Outside leg lifts R/L	2X15E
Supine Hold (Back)	2X45S
Prone Hold Straight Leg Lift R/L	2X15E
Straight Leg Lift from Knees	2X15E
Straight Leg Circles form Knees	2X15E

#2: General Strength (Hold-ABS)

Prone Plank (Front)	2X45S
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15
Side Plank Right	2X30S
Side Plank Left	2X30S
Straight Leg Lift from Knees	2X10E
Straight Leg Circles form Knees	2X10E

#3: General Strength (Swiss Ball-Abs)

SB Lateral leg raises(Ball BT Feet)	2X10e
SB Weighted crunch	2X50
SB Russian Twist	2X50
SB Prone knee tuck and twist	2X10e
SB Table Top (1 Leg)	2X30S
Leg lift and push to sky	2X25
Jack Knives	2X20E

#4: General Strength (Swiss Ball-Hold)

SB Double leg lift (on the ball)	2x10e
SB Weighted crunch	2x50
SB Russian Twist	2X50

SB Prone pike press	2x10
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15

#5: General Strength (High Bar Hang-Hold)

HB Side To Side Knee Tucks	2X20
HB Front Knee Tuck	2X20
HB Side To Side Knee Rotation	2X20
HB Front L or Knee Hold	2X30Sec
Prone Hold (Front)	X45S
Supine Hold (Back)	X45S
Prone Hold Leg extension R/L	X15E

#6: General Strength (ABS)

Leg lift and push to sky	2X25
Lateral leg lifts (windshield wipers)	2X25E
Bike Crunch	2X50 total
Russian Twist	2X50 total
Crunches	2X50
Straight Leg Lift from Knees	2X10E
Straight Leg Circles form Knees	2X10E

#7 General Strength (ABS)

Jack Knives	2X20 ea leg
Russian twist	2X50 total
Side R/L	2X50 Each
Rhythmic	2X50
Superman	2X15
Bike Crunch	2X50 total
Crunches	2X50



Phase I Anatomical Adaptation

The first step in any general lifting or strength training program is to develop the body's ability to stabilize or control extra force being placed on it. This phase is commonly called anatomical adaptation. It is critical to first develop the bodies ligaments, tendons, small muscle, etc. before developing large muscle strength. Developing strength without developing stability within the joints can lead to joint and small muscle injuries. Individuals should not look for major muscular gains during this phase, nor should their goal be to add additional weight to their lifts. As the individual performs each lifting exercise the focus should be on moving the body through a full range of motion and controlling the lifting motion to maintain proper lifting technique.

<u>Training Considerations</u>	<u>Work</u>
Duration	4-8 weeks
Load	30-60%
# of Exercises	8-15
# of Sets	2-4
# of Reps	8-15
Total time of session	20-30min
Rep Speed	Slow -Medium
Rest Interval between Sets	60-90 sec.
Rest Interval between Exercises	2-3min.

4 WEEK STRENGTH TRAINING CIRCUIT (Circuit if possible)

Week	Week #1	Week #2	Week#3	Week#4
Intensity	Low	Low	Low	Low
	40% Max	50%Max	45%Max	55%max
Reps	10 reps	10 reps	12 reps	8 reps
Sets	3 sets	3 sets	3 sets	4 sets
Rest	1-2min	1-2min	1-2min	1-2min
Tempo	2-0-1	2-0-1	2-0-1	2-0-1



Anatomical Adaptation Macrocycle Week #1

Day#1 (Oct4th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	3	10	NW	2-0-1	1min	
Incline DB Bench	3	10	40%	2-0-1	1min	
Walking Lunges (Chest Up, Big Step)	3	10	40%	2-0-1	1min	
Front Rows (Cable)	3	10	40%	2-0-1	1min	
Hamstring Curls	3	10	40%	2-0-1	1min	
AD Legs	3	10	40%	2-0-1	1min	
Lat Pull Downs	3	10	40%	2-0-1	1min	
Calf Raises (Standing)	3	10	40%	2-0-1	1min	
Cores strength #1						

Day #2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	3	10	NW	2-0-1	1min	
SB Wall Squats (2 legs)	3	10	40%	2-0-1	1min	
SB DB Bench Press	3	10	40%	2-0-1	1min	
SB Hamstring Curls (2 Legs)	3	10	40%	2-0-1	1min	
Step Ups	3	10	40%	2-0-1	1min	
Shoulder Front/Side Plate Raises	3	10	40%	2-0-1	1min	
Triceps Extensions (Optional)	3	10	40%	2-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Core Strength#2						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		20Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
Leg Curls		20Sec	Light	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 5 (After Circuit Workout)						



Anatomical Adaptation Macrocycle Week #2

Day#1 (Oct 11th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	3	10	NW	2-0-1	1min	
Incline DB Bench	3	10	50%	2-0-1	1min	
Walking Lunges (Chest Up, Big Step)	3	10	50%	2-0-1	1min	
Front Rows	3	10	50%	2-0-1	1min	
Hamstring Curls	3	10	50%	2-0-1	1min	
AD Legs	3	10	50%	2-0-1	1min	
Lat Pull Downs	3	10	50%	2-0-1	1min	
Calf Raises (Standing)	3	10	50%	2-0-1	1min	
Cores strength # 6						

Day #2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	3	10	NW	2-0-1	1min	
SB Wall Squats (2 legs)	3	10	50%	2-0-1	1min	
SB DB Bench Press	3	10	50%	2-0-1	1min	
SB Hamstring Curls (2 Legs)	3	10	50%	2-0-1	1min	
Step Ups	3	10	50%	2-0-1	1min	
Shoulder Front/Side Plate Raises	3	10	50%	2-0-1	1min	
Triceps Extensions (Optional)	3	10	50%	2-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Core Strength# 7						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		20Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
Leg Curls		20Sec	Light	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Anatomical Adaptation Macrocycle Week #3

Day#1 (Oct 18th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	3	12	NW	2-0-1	1min	
Incline DB Bench	3	12	45%	2-0-1	1min	
Walking Lunges (Chest Up, Big Step)	3	12	45%	2-0-1	1min	
Front Rows	3	12	45%	2-0-1	1min	
Hamstring Curls	3	12	45%	2-0-1	1min	
AD Legs	3	12	45%	2-0-1	1min	
Lat Pull Downs	3	12	45%	2-0-1	1min	
Calf Raises (Standing)	3	12	45%	2-0-1	1min	
Cores strength # 2						

Day #2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	3	12	NW	2-0-1	1min	
SB Wall Squats (2 legs)	3	12	45%	2-0-1	1min	
SB DB Bench Press	3	12	45%	2-0-1	1min	
SB Hamstring Curls (2 Legs)	3	12	45%	2-0-1	1min	
Step Ups	3	12	45%	2-0-1	1min	
Shoulder Front/Side Plate Raises	3	12	45%	2-0-1	1min	
Triceps Extensions (Optional)	3	12	45%	2-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Core Strength# 5						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 9min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		20Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
Leg Curls		20Sec	Light	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 6 (After Circuit Workout)						



Anatomical Adaptation Macrocycle Week #4

Day#1 (Oct 25th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	4	8	NW	2-0-1	1min	
Incline DB Bench	4	8	55%	2-0-1	1min	
Walking Lunges (Chest Up, Big Step)	4	8	55%	2-0-1	1min	
Front Rows	4	8	55%	2-0-1	1min	
Hamstring Curls	4	8	55%	2-0-1	1min	
AD Legs	4	8	55%	2-0-1	1min	
Lat Pull Downs	4	8	55%	2-0-1	1min	
Calf Raises (Standing)	4	8	55%	2-0-1	1min	
Cores strength # 7						

Day #2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	4	8	NW	2-0-1	1min	
SB Wall Squats (2 legs)	4	8	55%	2-0-1	1min	
SB DB Bench Press	4	8	55%	2-0-1	1min	
SB Hamstring Curls (2 Legs)	4	8	55%	2-0-1	1min	
Step Ups	4	8	55%	2-0-1	1min	
Shoulder Front/Side Plate Raises	4	8	55%	2-0-1	1min	
Triceps Extensions (Optional)	4	8	55%	2-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Core Strength# 1						

Day #3 Aerobic Circuit **(Do each exercise in a row without break, repeat 3 times, 9min total exercise time)**

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		20Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
Leg Curls		20Sec	Light	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 2 (After Circuit Workout)						



Phase II

Hypertrophy

Following the Anatomical Adaptation phase, individuals will need to increase the size of their major muscles, while also developing strength within their smaller stabilizer muscles. This phase is commonly referred to as Hypertrophy. Many people have a bad image of Hypertrophy because they view this stage as body building. If this type of lifting would be performed for a long period of time (6-24 months) then negative side effects would occur, such as increased size, decreased power output, decreased range of motion, etc. Our intent during this phase is not to add excess body weight to the individuals, but rather create muscular growth that will allow them to develop more strength in later strength training phases. To accomplish our goal we will need to perform moderate intensity lifting with a high rep volume.

Training Considerations

Work

Duration	4-8 weeks
Load	50-75%
# of Exercises	6-9 (major muscle groups)
# of Reps per Set	8-16
# of Sets	3-8
Rest Interval	3-5min
Rep Speed	Slow -Medium
Day per Week	2-4

Example: 4 WEEK HYPERTROPHY STRENGTH CYCLE

Week	Week#1	Week#2	Week #3	Week #4
Intensity	Low	Moderate	Moderate	
	Moderate		60% Max	70% Max
Max	65% Max			75%
Reps	10-12	10-12	8-10	10-12
Sets	4	3	3	4
Rest	1-2min	1-2min	1-2min	1-2min
Tempo	3-0-1	3-0-1	3-0-1	3-0-1



Hypertrophy Cycle Macrocycle Week # 5

Day #1(Nov 1st)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	2	10-12	NW	3-0-1	1min	
Back Squat	4	10-12	60%	3-0-1	1min	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set)	4	10-12	60%	3-0-1	1min	
Hamstring Curls	4	10-12	60%	3-0-1	1min	
Leg Extensions	4	10-12	60%	3-0-1	1min	
Up Right Row	4	10-12	60%	3-0-1	1min	
Calf Raises (Standing)	4	10-12	60%	3-0-1	1min	
Bicep Curls (Optional)	4	10-12	60%	3-0-1	1min	
Cores strength # 5						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
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Squat, Press, Stand (BAR No weight)	2	10-12	NW	3-0-1	1min	
Push Press (Jerk) (BAR No Weight)	2	10-12	NW	3-0-1	1min	
DB Incline Bench Press (Swiss Ball)	4	10-12	60%	3-0-1	1min	
Lat Pull Downs	4	10-12	60%	1-0-3	1min	
DB One Leg Squat (Do Both Legs) (Back Leg Elevated)	2-3	10-12	60%	3-0-1	1min	
Alternate Side Lunge (Each Leg)	2	10-12	60%	3-0-1	1min	
Shoulder Front/Side Plate Raises	4	10-12	Light	3-0-1	1min	
Triceps Extensions (Optional)	4	10-12	60%	3-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 6						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		30Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		30Sec	Body W	Med		
SB Hamstring Curls (2 Legs)		30Sec		Med		
Leg Extensions		30Sec	Light	Med		
Calf Raises		30Sec	Light	Med		
Push ups		30Sec	Body W	Med		
Dips		30Sec	Body W	Med		
Pull ups		30Sec	Body W	Med		
Bicep Curl		30Sec	Light	Med	2min	
ABS# 7 (After Circuit Workout)						



Hypertrophy Cycle Macrocycle Week # 6

Day #1 (Nov 8th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	2	10-12	NW	3-0-1	1min	
Back Squat	3	10-12	70%	3-0-1	1min	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set)	3	10-12	70%	3-0-1	1min	
Hamstring Curls	3	10-12	70%	3-0-1	1min	

Leg Extensions	3	10-12	70%	3-0-1	1min	
Up Right Row	3	10-12	70%	3-0-1	1min	
Calf Raises (Standing)	3	10-12	70%	3-0-1	1min	
Bicep Curls (Optional)	3	10-12	70%	3-0-1	1min	
Cores strength # 1						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	10-12	NW	3-0-1	1min	
Push Press (Jerk) (BAR No Weight)	2	10-12	NW	3-0-1	1min	
DB Incline Bench Press (Swiss Ball)	3	10-12	70%	3-0-1	1min	
Lat Pull Downs	3	10-12	70%	3-0-1	1min	
DB One Leg Squat (Do Both Legs) (Back Leg Elevated)	2	10-12	70%	3-0-1	1min	
Alternate Side Lunge (Each Leg)	2	10-12	70%	3-0-1	1min	
Shoulder Front/Side Plate Raises	3	10-12	Light	3-0-1	1min	
Triceps Extensions (Optional)	3	10-12	70%	3-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 2						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		30Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		30Sec	Body W	Med		
SB Hamstring Curls (2 Legs)		30Sec	Light	Med		
Leg Extensions		30Sec	Light	Med		
Calf Raises		30Sec	Light	Med		
Push ups		30Sec	Body W	Med		
Dips		30Sec	Body W	Med		
Pull ups		30Sec	Body W	Med		
Bicep Curl		30Sec	Light	Med	2min	
ABS# 3 (After Circuit Workout)						



Hypertrophy Cycle



Macrocycle Week # 7

Day #1 (Nov 15th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	2	8-10	NW	3-0-1	1min	
Back Squat	3	8-10	75%	3-0-1	1min	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set)	3	8-10	75%	3-0-1	1min	
Hamstring Curls	3	8-10	75%	3-0-1	1min	
Leg Extensions	3	8-10	75%	3-0-1	1min	
Up Right Row	3	8-10	75%	3-0-1	1min	
Calf Raises (Standing)	3	8-10	75%	3-0-1	1min	
Bicep Curls (Optional)	3	8-10	75%	3-0-1	1min	
Cores strength # 4						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	8-10	NW	3-0-1	1min	
Push Press (Jerk) (BAR No Weight)	3	8-10	NW	3-0-1	1min	
DB Incline Bench Press (Swiss Ball)	3	8-10	75%	3-0-1	1min	
Lat Pull Downs	3	8-10	75%	3-0-1	1min	
DB One Leg Squat (Do Both Legs) (Back Leg Elevated)	2-3	8-10	75%	3-0-1	1min	
Alternate Side Lunge (Each Leg)	2	8-10	75%	3-0-1	1min	
Shoulder Front/Side Plate Raises	3	8-10	75%	3-0-1	1min	
Triceps Extensions (Optional)	3	8-10	75%	3-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 5						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		30Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		30Sec	Body W	Med		
SB Hamstring Curls (2 Legs)		30Sec	Light	Med		
Leg Extensions		30Sec	Light	Med		
Calf Raises		30Sec	Light	Med		
Push ups		30Sec	Body W	Med		
Dips		30Sec	Body W	Med		
Pull ups		30Sec	Body W	Med		

Bicep Curl		30Sec	Light	Med	2min	
ABS# 6 (After Circuit Workout)						



Hypertrophy Cycle Macrocycle Week # 8

Day #1 (Nov 22nd)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Over Head Squat (BAR No Weight)	2	10-12	NW	3-0-1	1min	
Back Squat	4	10-12	65%	3-0-1	1min	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (After Each Set)	4	10-12	65%	3-0-1	1min	
Hamstring Curls	4	10-12	65%	3-0-1	1min	
Leg Extensions	4	10-12	65%	3-0-1	1min	
Up Right Row	4	10-12	65%	3-0-1	1min	
Calf Raises (Standing)	4	10-12	65%	3-0-1	1min	
Bicep Curls (Optional)	4	10-12	65%	3-0-1	1min	
Cores strength # 7						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	10-12	NW	3-0-1	1min	
Push Press (Jerk) (BAR No Weight)	2	10-12	NW	3-0-1	1min	
DB Incline Bench Press (Swiss Ball)	4	10-12	65%	3-0-1	1min	
Lat Pull Downs	4	10-12	65%	3-0-1	1min	
DB One Leg Squat (Do Both Legs) (Back Leg Elevated)	3	10-12	65%	3-0-1	1min	
Alternate Side Lunge (Each Leg)	2	10-12	65%	3-0-1	1min	
Shoulder Front/Side Plate Raises	4	10-12	65%	3-0-1	1min	
Triceps Extensions (Optional)	4	10-12	65%	3-0-1	1min	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 1						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times,13.5min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Wall Sit		30Sec	Body W	Med		
Lunge Exchange (Hop and Switch Feet)		30Sec	Body W	Med		
SB Hamstring Curls (2 Legs)		30Sec	Light	Med		
Leg Extensions		30Sec	Light	Med		
Calf Raises		30Sec	Light	Med		
Push ups		30Sec	Body W	Med		
Dips		30Sec	Body W	Med		
Pull ups		30Sec	Body W	Med		
Bicep Curl		30Sec	Light	Med	2min	
ABS# 2 (After Circuit Workout)						



Phase III

Pure Strength

Pure Strength is a very important phase that should focus on developing maximum strength for short periods of time. Although it is not necessary for soccer referees to perform 1 rep max lifting tests, it is relatively important for individuals to be able to perform low rep high resistance activities at or near their max effort levels. In doing so individuals will train their bodies to handle higher workloads and create more force over shorter periods of time. All of which are directly related to the individuals relative strength.

Training Considerations Work

Duration	6-14 weeks
Load	75-90%
# of Exercises	6-8 (major muscle groups)
# of Reps per Set	4-8
# of Sets	4-6
Rest Interval	3-5min
Rep Speed	Medium
Day per Week	2-4

Example: 6 WEEK MAX STRENGTH CYCLE

Week Intensity	Week #1	Week #2	Week #3	Week #4	Week #5	Week #6
	Mod	Mod	High	High	Mod	High

	70%	75%	80%	85%	80%	85
Reps	8-10	8-10	6-8	5-7	6-8	4-6
Sets	3	4	4	4	3	4
Rest	2/4min	2/4min	2/4min	2/4min	2/4min	2/4min
Tempo	1-0-1	1-0-1	1-0-1	1-0-1	1-0-1	1-0-1



Strength Cycle Macrocycle Week # 9



Day #1 (Nov 29th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	1	10	Bar	1-0-1	1m	
Box Squat +10 Two Foot Stationary Hops (After Each Set)	3	8-10	70%	1-0-1	1.5m	
DB Incline Bench Press (Swiss Ball)	3	8-10	70%	1-0-1	1.5m	
Lat Pull Downs/Pull Ups	3	8-10	Med	1-0-1	1.5m	
Hamstring Curls	3	8-10	Med	1-0-1	1.5m	
Leg Extensions	3	8-10	Med	1-0-1	1.5m	
Shoulders (Complex) 1. DB Front Raise 2. DB Side Raise 3. DB Bent Over Reverse Fly	3	10E	Light	Med	1.5m	
Calf Raises (Standing)	3	8-10	Med	1-0-1	1.5m	
Cores strength # 3						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
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Squat, Press, Stand (BAR No weight)	2	8-10	Bar	1-0-1	1m	
Incline Split Squat (Both Legs)	3	8-10	70%	1-0-1	1.5m	
Alternate Side Lunge (Each Leg)	2	8-10	70%	1-0-1	1.5m	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set)	3	8-10	70%	1-0-1	1.5m	
Cable Rows	3	8-10	Med	1-0-1	1.5m	
AD Legs	3	8-10	Med	1-0-1	1.5m	
Bicep Curls (Optional)	3	8-10	Med	1-0-1	1.5m	
Triceps Extensions (Optional)	3	8-10	Med	1-0-1	1.5m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 4						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)



Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 5 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 10

Day #1 (Dec 6th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	8-10	Light	1-0-1	1m	
Box Squat +10 Two Foot Stationary Hops (After Each Set)	3	8-10	75%	1-0-1	1.5m	
DB Incline Bench Press (Swiss Ball)	3	8-10	75%	1-0-1	1.5m	
Lat Pull Downs/Pull Ups	4	8-10	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Leg Extensions	4	8-10	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	4	8-10	Light	1-0-1	1m	
Calf Raises (Standing)	4	8-10	Med	1-0-1	1m	
Cores strength # 6						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	8-10	Light	1-0-1	1m	
Incline Split Squat (Do Both Legs Separately)	3	8-10	75%	1-0-1	1.5m	
Alternate Side Lunge (Each Leg)	2	8-10	75%	1-0-1	1.5m	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set)	4	8-10	75%	1-0-1	1m	

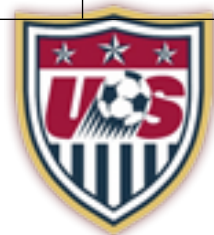
Cable Rows	4	8-10	Med	1-0-1	1m	
AD Legs	4	8-10	Med	1-0-1	1m	
Bicep Curls (Optional)	4	8-10	Med	1-0-1	1m	
Triceps Extensions (Optional)	4	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 7						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)



Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						

Strength Cycle



Macrocycle Week # 11

Day #1 (Dec13th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	6-8	Light	1-0-1	2m	
Box Squat	4	6-8	80%	1-0-1	2m	
DB Incline Bench Press	4	6-8	80%	1-0-1	2m	
Lat Pull Downs/Pull Ups	4	6-8	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Leg Extensions	4	6-8	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	4	6-8	Med	1-0-1	1m	
Calf Raises (Standing)	4	6-8	Med	1-0-1	1m	
Cores strength #2						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	6-8	Bar	1-0-1	2m	
Incline Split Squat (Both Legs)	3	6-8	80%	1-0-1	2m	
Alternate Side Lunge (Each Leg)	3	8-10	75%	1-0-1	1.5m	
DB Bench Press	4	6-8	80%	1-0-1	1m	
Cable Rows	4	6-8	Med	1-0-1	1m	
AD Legs	4	6-8	Med	1-0-1	1m	
Bicep Curls (Optional)	4	6-8	Med	1-0-1	1m	
Triceps Extensions (Optional)	4	6-8	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 3						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 4 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 12

Day #1(Dec 20th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Box Squat	3	5-7	85%	1-0-1	2m	
DB Incline Bench Press	3	5-7	85%	1-0-1	2m	
Lat Pull Downs/Pull Ups	3	8	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	3	8	Med	1-0-1	1m	
Calf Raises (Standing)	3	8	Med	1-0-1	1m	
Cores strength # 5						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	5	Light	1-0-1	2m	
Incline Split Squat (Both Legs)	3	5-7	85%	1-0-1	2m	
Alternate Side Lunge (Each Leg)	2	8	Med	1-0-1	2m	
DB Bench Press	3	5-7	85%	1-0-1	1m	
Cable Rows	3	8	Med	1-0-1	1m	

Bicep Curls (Optional)	3	8	Med	1-0-1	1m	
Triceps Extensions (Optional)	3	8	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 6						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 7 (After Circuit Workout)						



Stregth Cycle Macrocycle Week # 13

Day #1 (Dec 27th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Box Squat	3	6-8	80%	1-0-1	2m	
DB Incline Bench Press	3	6-8	80%	1-0-1	2m	
Lat Pull Downs/Pull Ups	4	8	Med	1-0-1	1m	
Hamstring Curls	4	8	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	4	8	Med	1-0-1	1m	
Calf Raises (Standing)						
Cores strength # 1						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	5	Light	1-0-1	2m	
Incline Split Squat (Both Legs)	3	6-8	80%	1-0-1	2m	
Alternate Side Lunge (Each Leg)	2	8	Med	1-0-1	2m	
DB Bench Press	3	6-8	80%	1-0-1	2m	
Cable Rows	4	8	Med	1-0-1	1m	
Bicep Curls (Optional)	4	8	Med	1-0-1	1m	
Triceps Extensions (Optional)	4	8	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 2						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 3 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 14

Day #1 (Jan 3rd)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Box Squat	4	4-6	85%	1-0-1	2m	
DB Incline Bench Press	4	4-6	85%	1-0-1	2m	
Lat Pull Downs/Pull Ups	3	8	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	3	8	Med	1-0-1	1m	
Calf Raises (Standing)	3	8	Med	1-0-1	1m	
Cores strength # 4						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	5	Light	1-0-1	2m	
Incline Split Squat (Both Legs)	3	4-6	85%	1-0-1	2m	
Alternate Side Lunge (Each Leg)	2	8	Med	1-0-1	2m	
DB Bench Press	4	4-6	85%	1-0-1	2m	

Cable Rows	3	8	Med	1-0-1	1m	
Bicep Curls (Optional)	3	8	Med	1-0-1	1m	
Triceps Extensions (Optional)	3	8	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 5						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 6 (After Circuit Workout)						



Phase IV

Power/Speed Strength

As you all know athletes in general rarely encounter situation in which they are subjected to performing tasks with resistance placed on their bodies. So to bridge the gap between strength training with resistance and speed development on the field, the individuals lifting program must progress towards a speed and power cycle. To do this the athletes will need to perform light weight fast pace lifts. These lifts will also need to be more full body in nature and generally specific to the need and demands of the specific athletic movement. Although the athletes will perform general aerobic lifting routines that are fast paced and light weight during most lifting phases, during this phase the majority of the focus will be places on these lifting demands. This will also set up the athlete's peak. Peaking is when an athlete's is trained to perform at his/her very best. Thus making this phase also very important in the lifting phase cycle.

Duration	6-10 weeks
Load	60-80%
# of Exercises	2-4 (major muscle groups)
# of Reps per Set	4-10
# of Sets	3-6
Rest Interval	2-6min
Rep Speed	Fast
Day per Week	2-3

Example: 4 WEEK POWER/SPEED CYCLE

Week	Week #1	Week #2	Week #3	Week #4
Intensity	Mod	High	High	Mod
	70%	75%	75%	65%
Reps	6-8	6	5	
	8			
Sets	4	4	4	3
Rest	2/4min	2/4min	2/4min	2/4min
Tempo	Fast	Fast	Fast	Fast



Speed Strength Cycle Macrocycle Week # 15

Day #1 (Jan 10th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	70%	2-1-X	2m	
Incline Bench Press	4	6	70%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	

Cores strength # 7						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	6	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	70%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	70%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength #3						

Day #3

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 16

Day #1 (Jan 17th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	75%	2-1-X	2m	
Incline Bench Press	4	6	75%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength #2						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	75%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	75%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength #7						

Day #3

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 17

Day #1 (Jan 24th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	75%	2-1-X	2m	
Incline Bench Press	4	6	75%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # 6						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	75%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	75%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # 5						

Day #3

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 18

Day #1 (Jan 31st)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	70%	2-1-X	2m	
Incline Bench Press	4	6	70%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # 4						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	70%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	70%	2-1-X	2m	

Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day #3

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 3 (After Circuit Workout)						



Speed Strength Cycle
Macrocycle Week # 19

Day #1 (Feb 7th) (Fitness Test Following This Week of Training)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	3	6	60%	2-1-X	2m	
Incline Bench Press	3	6	60%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	3	6	60%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	3	6	60%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day #3

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 20

Day #1 (Nov 29th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	1	10	Bar	1-0-1	1m	
Box Squat +10 Two Foot Stationary Hops (After Each Set)	3	8-10	70%	1-0-1	1.5m	
DB Incline Bench Press (Swiss Ball)	3	8-10	70%	1-0-1	1.5m	
Lat Pull Downs/Pull Ups	3	8-10	Med	1-0-1	1.5m	
Hamstring Curls	3	8-10	Med	1-0-1	1.5m	
Leg Extensions	3	8-10	Med	1-0-1	1.5m	
Shoulders (Complex) 1. DB Front Raise 2. DB Side Raise 3. DB Bent Over Reverse Fly	3	10E	Light	Med	1.5m	
Calf Raises (Standing)	3	8-10	Med	1-0-1	1.5m	
Cores strength # 3						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	8-10	Bar	1-0-1	1m	
Incline Split Squat (Both Legs)	3	8-10	70%	1-0-1	1.5m	
Alternate Side Lunge (Each Leg)	2	8-10	70%	1-0-1	1.5m	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set)	3	8-10	70%	1-0-1	1.5m	
Cable Rows	3	8-10	Med	1-0-1	1.5m	
AD Legs	3	8-10	Med	1-0-1	1.5m	
Bicep Curls (Optional)	3	8-10	Med	1-0-1	1.5m	
Triceps Extensions (Optional)	3	8-10	Med	1-0-1	1.5m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 4						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 5 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 23

Day #1 (Dec 6th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	8-10	Light	1-0-1	1m	
Box Squat +10 Two Foot Stationary Hops (After Each Set)	3	8-10	75%	1-0-1	1.5m	
DB Incline Bench Press (Swiss Ball)	3	8-10	75%	1-0-1	1.5m	
Lat Pull Downs/Pull Ups	4	8-10	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Leg Extensions	4	8-10	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	4	8-10	Light	1-0-1	1m	
Calf Raises (Standing)	4	8-10	Med	1-0-1	1m	
Cores strength # 6						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	8-10	Light	1-0-1	1m	
Incline Split Squat (Do Both Legs Separately)	3	8-10	75%	1-0-1	1.5m	
Alternate Side Lunge (Each Leg)	2	8-10	75%	1-0-1	1.5m	
DB Bench Press (Swiss Ball) + 10 SB Push Ups (Feet On Ball) (Each Set)	4	8-10	75%	1-0-1	1m	

Cable Rows	4	8-10	Med	1-0-1	1m	
AD Legs	4	8-10	Med	1-0-1	1m	
Bicep Curls (Optional)	4	8-10	Med	1-0-1	1m	
Triceps Extensions (Optional)	4	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 7						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Strength Cycle Macrocycle Week # 24

Day #1 (Dec13th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Box Squat (Easy Warm Up)	2	6-8	Light	1-0-1	2m	
Box Squat	4	6-8	80%	1-0-1	2m	
DB Incline Bench Press	4	6-8	80%	1-0-1	2m	
Lat Pull Downs/Pull Ups	4	6-8	Med	1-0-1	1m	
Hamstring Curls	3	10-12	Med	1-0-1	1m	
Leg Extensions	4	6-8	Med	1-0-1	1m	
Shoulders (Complex) 1.DB Front Raise 2.DB Side Raise 3.DB Bent Over Reverse Fly	4	6-8	Med	1-0-1	1m	
Calf Raises (Standing)	4	6-8	Med	1-0-1	1m	
Cores strength #2						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat, Press, Stand (BAR No weight)	2	6-8	Bar	1-0-1	2m	
Incline Split Squat (Both Legs)	3	6-8	80%	1-0-1	2m	
Alternate Side Lunge (Each Leg)	3	8-10	75%	1-0-1	1.5m	
DB Bench Press	4	6-8	80%	1-0-1	1m	
Cable Rows	4	6-8	Med	1-0-1	1m	
AD Legs	4	6-8	Med	1-0-1	1m	
Bicep Curls (Optional)	4	6-8	Med	1-0-1	1m	
Triceps Extensions (Optional)	4	6-8	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	Slow	1m	
Cores strength # 3						

Day #3 Aerobic Circuit (Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk		20Sec	Light	Med		
Front Squat		20Sec	Light	Med		
Side Lunges (Alternate Sides)		20Sec	Light	Med		
SB Hamstring Curls (Single Legs) (15sec Each)		30Sec	Body W	Med		
Calf Raises		20Sec	Light	Med		
Pull Ups (Repetition Max)		RM	Body W	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 4 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 25

Day #1 (Jan 10th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	70%	2-1-X	2m	
Incline Bench Press	4	6	70%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # 7						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	6	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	70%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	70%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	

Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day #3(Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 26

Day #1 (Jan 17th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	75%	2-1-X	2m	
Incline Bench Press	4	6	75%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	75%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	75%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day #3(Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Speed Strength Cycle Macrocycle Week # 27



Day #1 (Jan 24th)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Back Squat (Easy Warm Up)	2	5	Light	1-0-1	2m	
Back Squat +10 Box Jump(Two Feet)(After Each Set)	4	6	75%	2-1-X	2m	
Incline Bench Press	4	6	75%	2-1-X	2m	
Leg Extensions	3	8-10	Med	1-0-1	1m	
Cable Rows	3	8-10	Med	1-0-1	1m	
Pull Ups/Dips	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Push Jerk	1	5	Light	Fast	1m	
Push Jerk	3	6	Light +	Fast	2m	
Step Ups + 10 Bench Blast (5each Leg)	4	6	75%	2-1-X	2m	
Bench Press + 10 Incline Push Ups (Hands On Bench)	4	6	75%	2-1-X	2m	
Hamstring Curls One Leg	3	8-10	Med	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-10	Med	1-0-1	1m	
Back Extensions	3	8-10	Med	1-0-1	1m	
Cores strength # Your Choice						

Day #3(Do each exercise in a row without break, repeat 3 times, 10min total exercise time)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squats		20Sec	Light	Med		
Lunge Exchange (Hop and Switch Feet)		20Sec	Body W	Med		
SB Leg Curls		20Sec	Body W	Med		
Leg Extensions		20Sec	Light	Med		
Calf Raises		20Sec	Light	Med		
Push ups		20Sec	Body W	Med		
Dips		20Sec	Body W	Med		
Pull ups		20Sec	Body W	Med		
Bicep Curl		20Sec	Light	Med	2min	
ABS# 1 (After Circuit Workout)						



Phase V Maintenance

The goal and purpose of the Maintenance phase is to simply maintain your personal lifting abilities while allowing your body to fully recover. This culmination of peaking and rest will result in top level performance. Athletes should perform only a select few exercises during this phase. These exercises should be performed with less than maximum weight but at high intensity. The weight will drop dramatically during this phase, placing the focus on performing quality lifts. After each strength training session the athletes should feel as if he has used his/her muscles explosively but never to complete failure.

In Season Strength Cycle Macrocycle Week # 28-52

Day #1 (Start Feb 21st)

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Squat Press Stand	2	8-12	60-75%	1-0-1	1m	
Front Squat	3	8-12	60-75%	1-0-1	1m	
Hamstring Curls	3	8-12	60-75%	1-0-1	1m	
DB Bench Press	3	8-12	60-75%	1-0-1	1m	
DB One Arm Rows	3	8-12	60-75%	1-0-1	1m	
Standing DB Bicep Curl to Military Press	3	8-12	60-75%	1-0-1	1m	
Back Extensions	3	8-12	60-75%	1-0-1	1m	
Cores strength # Your Choice						

Day# 2

Exercise	Sets	Reps	% MAX	Tempo	Rest	Performance
Walking Lunges	3	8-12	60-75%	1-0-1	1m	
Hamstring Curls	3	8-12	60-75%	1-0-1	1m	
Leg Extensions	3	8-12	60-75%	1-0-1	1m	
DB Incline Bench Press	3	8-12	60-75%	1-0-1	1m	
Shoulder Front/Side Plate Raise	3	8-12	60-75%	1-0-1	1m	

Cable Rows	3	8-12	60-75%	1-0-1	1m	
Pull Ups/Dips	3	8-12	60-75%	1-0-1	1m	
Cores strength # Your Choice						