

Concordia U Men

PRE SEASON

WEEK 1-4

WEEK 1	DAY 1	Set 1	Set 2	Set 3	DAY 2	Set 1	Set 2	Set 3	DAY 3	Set 1	Set 2	Set 3
CORRECTIVE	Glute Bridge (2 Leg)	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s
PERFORMANCE	Progressive Sprints	Series	Series	Series	Lane Slide with Hand Touch	Series	Series	Series	Big Step Progression	Series	Series	Series
EXPLOSIVE	SuperCat Full Squat Jumps (Max Velocity)	/6	/6	/6	Standing MB Chest Pass	/6	/6	/6	Lateral Bounds (1 Foot)	/6	/6	/6
LOWER BODY	Split Squat	/12	/12	/12	1 Arm Deadlift	/12	/12	/12	Lateral Lunge (Front Loaded)	/12	/12	/12
HORIZ PUSH / PULL	1 Arm DB Bench Press	/12	/12	/12	1 Arm Low Row	/12	/12	/12	Farmer's Walk	/12	/12	/12
VERT PUSH / PULL	Pull-Ups (Assist if needed)	/12	/12	/12	1 Arm DB Standing Press	/12	/12	/12	Towel Pull-Ups or Holds	/12	/12	/12
CORE	MB Slams	/12	/12	/12	Push-Up Hold with Knee to Elbow	/12	/12	/12	Lateral Throw	/12	/12	/12
ENERGY	Alternating Sprints (Singles)	30-45s	30-45s	30-45s	5-10-5 (w/ Partner or Solo) 2 reps	30-45s	30-45s	30-45s	Lateral Skater Jumps (3 x 10s on 10s off)	30-45s	30-45s	30-45s

WEEK 2	DAY 1	Set 1	Set 2	Set 3	DAY 2	Set 1	Set 2	Set 3	DAY 3	Set 1	Set 2	Set 3
CORRECTIVE	Glute Bridge (2 Leg)	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s
PERFORMANCE	Progressive Sprints	Series	Series	Series	Lane Slide with Hand Touch	Series	Series	Series	Big Step Progression	Series	Series	Series
EXPLOSIVE	SuperCat Full Squat Jumps (Max Velocity)	/6	/6	/6	Standing MB Chest Pass	/6	/6	/6	Lateral Bounds (1 Foot)	/6	/6	/6
LOWER BODY	Split Squat	/10	/10	/10	1 Arm Deadlift	/10	/10	/10	Lateral Lunge (Front Loaded)	/10	/10	/10
HORIZ PUSH / PULL	1 Arm DB Bench Press	/10	/10	/10	1 Arm Low Row	/10	/10	/10	Farmer's Walk	/10	/10	/10
VERT PUSH / PULL	Pull-Ups (Assist if needed)	/10	/10	/10	1 Arm DB Standing Press	/10	/10	/10	Towel Pull-Ups or Holds	/10	/10	/10
CORE	MB Slams	/10	/10	/10	Push-Up Hold with Knee to Elbow	/10	/10	/10	Lateral Throw	/10	/10	/10
ENERGY	Alternating Sprints (Singles)	30-45s	30-45s	30-45s	5-10-5 (w/ Partner or Solo) 2 reps	30-45s	30-45s	30-45s	Circle Shuffle	30-45s	30-45s	30-45s

WEEK 3	DAY 1	Set 1	Set 2	Set 3	DAY 2	Set 1	Set 2	Set 3	DAY 3	Set 1	Set 2	Set 3
CORRECTIVE	Glute Bridge (2 Leg)	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s
PERFORMANCE	Progressive Sprints	Series	Series	Series	Lane Slide with Hand Touch	Series	Series	Series	Big Step Progression	Series	Series	Series
EXPLOSIVE	SuperCat Full Squat Jumps (Max Velocity)	/6	/6	/6	Standing MB Chest Pass	/6	/6	/6	Lateral Bounds (1 Foot)	/6	/6	/6
LOWER BODY	Split Squat	/8	/8	/8	1 Arm Deadlift	/8	/8	/8	Lateral Lunge (Front Loaded)	/8	/8	/8
HORIZ PUSH / PULL	1 Arm DB Bench Press	/8	/8	/8	1 Arm Low Row	/8	/8	/8	Farmer's Walk	/8	/8	/8
VERT PUSH / PULL	Pull-Ups (Assist if needed)	/8	/8	/8	1 Arm DB Standing Press	/8	/8	/8	Towel Pull-Ups or Holds	/8	/8	/8
CORE	MB Slams	/8	/8	/8	Push-Up Hold with Knee to Elbow	/8	/8	/8	Lateral Throw	/8	/8	/8
ENERGY	Alternating Sprints (Singles)	30-45s	30-45s	30-45s	5-10-5 (w/ Partner or Solo) 2 reps	30-45s	30-45s	30-45s	Circle Shuffle	30-45s	30-45s	30-45s

WEEK 4	DAY 1	Set 1	Set 2	Set 3	DAY 2	Set 1	Set 2	Set 3	DAY 3	Set 1	Set 2	Set 3
CORRECTIVE	Glute Bridge (2 Leg)	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s	3-Way Ankle Stretch	30-60s	30-60s	30-60s
PERFORMANCE	Progressive Sprints	Series	Series	Series	Lane Slide with Hand Touch	Series	Series	Series	Big Step Progression	Series	Series	Series
EXPLOSIVE	SuperCat Full Squat Jumps (Max Velocity)	/6	/6	/6	Standing MB Chest Pass	/6	/6	/6	Lateral Bounds (1 Foot)	/6	/6	/6
LOWER BODY	Split Squat	/8	/8	/8	1 Arm Deadlift	/8	/8	/8	Lateral Lunge (Front Loaded)	/8	/8	/8
HORIZ PUSH / PULL	1 Arm DB Bench Press	/8	/8	/8	1 Arm Low Row	/8	/8	/8	Farmer's Walk	/8	/8	/8
VERT PUSH / PULL	Pull-Ups (Assist if needed)	/8	/8	/8	1 Arm DB Standing Press	/8	/8	/8	Towel Pull-Ups or Holds	/8	/8	/8
CORE	MB Slams	/8	/8	/8	Push-Up Hold with Knee to Elbow	/8	/8	/8	Lateral Throw	/8	/8	/8
ENERGY	Alternating Sprints (Singles)	30-45s	30-45s	30-45s	5-10-5 (w/ Partner or Solo) 2 reps	30-45s	30-45s	30-45s	Circle Shuffle	30-45s	30-45s	30-45s