Month:		MARCH						TRAINING LOG				DAY 1	
		DAY 1											
		PART 1- Warm-up/Corrective Exercises						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**			
1	1	90-90 Floor Hip	1	10	NA	0						Lean forward, lean back, switch	
	2	Split Stance Arm Scans	1	10ea	NA	0						Kneeling or standing next to wall	
	3	Deep squat + Reaches	1	10	NA	0						Flat foot, reach and hold	
	4	Quadruped + Downward Dog	1	10	NA	0						Draw abs in, hold the downward dog	
	5	Hip Ups	1	10	NA	0						squeeze glutes for a 1 sec count	
		PART 2- Strength						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**			
1	1	Deadlift	5	6	NA	60-120						Hex, bar, KB, DB- pick variation	
	2	Turkish Getup	4	5ea	NA	60-120						Half getup is fine also	
	3	Split Squat	4	8ea	NA	60-120						Slow pace/eccentric, pause at bottom	
	4	DB RDL	4	10	NA	60-120						Hinge slow w/ slight knee bend	
		Challenge											
		PART 3- Conditioning Challenges						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**		*** circuit station or 1 challenge**	
1	1	Jump Rope/Jacks	5	50	NA	0						efficient pace	
	2	MB Slams/chops	5	10	NA	0						smooth and fast	
	3	Skaters	5	20	NA	0						catch and go quick	
	4	Low box Quick Steps	5	20	NA	0						run like you are running stairs	

								TRAINING LOG					Day 2
		DAY 2											
		PART 1- Warm-up/Corrective Exercises						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**			
2	1	90-90 Floor Hip	1	10	NA	0						Lean forward, lean back, switch	
	2	Split Stance Arm Scans	1	10ea	NA	0						Kneeling or standing next to wall	
	3	Deep squat + Reaches	1	10	NA	0						Flat foot, reach and hold	
	4	Wall Band Serratus Slides	1	10	NA	0						Use light band around wrist	
	5	Floor Y-Raises	1	10	NA	0						Prone, Arm raises at 45 degrees overhead	
		PART 2- Strength						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**			
2	1	DB Bench	5	6	NA	60-120						Keep shoulders down & back tight	
	2	Side Plank	4	NA	:30ea	60-120						Hold :20-:30 ea. side	
	3	DB Row	4	10ea	NA	60-120						Elbow tight to side on pull	
	4	DB Rear Delt Raises	4	8	NA	60-120						Hold hinge or lie over bench, raise to a T	
		Challenge											
		PART 3- Conditioning Challenges						**Weeks (track results)**				**Comments:**	
Day	**Order**	**Exercise**	**Sets**	**Reps**	**Time**	**Rest**	**1**	**2**	**3**	**4**		*** circuit station or 1 challenge**	
2	1	Burpees	5	10	NA	0						Elevate on box if needed	
	2	High Knees	5	50	NA	0						Fast	
	3	Twist Jumps	5	20	NA	0						catch soft off 90 degree jump	
	4	MB Diagonal Chops	5	10ea	NA	0						pivot foot ea. way	
		NOTES											