

2014 Winter Surge Sample
Strength - Power

Periodization Schedule

BACK SQUAT

Week 1	64%	10 reps
Week 2	76%	6 reps
Week 3	79%	5 reps
Week 4	82%	5 reps
Week 5	85%	3 reps
Week 6	88%	3 reps
Week 7	Max	3 reps Back Squat

PUSH PRESS / PUSH JERK

Week 1	67%	3 reps	Push Press
Week 2	70%	3 reps	Push Press
Week 3	73%	3 reps	Push Press
Week 4	82%	3 reps	Push Jerk
Week 5	85%	2 reps	Push Jerk
Week 6	88%	1 rep	Push Jerk
Week 7	Max	1 rep	Push Jerk

BENCH PRESS

Week 1	70%	8 reps
Week 2	76%	6 reps
Week 3	79%	5 reps
Week 4	85%	5 reps
Week 5	88%	3 reps
Week 6	91%	2 reps
Week 7	Max	1 rep Bench Press

POWER CLEAN

Week 1	73%	3 reps
Week 2	76%	3 reps
Week 3	79%	3 reps
Week 4	82%	3 reps
Week 5	85%	2 reps
Week 6	88%	1 rep
Week 7	Max	1 rep Power Clean

WEEK: 1

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PHASE 1

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Press warm up - 3 reps 55% - 3 reps 61% - 3 reps 64% - 3 reps 67% - 3 reps Low Box Back Squat warm up - 10 reps 55% - 10 reps 61% - 10 reps 64% - 10 reps Pull Ups 3 sets - 5-10 reps Offense - Glute Ham Raises 2 sets - 10 reps Defense - Reverse Hyper Ext. 2 sets - 20 reps Bar Hang - 1:00 Stretch - Low Back and Hamstrings	Quick Bear Machine Jumps 2 sets - 20 reps Bench Press warm up-8 reps 55% - 8 reps 64% - 8 reps 70% - 8 reps Seated Plate Raise 2 sets - 20 reps Weighted Dips 3 sets - 10 reps Barbell Curls 3 sets 10 reps 4 Way Neck ISO with Partner 1 set - 6 reps each direction Stretch - Low Back and Hamstrings	Olympic Deadlift to Knee 2 sets - 3 reps Power Clean warm up - 3 reps 55% - 3 reps 61% - 3 reps 67% - 3 reps 73% - 3 reps Clean Pulls 79% - 3 reps 82% - 3 reps Front Squat warm up - 5 reps 4 sets - 5 reps 55% - 5 reps 61% - 5 reps 64% - 5 reps 67% - 5 reps Offense - Glute Ham Raises 2 sets - 10 reps Defense - Reverse Hyper Ext. 2 sets - 20 reps Stretch - Low Back and Hamstrings	Hang Snatch (SPEED!) 4 sets - 3 reps Close Grip Bench with Chains (Stop and Stab) 4 sets -6 reps Land Mine Row 3 sets - 8 reps Barbell Lying Triceps Ext. 3 sets - 10 reps Dumbbell Standing Alternate Curl 3 sets - 10 reps each arm 4 Way Neck Machine 1 set - 10 reps each direction Stretch - Low Back and Hamstrings

WEEK: 2

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PHASE 1

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Press warm up - 3 reps 55% - 3 reps 61% - 3 reps 64% - 3 reps 70% - 3 reps Low Box Back Squat warm up - 6 reps 55% - 6 reps 64% - 6 reps 70% - 6 reps 76% - 6 reps Pull Ups 3 sets - 5-10 reps Offense - Reverse Hyper Ext. 2 sets - 15 reps Defense - Glute Ham Raises 2 sets - 10 reps Bar Hang - 1:00 Stretch - Low Back and Hamstrings	Quick Bear Machine Jumps 2 sets - 20 reps Bench Press warm up - 8 reps 55% - 6 reps 64% - 6 reps 70% - 6 reps 76% - 6 reps Seated Plate Raise 2 sets - 20 reps Weighted Dips 3 sets - 8 reps Barbell Curls 3 sets- 10 reps 4 Way Neck ISO with Partner 1 set - 6 reps each direction Stretch - Low Back and Hamstrings	Olympic Deadlift to Knee 2 sets - 3 reps Power Clean warm up - 3 reps 61% - 3 reps 67% - 3 reps 70% - 3 reps 76% - 3 reps Clean Pulls 82% - 3 reps 85% - 3 reps Front Squat warm up - 5 reps 4 sets - 5 reps 55% - 5 reps 64% - 5 reps 67% - 5 reps 70% - 5 reps Offense - Glute Ham Raises 2 sets - 10 reps Defense - Reverse Hyper Ext. 2 sets - 15 reps Bar Hang - 1:00 Stretch - Low Back and Hamstrings	Hang Snatch (SPEED!) 4 sets - 3 reps 120, 140, 150, 160 Close Grip Bench with Chains (Stop and Stab) 4 sets - 6 reps Landmine Row 3 sets - 8 reps Barbell Lying Triceps Ext. 3 sets - 10 reps Standing Dumbbell Alternate Curls 3 sets - 10 reps each arm 4 Way Neck Machine 1 set - 10 reps each direction Stretch - Low Back and Hamstrings

WEEK: 6

**2014 Winter Surge Sample
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PHASE 3

MONDAY	TUESDAY	THURSDAY	FRIDAY
Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout	Pre-Strength/Power Workout
Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development	Dynamic Warm Up Foot Speed Development Ab - Core Development
Strength/Power Workout	Strength/Power Workout	Strength/Power Workout	Strength/Power Workout
Push Jerk warm up - 3 reps 64% - 3 reps 70% - 3 reps 76% - 2 reps 82% - 2 reps 88% - 1 rep Back Squat warm up - 5 reps 61% - 3 reps 70% - 3 reps 76% - 3 reps 82% - 3 reps 88% - 3 reps Extended Squat 2 sets - 5 reps Offense-Reverse Hyper Ext. 2 sets - 20 reps Defense - Glute Ham Raises 2 sets - 10 reps Bar Hang - 1:15 Stretch - Low Back and Hamstrings	Explosive Box Step Ups-with vest 3 sets - 4 reps each leg Bench Press warm up - 5 reps 64% - 3 reps 73% - 3 reps 79% - 3 reps 85% - 3 reps 91% - 2 reps Pull Ups - 3 sets - 5-10 reps Curl Bar Lying Triceps Ext. 4 sets - 8, 8, 6, 6 4 Way Neck ISO with partner 1 set - 10 reps each direction <p style="text-align: center;">OR</p> 4 Way Neck Machine 1 set 10 reps each direction Stretch - Low Back and Hamstrings	Power Clean warm up - 3 reps 64% - 3 reps 70% - 3 reps 76% - 2 reps 82% - 2 reps 85% - 2 reps Clean Pulls 94% - 3 reps 97% - 3 reps Barbell Step Ups 3 sets - 5 reps Barbell Lunges 3 sets - 5 reps Offense - Glute Ham Raises 2 sets - 8 reps Defense - Reverse Hyper Ext. 2 sets - 20 reps Stretch - Low Back and Hamstrings	Power Snatch 4 sets - 3 reps Dumbbell Bench Press (Stop and Stab) 4 sets - 5 reps Bent Over Barbell Rows 3 sets - 10, 8, 6 reps Dominator Throws 1 set - 5 reps - each side Bumper Plate Walking Grippers 4 sets - 20 yards 4 Way Neck ISO with partner 1 set - 6 reps each direction <p style="text-align: center;">OR</p> 4 Way Neck Machine 1 set 10 reps each direction Stretch - Low Back and Hamstrings

WEEK: 7

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PHASE 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p data-bbox="205 394 327 456">PUSH JERK MAX</p> <p data-bbox="195 654 342 716">BACK SQUAT MAX</p>	<p data-bbox="577 394 741 456">POWER CLEAN MAX</p>	<p data-bbox="974 394 1129 456">BENCH PRESS MAX</p> <p data-bbox="982 654 1117 716">SIT AND REACH TEST</p>	<p data-bbox="1352 394 1528 495">VERTICAL JUMP 10 yard time</p>	<p data-bbox="1759 394 1915 495">40 yard Test 20 yard Shuttle</p>