



Power Performance PHASE

Athletic Power Performance Phase

Weekly Workout Logs

- Print these workouts and fill them in according to the actual number of repetitions you achieve on each exercise.
- You NEED to log each and every workout for ultimate success. Try to print off the workout for each workout and keep them organized.
- Remember, the number of circuits and/or repetitions changes as the weeks progress.

Guidelines

Length Of Phase: 4 Weeks

How Many Times Per Week: 3x per week

How To Get The Most Out Of This Phase:

- This phase is different from the previous phases. First, this phase is only to be performed when a base level of strength, speed and conditioning is built through the previous phases and you have graduated from all previous tests.
- You will not perform any speed training drills or exercises during this phase. This phase is designed to recruit more muscle fibers that help you to build more speed and athleticism.
- This phase is performed for 4 weeks. This is due to the intense nature of the workout plus the desired outcome. The longest you should perform this phase is 6 weeks, any longer is counter-productive to your athletic performance.
- Exercises "A" and "B" should be performed with NO break between them. All sets for "1" exercises with be completed and then you will move on to "2" and so on.
- Focus on Maximum Explosion in all "b" exercises on EVERY rep
- Document the results of your last test at the beginning of this workout so you can use these numbers to calculate the proper loads.

Weeks 1 - 4 Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Workout A		Workout B		Workout A		
Week 2	Workout B		Workout A		Workout B		
Week 3	Workout A		Workout B		Workout A		
Week 4	Workout B		Workout A		Workout B		

VERY IMPORTANT!!!!

Loads:

Focus on Maximum Explosion in all "b" exercises on EVERY rep

Power Performance Strength Phase

Foam Rolling Routine (Optional)

Warm-up Routine

2-4 minute light jog, jumping jacks or jumping rope

Dynamic Stretching

Skip (Down & Back)

High Knees (Down)

Knee Pulls (Back)

Quad Pulls (Down & Back)

Crossovers (Down & Back)

High Kicks (Down)

Lunge w/ Twist (Back)

Inch Worm w/ Pushup (5 Reps)

Spiderman (10 Reps)

Squat to Stand (5 Reps)

Squat Jumps (5 Reps)

[Watch Demo Video Here](#)



Document Maxes From End Of Last Phase

Exercise	Document Results
40 Yard Dash (Document Time)	
Shuttle Run (Document Time)	
Plank Hold (Document Time)	
Push Ups (How Many In 1 Min.)	
Pull Up (Max Number)	
Dips (Max Number)	
BW Squats (Max Number in 1 Min.)	
Broad Jump (Document Distance)	
Squat (1 RM from Best 4 Rep Set)	
Bench Press (1 RM from Best 4 Rep Set)	
Deadlift (1 RM from Best 4 Rep Set)	

Name: _____

Body Weight: _____

Date: _____

Week 1

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		80%/3 (2 Sets)
1b	Flying Med-Ball Pushups		3 Reps (each side)
2a	Deadlift		80%/3 (2 Sets)
2b	Long Jump		3 Reps
3a	Standing Barbell Press		80%/3 (2 Sets)
3b	Med Ball Ceiling Toss (Knees)		3 Reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		80%/3 (2 Sets)
1b	Reaction Jumps		3 Reps
2a	Pull-up		80%/3 (2 Sets)
2b	Med Ball Slams		3 Reps
3a	Dips		80%/3 (2 Sets)
3b	Clap Push-Ups		3 Reps

Workout A			
Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		80%/3 (2 Sets)
1b	Flying Med-Ball Pushups		3 Reps (each side)
2a	Deadlift		80%/3 (2 Sets)
2b	Long Jump		3 Reps
3a	Standing Barbell Press		80%/3 (2 Sets)
3b	Med Ball Ceiling Toss (Knees)		3 Reps

Training Tip:

“Getting strong without an increase in mass increases their relative strength. Relative strength is the key. An athlete with high relative strength will be faster and able to change direction quicker. An athlete should get as strong as possible in basic strength training exercises, and should also master all of the single-leg bodyweight exercises.”

Week 2

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		85%/2 (3 Sets)
1b	Reaction Jumps		4 Reps
2a	Pull-up		85%/2 (3 Sets)
2b	Med Ball Slams		4 Reps
3a	Dips		85%/2 (3 Sets)
3b	Clap Push-Ups		4 Reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		85%/2 (3 Sets)
1b	Flying Med-Ball Pushups		4 Reps (each side)
2a	Deadlift		85%/2 (3 Sets)
2b	Long Jump		4 Reps
3a	Standing Barbell Press		85%/2 (3 Sets)
3b	Med Ball Ceiling Toss (Knees)		4 Reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		85%/2 (3 Sets)
1b	Reaction Jumps		4 Reps
2a	Pull-up		85%/2 (3 Sets)
2b	Med Ball Slams		4 Reps
3a	Dips		85%/2 (3 Sets)
3b	Clap Push-Ups		4 Reps

Training Tip:

“Get as strong as you can without gaining bodyweight. Lift hard but don’t overeat or eat junk food. Get strong in your lower body, in particular your hamstrings and glutes for speed, and perform lateral movement to strengthen your groin against injury.”

Week 3

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		85%/3 (3 Sets)
1b	Flying Med-Ball Pushups		5 Reps (each side)
2a	Deadlift		85%/3 (3 Sets)
2b	Long Jump		5 Reps
3a	Standing Barbell Press		85%/3 (3 Sets)
3b	Med Ball Ceiling Toss (Knees)		5 Reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		85%/3 (3 Sets)
1b	Reaction Jumps		5 Reps
2a	Pull-up		85%/3 (3 Sets)
2b	Med Ball Slams		5 Reps
3a	Dips		85%/3 (3 Sets)
3b	Clap Push-Ups		5 Reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		85%/3 (3 Sets)
1b	Flying Med-Ball Pushups		5 Reps (each side)
2a	Deadlift		85%/3 (3 Sets)
2b	Long Jump		5 Reps
3a	Standing Barbell Press		85%/3 (3 Sets)
3b	Med Ball Ceiling Toss (Knees)		5 Reps

Training Tip:

“Your sports conditioning should match your sporting movement because the adaptations are muscle specific. If you are a hockey player, your optimal adaptations will be achieved by skating. If you are a soccer player, you should perform your intervals by running, and also by incorporating as many different movement patterns into the session as possible. Don’t just run in a straight line, as that will not prepare your groin for competition.”

Week 4

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		80%/3 (2 Sets)
1b	Reaction Jumps		3 Reps
2a	Pull-up		80%/3 (2 Sets)
2b	Med Ball Slams		3 Reps
3a	Dips		80%/3 (2 Sets)
3b	Clap Push-Ups		3 Reps

Workout A

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Plank		2 sets of 30 Seconds
Core B	Russian Twist		2 sets of 10 reps (ea side)
1a	Bench Press		80%/3 (2 Sets)
1b	Flying Med-Ball Pushups		3 Reps (each side)
2a	Deadlift		80%/3 (2 Sets)
2b	Long Jump		3 Reps
3a	Standing Barbell Press		80%/3 (2 Sets)
3b	Med Ball Ceiling Toss (Knees)		3 Reps

Workout B

Order	Exercise	Document weight & reps for each set	Suggested Sets & Reps
Core A	Side Plank		2 sets of 30 Seconds (ea)
Core B	Twisting Med Ball Throw Against Wall		2 sets of 10 reps (ea side)
1a	Squat		80%/3 (2 Sets)
1b	Reaction Jumps		3 Reps
2a	Pull-up		80%/3 (2 Sets)
2b	Med Ball Slams		3 Reps
3a	Dips		80%/3 (2 Sets)
3b	Clap Push-Ups		3 Reps

Training Tip:

“Perform lateral movement in 2-3 sessions per week for 4-6 weeks to protect your groin against injury.”

Cool Down Routine:

Bounce on toes

Arm/Leg Shake Outs

Wide Leg Hamstring Stretch

Quad Pull

Triceps/Shoulder Cross Body Reach

Triceps Behind Head Reach

Foam Rolling Routine (optional)



Test Maxes In The Following Exercises (Use a 5th Week in this Phase to Test)

Exercise	Document Results
40 Yard Dash (Document Time)	
Shuttle Run (Document Time)	
Plank Hold (Document Time)	
Push Ups (How Many In 1 Min.)	
Pull Up (Max Number)	
Dips (Max Number)	
BW Squats (Max Number in 1 Min.)	
Broad Jump (Document Distance)	
Squat (1 RM from Best 4 Rep Set)	
Bench Press (1 RM from Best 4 Rep Set)	
Deadlift (1 RM from Best 4 Rep Set)	

Name: _____

Body Weight: _____

Date: _____

Work testing into last week of phase. Either take numbers from sets in workout or add testing after warm up or at end of session.

***This is VERY IMPORTANT for TRUE long term growth

1 Rep Max Percentage Chart

(Weight Used) / (% That Correlates with # of Reps Complete) = 1 RM

Example: My max for an exercise was 90 lbs for 4 Reps
 $90 / .9 = 100$ (My 1RM for that exercise is 100 lbs.)

Reps	% of 1 RM
1	100%
2	95%
3	93%
4	90%
5	87%
6	85%
7	83%
8	80%
9	77%
10	75%
11	73%
12	70%

Or you can use this equation:

$(\text{Weight Lifted} \times .03339 \times \# \text{ of Reps}) + \text{Weight Lifted} = 1\text{RM}$

****Either is fine to use just to be sure to stick with one methods so the numbers are consistent.**

Graduation Standards:

Need to pass all three standards to move to a Custom Sport Specific Peaking System

Bench Press:

- M - 1RM = 125% of their body weight. Up to 200 lbs
 - ◆ If they weigh over 160 and 1RM is 200 or more they pass
- F - 1RM is 75% of BW. Up to 110 lbs
 - ◆ If they weigh 150 lbs or more and 1RM is 110 lbs or more they pass

Deadlift:

- M - 1RM is 175% of body weight. Up to 280 lbs
 - ◆ If they weigh 160 or more and 1RM is 280 lbs or more they pass
- F - 1RM is equal to their 125% BW. Up to 185 lbs.
 - ◆ If they weigh 150 or more and 1RM is 185 lbs or more they pass

Squat:

- M - 1RM is 150% of BW. Up to 240 lbs.
 - ◆ If they weigh 160 or more and 1RM is 240 lbs or more they pass
- F - 1RM is equal to their BW. Up to 150 lbs.
 - ◆ If they weigh 150 or more and 1RM is 150 lbs or more they pass

Name: _____

Body Weight: _____

Date: _____

PASS

FAIL



What's Next?

So your athletes have completed the power performance phase, so what next? First you started with Foundation and then moved into Preparation, then went to Muscle Building and then Max Sports Strength. Now you just finished the Power Performance Phase. First of all, your athletes should have gained so much more speed, agility and reaction time since you have recruited all this FAST switch muscle that gets converted to the athleticism you need on the field. Now, after you've completed this phase, it's time to take the graduation test. When your athlete passes the test, that's when you get into custom Sports Specific Training, and that's where we really turn the corner and get into some higher level stuff! Again, you have to build the foundation before you get to the sports specific training. If you don't, you are "putting cart before the horse" and the long-term athleticism won't be what it could be which will then lead up to nagging injuries. So congratulations on completing this section and welcome to a new world of sports specific training once you've completed the graduation test!