

MONDAY - UPPER BODY

Preseason: Functional Strength & Conditioning - Block 3

Week 9 Workout

STRENGTH CIRCUIT:	Weight	Reps	Sets/Rds
			4
			Rounds

MOVEMENT CIRCUIT:	Rest:			
				3
				Rounds

CORE:	Rest:
	6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 10 Workout

STRENGTH CIRCUIT:	Weight	Reps	Sets/Rds
			4
			Rounds

MOVEMENT CIRCUIT:	Rest:			
				3
				Rounds

CORE:	Rest:
	6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

MONDAY - UPPER BODY (cont)

Preseason: Functional Strength & Conditioning - Block 3

Week 11

Workout

STRENGTH CIRCUIT:

Weight Reps Sets/Rds

			4
			Rounds

MOVEMENT CIRCUIT:

Rest:

			3
			Rounds

CORE:

Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 12

Workout

STRENGTH CIRCUIT:

Weight Reps Sets/Rds

			4
			Rounds

MOVEMENT CIRCUIT:

Rest:

			3
			Rounds

CORE:

Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 9

Workout

In Block 3 Tuesdays are a HIIT Run. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 10

Workout

In Block 3 Tuesdays are a HIIT Run. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 11

Workout

In Block 3 Tuesdays are a HIIT Run. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

Week 12

Workout

In Block 3 Tuesdays are a HIIT Run. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:	FOOD:	Breakfast
		Lunch / Snacks
NOTES:		
		Dinner
NOTES:	FOOD:	Breakfast
		Lunch / Snacks
NOTES:		
		Dinner

Week 9 Workout

	Rounds
CIRCUIT	Rest:
	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

Week 10 Workout

	Rounds
CIRCUIT	Rest:
	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 11 Workout

	Rounds
CIRCUIT	Rest:
	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

Week 12 Workout

	Rounds
CIRCUIT	Rest:
	3

Finish the workout with a 5-10 minute Parasympathetic Breathing session.

NOTES:

NOTES:

FOOD: Breakfast

Lunch / Snacks

Dinner

FOOD: Breakfast

Lunch / Snacks

Dinner

THURSDAY - LEGS

Preseason: Functional Strength & Conditioning - Block 3

Week 9 Workout

STRENGTH CIRCUIT:	Weight	Reps	Sets/Rds
			4
			Rounds

MOVEMENT:	Rest:		

FINISHER CIRCUIT:	Rest:		
			1 Round

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

Week 10 Workout

STRENGTH CIRCUIT:	Weight	Reps	Sets/Rds
			4
			Rounds

MOVEMENT:	Rest:		

FINISHER CIRCUIT:	Rest:		
			1 Round

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

THURSDAY - LEGS (cont)

Preseason: Functional Strength & Conditioning - Block 3

Week 11

Workout

STRENGTH CIRCUIT:

Weight Reps Sets/Rds

			4
			Rounds

MOVEMENT:

Rest:

FINISHER CIRCUIT:

Rest:

			1 Round

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 12

Workout

STRENGTH CIRCUIT:

Weight Reps Sets/Rds

			4
			Rounds

MOVEMENT:

Rest:

FINISHER CIRCUIT:

Rest:

			1 Round

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

FRIDAY - FULL BODY

Preseason: Functional Strength & Conditioning - Block 3

Week 9 Workout

30 seconds of work / 10 seconds rest. Perform each exercise for 30 seconds followed by 10 seconds of rest.

	Weight	Rounds
CIRCUIT	Rest:	
		4

CIRCUIT	Rest:	
	Reps	Rounds
		1

Week 10 Workout

30 seconds of work / 10 seconds rest. Perform each exercise for 30 seconds followed by 10 seconds of rest.

	Weight	Rounds
CIRCUIT	Rest:	
		4

CIRCUIT	Rest:	
	Reps	Rounds
		1

NOTES:

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

FOOD: *Breakfast*

Lunch / Snacks

Dinner

FRIDAY - FULL BODY (cont)

Preseason: Functional Strength & Conditioning - Block 3

Week 11

Workout

30 seconds of work / 10 seconds rest. Perform each exercise for 30 seconds followed by 10 seconds of rest.

	Weight	Rounds
CIRCUIT	Rest:	
		4

	Reps	Rounds
CIRCUIT	Rest:	
		1

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 12

Workout

30 seconds of work / 10 seconds rest. Perform each exercise for 30 seconds followed by 10 seconds of rest.

	Weight	Rounds
CIRCUIT	Rest:	
		4

	Reps	Rounds
CIRCUIT	Rest:	
		1

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

SATURDAY - ENDURANCE

Preseason: Functional Strength & Conditioning - Block 3

Week 9

Workout

In Block 3 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 10

Workout

In Block 3 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

SATURDAY - ENDURANCE (cont)

Preseason: Functional Strength & Conditioning - Block 3

Week 11

Workout

In Block 3 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 12

Workout

In Block 3 Saturdays are Endurance Days. Follow the workout instructions on the website and use the Journal Notes to record your time or distance.

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner