MINNESOTA

WARM-UP
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

STRENGTH PREP
- Strength Prep Leg 1
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

MONDAY

100%		18-Jun-12 (100.0%) REPS	LOAD	SETS	NOTES	25-Jun-12 (100.0%) REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
281	Single Leg Squat	5	125 - 155	1	Roll I Band	5	125 - 155	1	Roll I Band
					No Rest				No Rest
281	Single Leg Squat	3	165 - 185	1	Spine Rolls	3	165 - 185	1	Spine Rolls
					No Rest				No Rest
281	Single Leg Squat	3	220 - 225	1	Coach Watch	3	220 - 225	1	Coach Watch
281	Single Leg Squat	T	85 - 100	4	0:0:0:0:9:12	T	85 - 100	4	0:0:0:0:9:12
					2OC+1				2OC+1
					Reactive				Reactive
					Jump				Jump
	Pair w 2 Boxes								
	Hurdle Hop	4		4	Distance	4		4	Distance
	Pair w/NO REST	EU							
	SQ Jump Weighted	4		4	0:0:0:0:7:10	4		4	0:0:0:0:7:10
	Pair w/NO REST	EU				EU			
	Acc Band Jump Pause	4		4	0:0:0:0:7:10	4		4	0:0:0:0:7:10
	4 way neck	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
	PW / 45 rest/BB/RT				2-way				2-way
	Wrist Flexion	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
	PW / 45 rest/BB/RT	ED	Set - Hr	103		EU	Set - Hr	103	
	ANT TIB BND	T		4	0:0:0:0:7:10	T		4	0:0:0:0:7:10
	Lunge OC Hops	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	PW / 45 rest/BB/RT	EF		OC				OC	
	Cuban PRSS INC F8	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	PW / 45 rest/BB/RT	EU	Set - Hr	110	Each Leg	EU	Set - Hr	110	Each Leg
	Ankle Band Work	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10
625	Glute Bar Lift	T	470 - 500	3	0:0:0:0:7:10	T	470 - 500	3	0:0:0:0:7:10
	PW / 45 rest/BB/RT	EU		OC				OC	
	Hip Flex Prone oc	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	PW / 45 rest/BB/RT	ED	Set - Hr	110		ED	Set - Hr	110	
	Bench Add Groin	T		3	0:0:0:0:7:10	T		3	0:0:0:0:7:10
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath
	Pair w/				No Rest				No Rest
	Partner Leg Walks								
	Pair w/				No Rest				No Rest
	GH HANG	60S		1	Relax Mouth	60S		1	Relax Mouth

MONDAY NOTES

WARM-UP
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

STRENGTH PREP
- Strength Prep Leg 10
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

WENDESDAY

100%		20-Jun-12 (100.0%) REPS	LOAD	SETS	NOTES	27-Jun-12 (100.0%) REPS	LOAD	SETS	NOTES
	Hormonal Strain Release	T		1	0:6:0:0:6:10	T		1	
313	SL Hex Deadlift	5	205 - 220	1	Roll I Band	5	140 - 170	1	Roll I Band
	Pair w/ No Rest								No Rest
313	SL Hex Deadlift	3	185 - 205	1	Spine Rolls	3	185 - 205	1	Spine Rolls
	Pair w/ No Rest								No Rest
313	SL Hex Deadlift	3	245 - 250	1	Coach Watch	3	245 - 250	1	Coach Watch
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
	60 Rest / BB/ RT		Set - Hr	105			Set - Hr	105	
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
	60 Rest / BB/ RT		Set - Hr	105			Set - Hr	105	
313	SL Hex Deadlift	T	295 - 315	2	0:0:0:0:5:10	T	295 - 315	2	0:0:0:0:5:10
469	SL Leg Press	T	190 - 210	3	0:0:0:0:5:10	T	190 - 210	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Reactive-OC	OC			Single Leg
219	DB Straight Leg DL	T	90 - 100	3	0:0:0:0:5:10	T	90 - 100	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	EU			SL-CL-OC	EU			SL-CL-OC
	Hip Flex Prone OC CL	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Lunge OC Hops	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	EP			Each Leg				Each Leg
	GH HYPR	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT	OC	Set - Hr	105			Set - Hr	105	OC
	Bench Add Groin	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
625	Glute Bar Lift	T	315 - 345	3	0:0:0:0:5:10	T	315 - 345	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT	EU				OC			
	Ball LG Curl	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT	OC	Set - Hr	105	SL-Reac		Set - Hr	105	SL-Reac
	Bench Abd Glute	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PRTNR Abs	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	Hip Traction	180s		1	belly Breath	180s		1	belly Breath
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
					Relax Mouth				Relax Mouth

WENDESDAY NOTES

WARM-UP
- Short Hurdle Workout
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancment

STRENGTH PREP
- Strength Prep Leg 5
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6 Squat Roller Iband Post-Shake Fish oil Vits

FRIDAY

100%		22-Jun-12 (100.0%) REPS	LOAD	SETS	NOTES	29-Jun-12 (100.0%) REPS	LOAD	SETS
	Neural Speed Tuning	T		1	Fly 60	T		1
469	SL Leg Press	5	305 - 330	1	Roll I Band	5	210 - 260	1
					No Rest			
469	SL Leg Press	3	275 - 305	1	Spine Rolls	3	275 - 305	1
					No Rest			
469	SL Leg Press	3	365 - 375	1	Coach Watch	3	365 - 375	1
469	SL Leg Press	T	190 - 210	4	0:0:0:0:10:10	T	190 - 210	4
					Reactive			
					OC			
					Throw			
	Hurdle Hop	4		4	Distance	4		4
	PW / no Rest							
	USSR Plyo Box	T		4		T		4
	PW / no Rest				Rest			
	Acc Band Jump	T		4	Rest HR 110	T		4
	Bench Add Groin	T		4	0:0:0:0:10:10	T		4
	PW / 35 rest/BB/RT	OC				OC		
	Laying ext rotation	T		4	0:0:0:0:10:10	T		4
	PW / 35 rest/BB/RT	OC	Set - Hr	115			Set - Hr	115
	Ankle Band Work	T		4	0:0:0:0:10:10	T		4
281	DB RDL Shrug	T	140 - 155	3	0:0:0:0:10:20	T	140 - 155	3
	PW / 35 rest/BB/RT				OC-D 10 sec			
	Hip Flex Prone oc	T		3	0:0:0:0:10:20	T		3
	PW / 35 rest/BB/RT		Set - Hr	115			Set - Hr	115
281	Single Leg Squat	T	140 - 155	3	0:0:0:0:10:20	T	140 - 155	3
370	BENCH PRESS	10s	295 - 185	4	0:0:0:10:45	IsoF	295 - 185	4
	120 rest/BB/RT				OC-D 10 sec			
93	DB Shoulder Press	10s	75 - 45	4	0:0:0:0:10:45	IsoF	75 - 45	4
	120 rest/BB/RT				OC-D 10 sec			
185	Rev Grip Tri Push	10s	150 - 95	4	0:0:0:0:10:45	IsoF	150 - 95	4
	GH HANG	120S		1	Relax Mouth	120S		1
	Pair w/							
	Partner Leg Walks	120S		1		120S		1
	Pair w/							
	Hip Traction	300S		1	Belly Breath	300S		1

FRIDAY NOTES

Matson, Taylor 9

Athlete Notes: Sewickley, Penn. (Shady Side Academy) (USNDT)

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MINNESOTA

Matson, Taylor

, Pre
and

NOTES

Fly 60

Roll I Band

No Rest

Spine Rolls

No Rest

Coach Watch

0:0:0:0:10:10

Reactive

OC

Throw

Distance

Rest HR 110

0:0:0:0:10:10

0:0:0:0:10:10

0:0:0:0:10:10

0:0:0:0:10:20

OC-D 10 sec

0:0:0:0:10:30

0:0:0:0:10:30

0:0:0:10:45

OC-D 10 sec

0:0:0:0:10:45

OC-D 10 sec

0:0:0:0:10:45

Relax Mouth

Belly Breath