

4 Week General Athletic Strength and Conditioning Program

		1	Week 1	Week 2	Week 3	Week 4	
Exercise	Intensity		Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	
Bench Press	Heavy		4x4	4x4 pause	4x5	4x5 pause	(RPE 9)
Lateral Squat	Moderate		3x6es	3x8es	3x10es	3x12es	
OH Squat	Light		3x6	3x8	3x10	3x12	
Bent Row	Moderate		3x8	3x10	3x12	3x16	
Deadbug	BW		3x10es	3x11es	3x12es	3x13es	
Skater Squat	BW		3x3 es (ECC)	3x4 es	3x4 es (ECC)	3x5 es	
Chinups	BW		3x3	3x3+1	3x4	4x4	
Crawling	BW		3x Up	3x Up and Bac	3 Up, Back, Up	3 Up, Back, Up, Back	
		2					
Exercise	Intensity		Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	Max Speed -
Pogos			3x10m	3x10m	3x10m	3x10m	Aim at increasing
Broad Jump			3x10m	3x10m	3x10m	3x10m	speed each week
Bounds			3x10m	3x10m	3x10m	3x10m	
Sprints	Max		10x50m	10x50m	10x50m	10x50m	
		3					
Exercise	Intensity		Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps	
Deadlift	Heavy		4x5	4x5	4x5	4x5	(progress weight)
1/2 Kneeling Shoulder Press	Moderate		3x8	3x8	3x8	3x8	(progress weight)
Peterson Step Down	Light		3x8	3x8	3x8	3x8	(progress weight/height)
Nordic	BW		3x8	3x8	3x8	3x8	
Pushups	BW		3x10	3x10pause 1	3x10 (ECC 3)	3x10 (ECC 4)	
Reverse Lunge	Moderate		3x6 es	3x6 es	3x6 es	3x6 es	(progress weight)
Copenhagen	BW		3x10sec es	3x12 sec es	3x15sec es	3x20sec es	
Side Plank	BW		SL 5 leg raise	SL 6 leg raise	SL 7 leg raise	SL 8 leg raise es	

		4			
Exercise	Intensity	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps
Running		1200m	1500m	1800m	2100m
		5			
Exercise	Intensity	Sets and Reps	Sets and Reps	Sets and Reps	Sets and Reps
Bench Press	Moderate	4x8	4x8 (ECC)	4x10	4x10 (ECC)
Banded Squat	Explosive	4x8	4x8	4x8	4x8
Plank	BW	3x10sec es (SL 3x15sec es (SL 3x20sec es (SL 3x25sec es (SL			
Split Squat	Moderate	3x8	3x8 (ECC)	3x10	3x10 (ECC)
SL DB Row	Moderate	3x10	3x10	3x10	3x10 (progress weight)
Calf Raises	BW	3x7 es	3x8 es	3x9 es	3x10 es
Tricep Extension	Moderate	3x10	3x10	3x10	3x10 (progress weight)
Tall Kn. Chops	Moderate	3x10	3x10	3x10	3x10 (progress weight)
Mop Bar Iso	BW	3x10sec es	3x12sec es	3x15sec es	3x20sec es