

WORK CAPACITY 1 Volume Accumulation (4 weeks, 3:1)

The goal of this training block will be focused at increasing the volume of strength movements over the next 4 weeks. This will provide the foundation for the off-season training, by increasing work capacity and strength.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6/21/2010	6/22/2010	6/23/2010	6/24/2010	6/25/2010	6/26/2010	6/27/2010
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
6/28/2010	6/29/2010	6/30/2010	7/1/2010	7/2/2010	7/3/2010	7/4/2010
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
7/5/2010	7/6/2010	7/7/2010	7/8/2010	7/9/2010	7/10/2010	7/11/2010
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery
7/12/2010	7/13/2010	7/14/2010	7/15/2010	7/16/2010	7/17/2010	7/18/2010
Dynamic Warm-Up Linear Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Dynamic Warm-Up Lateral Speed Lift Stretch Post-Workout Meal Rules of Recovery	Dynamic Warm-Up Lift Stretch Post-Workout Meal Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery	Active Recovery 30 Minutes activity Rules of Recovery