**Week 4: Day 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Front Bridge | 10 | 3 | 30 sec | 12 sec hold |
| Single Leg Floor Touches | 15/leg | 3 | 30 sec | 1:2:1 |
| Body Weight Squat | 30 | 4 | 60 sec | Quick:1:1 |
| Inverted Row | Fatigue | 4 | 60 sec | 1:1:Explosive |
| Push Up | Fatigue | 3 | 60 sec | 1:1:Explosive |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Skipping | 120 sec | 4 | 60 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec |

**Week 4: Day 2**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Reps** | **Sets** | **Rest** |
| Long Shuttle | 10 | 8 | 1:4 |
| Continuous Run | 12 | 8 | 25 yard jog |

**Week 4: Day 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Strength** | **Reps** | **Sets** | **Load** | **Rest** | **Tempo** |
| Front Bridge | 10 | 3 | BW | 30 sec | 12 sec hold |
| Single Leg Floor Touches | 15/leg | 3 | BW | 30 sec | 1:2:1 |
| Lunge | 20 | 4 | 20RM | 60 sec | 1:1:Explosive |
| Tubing Row | 35 | 4 | Resistance Band | 60 sec | 1:1:Explosive |
| Push Ups | Fatigue | 3 | BW | 60 sec | 1:1:Explosive |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Injury Prevention** | **Reps** | **Sets** | **Rest** | **Tempo** |
| Skipping | 120 sec | 4 | 60 sec | Explosive |
| Flexibility | Mandatory Exercises | 2 |  | 60 sec hold |

**Week 4: Day 4**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Reps** | **Sets** | **Rest** |
| 5 Point | 10 | 9 | 1:4 |
| 25s | 12 | 6 | 25 yard jog |