MINNESOTA

WARM-UP	STRENGTH PREP
Dynamic Warmup Level 1B	Strength Prep Leg 1
Dynamic Jogging	Agility Drills
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits
Proprioceptive Enhancment	

100%	MONDAY	100.0% 18-Jun-12				100.0% 25-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
625	BACK SQUAT	3	345 - 375			3	345 - 375		
		2	405 - 440	Spine Rolls		2	405 - 440	Spine Rolls	
		1	500 - 515	Coach Watch		1	500 - 515	Coach Watch	
	Pair Below	3	455 - 485	0:0:0:0:7:10		3	455 - 485	0:0:0:0:7:10	
	Eyes Up								
	Pair Below	3	455 - 485	0:0:0:0:7:10		3	455 - 485	0:0:0:0:7:10	
	Pair Below	3	455 - 485	0:0:0:0:7:10		3	455 - 485	0:0:0:0:7:10	
	French Contrast	3	455 - 485	0:0:0:0:7:10		3	455 - 485	0:0:0:0:7:10	
	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	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
125	DB Step up	T	105 - 115	3	1/2 Bottom	T	105 - 115	3	1/2 Bottom
	PW / 45 rest/BB/RT	EF		OC	0:0:0:0:7:10			OC	0:0:0:0:7:10
	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	STRENGTH PREP
Dynamic Warmup Level 1B	Strength Prep Leg 10
Dynamic Jogging	Agility Drills
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits
Proprioceptive Enhancment	

100%	WENDESDAY	100.0% 20-Jun-12				100.0% 27-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Hormonal Strain Release	T		1	0:6:0:0:6:10	T		1	
625	BACK SQUAT	3	345 - 375			3	345 - 375		
		2	405 - 440	Spine Rolls		2	405 - 440	Spine Rolls	
	EYES UP	1	500 - 515	Coach Watch		1	500 - 515	Coach Watch	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
469	SL Leg Press	T	400 - 420	3	0:0:0:0:5:10	T	400 - 420	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Single Leg	OC			Single Leg
688	RDL	T	550 - 585	3	0:0:0:0:5:10	T	550 - 585	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Same Leg				Same Leg
	Hip Flex Prone oc	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
313	STEP UP	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	EP			Bottom 1/2				OC-D
	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	595 - 625	3	0:0:0:0:5:10	T	595 - 625	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT								
	Ball LG Curl	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT		Set - Hr	105	OC-A		Set - Hr	105	
	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	STRENGTH PREP
Short Hurdle Workout	Strength Prep Leg 5
Dynamic Jogging	Agility Drills
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	Pre-Partner Balance Stick Fighting 2 X 6 Squat Roller Iband Post-Shake Fish oil Vits
Proprioceptive Enhancment	

100%	FRIDAY	100.0% 22-Jun-12				100.0% 29-Jun-12		
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS
	Neural Speed Tuning	T		1	Fly 60	T		1
500	FRONT SQUAT	3	275 - 300	Roll I-band		3	275 - 300	Ro
		2	325 - 350	Spine Rolls		2	325 - 350	Spi
		1	400 - 415	Coach Watch		1	400 - 415	Coa
		4	325 - 350	0:0:0:0:10:20		3	325 - 350	0:0
		4	325 - 350	0:0:0:0:10:20		3	325 - 350	0:0
		4	325 - 350	0:0:0:0:10:20		3	325 - 350	0:0
		4	325 - 350	0:0:0:0:10:20		3	325 - 350	0:0
	Hurdle Hop	3		4	Distance	3		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							
	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

ll I-band
ine Rolls
ch Watch
0:0:10:20
0:0:10:20
0:0:10:20
0:0:10:20
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
0:0:0:0:10:20
0:0:0:0:10:20
0:0:0:0:10:45
OC-D 10 sec
0:0:0:0:10:45
OC-D 10 sec
0:0:0:0:10:45
Relax Mouth

Belly Breath