



Strength Training Sample

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
General Strength <small>**Included with all Training Plans</small>	Body Weight Squats Duck Walks Reverse Crunch	Rest or Weights	Supermans Dead Bugs Side Crunches	Planks Wall Sits Bosu Ball	Russian Twists Hamstring Curls	Rest or Weights	Leg Bridge Clamshells Soleus Calf Raises
Weights (For Running) <small>**Included with In-Season/Championship Training</small>	Run	Box Step Ups Hyperextensions Box Jumps Farmer Carry	Run	Run	Run	Kettlebell Work Knee Drives Elevated Squats Core Stabilization	Rest or Cross Train
Weights (For Strength)	Push Ups Dumbbell Flys Lateral Raise Tricep Extensions	Squats Hamstring Curls Step Ups Calf Raises	Row Machine Pull Ups Curls Hyperextensions	Rest or Yoga	Bench Push Ups Tricep Extensions Cable Raises	Deadlift Curls Hip Thrusts Calf Raises	Rest or Yoga