MINNESOTA

WARM-UP
- Dynamic Warmup Level 1B
- Complete Dynamic Warm Up 1
- Partner Knee Tap Drill
- Agility Drills
- Ladder Drills Nueral Confusion
- ABC Series

STRENGTH PREP — Strength Prep Leg 1
- TKE 2 X 10(1:1:2:1)or6(3:0:3:2)
- OH Squat 2 x 6 or Rack
- 3 way Ham Press 2 x 6

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

WARM-UP
- Dynamic Warmup Level 1B
- Complete Dynamic Warm Up 1
- Partner Knee Tap Drill
- Agility Drills
- Ladder Drills Nueral Confusion
- ABC Series

STRENGTH PREP — Strength Prep Leg 10
- Triangle Terror 2 x 6 E Leg
- Bal SL SQ 2 x 6
- Ball Leg Curls 2 x 6

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

WARM-UP
- Short Hurdle Workout
- Bike 3 - 5 Minutes
- 50 Jump Rope Forward
- 25 Jump Rope Backward
- Short Hurdle Workout

STRENGTH PREP — Strength Prep Leg 5
- Triangle Terror 2 x 6 E Leg
- 4 way ankle kicks 2x 8 E way
- 3 way Ham Press 2 x 6

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

Matson, Taylor

MONDAY

100%	MONDAY	14-May-12 (100.0%) REPS	LOAD	SETS	NOTES	21-May-12 (100.0%) REPS	LOAD	SETS	NOTES
		6		2	Eyes Closed	6		2	Blue Pad
					No Rest				No Rest
		8		2		8		2	
					No Rest				No Rest
		6		2		6		2	
281	Single Leg Squat	5	125 - 155	1	Roll I Band	5	125 - 155	1	Roll I Band
					No Rest				No Rest
281	Single Leg Squat	3	165 - 185	1	Spine Rolls	3	165 - 185	1	Spine Rolls
					No Rest				No Rest
281	Single Leg Squat	3	220 - 225	1	Coach Watch	3	220 - 225	1	Coach Watch
281	Single Leg Squat	T	85 - 100	4	0:0:0:0:9:12	T	85 - 100	4	0:0:0:0:9:12
	Pair w/				2OC+1				2OC+1
281	Single Leg Squat				Reactive				Reactive
					Jump				Jump
	Hurdle Hop	4		4	Height	4		4	Height
	Pw/ NO REST								
	SQ Jump Weighte	4		4	0:0:0:0:7:15	4		4	0:0:0:0:7:15
	Pw/ NO REST								
	Acc Band Jump	4		4	0:0:0:0:7:15	4		4	0:0:0:0:7:15
	4 way neck	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
	PW / 45 rest/BB/RT				10 sec 2-way				10 sec 2-way
	Wrist Flexion	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110	10sec E-Limb		Set - Hr	110	10sec E-Limb
	ANT TIB BND	T		4	0:0:0:0:20:20	T		4	0:0:0:0:20:20
250	DB Walking Lunge	T	165 - 175	3	Bands	T	165 - 175	3	Bands
	PW / 45 rest/BB/RT				0:2:0:0:20:20				0:2:0:0:20:20
	Cuban PRSS INC	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110	Each Leg		Set - Hr	110	Each Leg
	Ankle Band Work	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
625	Glute Bar Lift	T	470 - 500	3	0:3:0:0:20:20	T	470 - 500	3	0:3:0:0:20:20
	PW / 45 rest/BB/RT								
	Hip Flex Prone oc	T		3	0:0:3:0:20:20	T		3	0:0:3:0:20:20
	PW / 45 rest/BB/RT		Set - Hr	110			Set - Hr	110	
	Iso Ball Grion Sqee	T		3	0:9:0:2:20:20	T		3	0:9:0:2:20:20
	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

WENDESDAY

100%	WENDESDAY	16-May-12 (100.0%) REPS	LOAD	SETS	NOTES	23-May-12 (100.0%) REPS	LOAD	SETS	NOTES
		6		2		6		2	
		8		2		8		2	
		6		2	Bands	6		2	Bands
313	SL Hex Deadlift	5	205 - 220	1	Roll I Band	5	140 - 170	1	Roll I Band
	No Rest				No Rest				No Rest
313	SL Hex Deadlift	3	185 - 205	1	Spine Rolls	3	185 - 205	1	Spine Rolls
	No Rest				No Rest				No Rest
313	SL Hex Deadlift	3	245 - 250	1	Coach Watch	3	245 - 250	1	Coach Watch
313	SL Hex Deadlift	T	155 - 170	2	0:0:0:0:5:10	T	155 - 170	2	0:0:0:0:5:10
	60 Rest or HR 105				BB/RT				BB/RT
313	SL Hex Deadlift	T	155 - 170	2	0:0:0:0:5:10	T	155 - 170	2	0:0:0:0:5:10
	60 Rest or HR 105		Set - Hr	105	BB/RT		Set - Hr	105	BB/RT
313	SL Hex Deadlift	T	155 - 170	2	0:0:0:0:5:10	T	155 - 170	2	0:0:0:0:5:10
469	SL Leg Press	T	235 - 260	3	0:0:0:0:5:10	T	235 - 260	3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt				SL OC +1				SL OC +1
688	RDL	T	345 - 380	3	0:0:0:0:5:10	T	345 - 380	3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	OC-D+1		Set - Hr	105	OC-D+1
	Speed Switch Lun	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Split SQ Drop Jum	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt				Each Leg				Each Leg
	GH HYPR	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	OC-D		Set - Hr	105	OC-D
	Ball Oc Squeeze	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
625	Glute Bar Lift	T	315 - 345	3	0:0:0:0:5:10	T	315 - 345	3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt				OC				OC
	Ball LG Curl	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	Oc -d		Set - Hr	105	Oc -d
	BND Adduction	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	PRTNR Abs	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	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

FRIDAY

100%	FRIDAY	18-May-12 (100.0%) REPS	LOAD	SETS	NOTES	25-May-12 (100.0%) REPS	LOAD	SETS	NOTES
		9		2	Eyes Closed	9		2	Air Max
		8		2		8		2	
		6		2	Air Max	6		2	Bands
469	SL Leg Press	5	305 - 330	1	Roll I Band	5	210 - 260	1	Roll I Band
					No Rest				No Rest
469	SL Leg Press	3	275 - 305	1	Spine Rolls	3	275 - 305	1	Spine Rolls
					No Rest				No Rest
469	SL Leg Press	3	365 - 375	1	Coach Watch	3	365 - 375	1	Coach Watch
469	SL Leg Press	6	375 - 385	3	0:2:0:0	6	375 - 385	3	0:2:0:0
					Reactive				Reactive
	Hurdle Hop	3		4	Distance	3		4	Distance
	Pw/ No rest								
	Split SQ Drop Jump	3		4	Each Leg	3		4	Each Leg
	Pw/ No rest								
	Acc Band Jump Pause	3		4	Rest HR 110	3		4	Rest HR 110
	Iso Ball Grion Sqeeze	10S		3		10S		3	
	Pw/ 32 rest BB/RT								
	LAT SUP F8	6		3		6		3	
	Pw/ 32 rest BB/RT		Set - Hr	115			Set - Hr	115	
	Ankle Band Work	10		3		10		3	
281	Single Leg Squat	T	140 - 155	3	0:0:0:0:25:12	T	140 - 155	3	3:2:0:0
	Pw/ 32 rest BB/RT				2POC+1				2POC+1
	Hip FLXor ISO Pull	T		3	0:25:0:0:25:30	T		3	0:25:0:0:25:30
	Pw/ 32 rest BB/RT		Set - Hr	115			Set - Hr	115	
	Ball Leg Curl Drop	T		3	0:0:0:0:25:30	T		3	0:0:0:0:25:30
370	BENCH PRESS	FFFF	240 - 130	4	Partner rest	FFFF	240 - 130	4	Partner rest
	Pw/ 120 rest BB/RT								
93	DB Shoulder Press	FFF	65 - 35	3	OC-Part rest	FFF	65 - 35	3	OC-Part rest
	Pw/ 120 rest BB/RT								
185	Rev Grip Tri Push	FFF	130 - 75	3	Partner rest	FFF	130 - 75	3	Partner rest
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	
	Pair w/								
	LAYING RELAXATION	120S		1	Relax Mouth	120S		1	Relax Mouth

FRIDAY NOTES

Matson, Taylor **9**

Athlete Notes: Sewickley, Penn. (Shady Side Academy) (USNDT)

University of Minnesota Strength and Conditioning

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Block 1 Speed bel 50 SL SPeed

MINNESOTA

Matson, Taylor

Single Leg Squat									SL Hex Deadlift									SL Leg Press													
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Single Leg Squat									SL Hex Deadlift																						
									SL Hex Deadlift																						
Hurdle Hop									SL Leg Press									Hurdle Hop													
SQ Jump Weighted									RDL									Split SQ Drop Jump													
Acc Band Jump									Speed Switch Lunge									Acc Band Jump Pause													
4 way neck									Split SQ Drop Jump									Iso Ball Grion Sqeeze													
Wrist Flexion									GH HYPR									LAT SUP F8													
ANT TIB BND									Ball Oc Squeeze									Ankle Band Work													
DB Walking Lunge									Glute Bar Lift									Single Leg Squat													
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Hip Traction									GH HANG									GH HANG													
Partner Leg Walks																		Partner Leg Walks													
GH HANG																		LAYING RELAXATION													

Block 1 Speed bel 50 SL SPeed