

MELISSA HIGH SCHOOL
STRENGTH AND CONDITIONING



SUMMER 2017

“You will treat your body hard and make it obey you. Because you call yourself a CARDINAL you cannot fail due to reasons of your own negligence.”

IMPORTANCE OF SUMMER CALENDAR

Having a systematic, planned and organized calendar is one of the, if not the most important part of our offseason program. Once the calendar is created you will know exactly what to expect each day when you show to work. With the calendar, there are no surprises. You will be able to prepare mentally for each workout. You can visualize yourself owning each and every workout. You will also be able to understand the time constraints that we under and that you should enter through the weight room doors with an extreme sense of urgency each and every day. Study this calendar over and over again until you know exactly the goals we are trying to accomplish during that day. **(7AM-10AM)**

JUNE 2017						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 st	2 nd	3 rd
4 th	5 th	6 th	7 th	8 th	9 th	10 th
11 th	12 th PHASE II POWER DEVELOPMENT	13 th PHASE II STRENGTH DEVELOPMENT	14 th PHASE II POWER DEVELOPMENT	15 th PHASE II STRENGTH DEVELOPMENT	16 th	17 th
18 th	19 th PHASE II POWER DEVELOPMENT	20 th PHASE II STRENGTH DEVELOPMENT	21 st PHASE II POWER DEVELOPMENT	22 nd PHASE II STRENGTH DEVELOPMENT	23 rd	24 th
25 th	26 th PHASE II POWER DEVELOPMENT	27 th PHASE II STRENGTH DEVELOPMENT	28 th PHASE II POWER DEVELOPMENT	29 th PHASE II STRENGTH DEVELOPMENT	30 th	

JULY 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 st
2 nd	3 rd	4 th INDEPENDENCE DAY AMERICA	5 th	6 th	7 th	8 th
9 th	10 th PHASE II POWER DEVELOPMENT	11 th PHASE II STRENGTH DEVELOPMENT	12 th PHASE II POWER DEVELOPMENT	13 th PHASE II STRENGTH DEVELOPMENT	14 th	15 th
16 th	17 th PHASE III POWER PEAK PHASE	18 th PHASE III STRENGTH PEAK	19 th PHASE III POWER PEAK PHASE	20 th PHASE III STRENGTH PEAK	21 st	22 nd
23 rd	24 th PHASE III POWER PEAK PHASE	25 th PHASE III STRENGTH PEAK	26 th PHASE III POWER PEAK PHASE	27 th PHASE III STRENGTH PEAK	28 th	29 th

WEEK 1 JUNE 12TH – 15TH

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 3X5 (60,75,80,85%) Split Jerk 1X6 3X5 (60,75,80,85%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 3X5 (50,75,80,85%) Front Squat 4X10 (35,40,45,50%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 4X6 (50,65,70,75%) Clean & Split Jerk 4X6 (50,65,70,75%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 3X5 (60,75,80,85%) Squat 1X10 3X5 (50,75,80,85%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO Hurdles Wood Box Jumps Mini Hurdles Jump Variations -Squat Jump -Lateral Jump -Broad Jump	SPEED/CONDITIONING 10yds (10sec Rest) 20yds (10sec Rest) 30yds (10sec Rest) 40yds (20sec Rest) 50yds (20sec Rest) 60yds (20sec Rest) 70yds (30sec Rest) 80yds (35sec Rest) 90yds (40sec Rest) 100yds	AGILITY/PLYO The Grid	SPEED/CONDITIONING 10 x 110's @ (18,16sec) 45sec Rest

WEEK 2 JUNE 19TH – 22ND

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 3X5 (60,75,80,85%) Split Jerk 1X6 3X5 (60,75,80,85%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 3X5 (50,75,80,85%) Front Squat 4X10 (35,40,45,50%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 4X6 (50,65,70,75%) Clean & Split Jerk 4X6 (50,65,70,75%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 3X5 (60,75,80,85%) Squat 1X10 3X5 (50,75,80,85%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO 5-10-5 L-Drill 4-Cone Drill Chase Drill Mirror Drill Hurdles	SPEED/CONDITIONING 10x10yds (10sec Rest) 1 MINUTE 10x20yds (20sec Rest) 2 MINUTES 10x10yds (10sec Rest) 1 MINUTE 10x20yds (20sec Rest)	AGILITY/PLYO Bleacher Work -Single Leg Jumps -Jumps -Form Running 10Min Snake	SPEED/CONDITIONING 5x50yds (8,6sec) (25sec Rest) 2 MINUTES 5x50yds (8,6sec) (25sec Rest) 2 MINUTES 5x50yds (8,6sec) (25sec Rest)

WEEK 3 JUNE 26TH – 29TH

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 3X5 (60,75,80,85%) Split Jerk 1X6 3X5 (60,75,80,85%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 3X5 (50,75,80,85%) Front Squat 4X10 (35,40,45,50%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 4X6 (50,65,70,75%) Clean & Split Jerk 4X6 (50,65,70,75%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 3X5 (60,75,80,85%) Squat 1X10 3X5 (50,75,80,85%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO Hurdles Wood Box Jumps Mini Hurdles Jump Variations -Squat Jump -Lateral Jump -Broad Jump	SPEED/CONDITIONING 7X80yds (12,10sec) (30sec Rest) 3MINUTE REST 8x60yds (9,7sec) (25sec Rest) 2MINUTE REST 9x40yds (8,6sec) (25sec Rest)	AGILITY/PLYO The Grid	SPEED/CONDITIONING 15X110yds (18,16sec) 55sec Rest

WEEK 4 JULY 10TH – 13TH

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 3X5 (60,75,80,85%) Split Jerk 1X6 3X5 (60,75,80,85%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 3X5 (50,75,80,85%) Front Squat 4X10 (35,40,45,50%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 4X6 (50,65,70,75%) Clean & Split Jerk 4X6 (50,65,70,75%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 3X5 (60,75,80,85%) Squat 1X10 3X5 (50,75,80,85%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO 5-10-5 L-Drill 4-Cone Drill Chase Drill Mirror Drill Hurdles	SPEED/CONDITIONING 5X50yds (8,6sec) (25sec Rest) 2MINUTE REST 5X50yds (8,6sec) (25sec Rest) 2MINUTE REST 5X50yds (8,6sec) (25sec Rest)	AGILITY/PLYO Bleacher Work -Single Leg Jumps -Jumps -Form Running 15Min Snake	SPEED/CONDITIONING 10yds (10sec Rest) 20yds (10sec Rest) 30yds (10sec Rest) 40yds (20sec Rest) 50yds (20sec Rest) 60yds (20sec Rest) 70yds (30sec Rest) 80yds (35sec Rest) 90yds (40sec Rest) 100yds

WEEK 5 JULY 17TH – 20TH

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 1X5 3X3 (50,65,80,85,90%) Split Jerk 1X6 1X5 3X3 (50,65,80,85,90%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 1X5 3X3 (50,75,80,85,90%) Front Squat 1X10 3X5 (35,50,55,65%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 1X6 3X5 (60,70,75,80%) Clean & Split Jerk 1X6 3X5 (50,70,75,80%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 1X5 3X3 (50,65,80,85,90%) Squat 1X10 1X5 3X3 (50,65,80,85,90%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO Hurdles Wood Box Jumps Mini Hurdles Jump Variations -Squat Jump -Lateral Jump -Broad Jump	SPEED/CONDITIONING 7X50yds (8,6sec) (25sec Rest) 2MINUTE REST 7X50yds (8,6sec) (25sec Rest) 2MINUTE REST 7X50yds (8,6sec) (25sec Rest)	AGILITY/PLYO The Grid	SPEED/CONDITIONING 20x110yds (18,16sec) 55sec Rest

WEEK 6 JULY 24TH – 27TH

Mon	Tue	Wed	Thur
WEIGHTS Power Clean 1X6 1X5 3X3 (50,65,80,85,90%) Split Jerk 1X6 1X5 3X3 (50,65,80,85,90%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 BENT OVER ROW 4X8	WEIGHTS Incline 1X10 1X5 3X3 (50,75,80,85,90%) Front Squat 1X10 3X5 (35,50,55,65%) SKULL-CRUSHERS 4X10 LANDMINE PRESS 4X8 CORE	WEIGHTS Hang Clean 1X6 3X5 (60,70,75,80%) Clean & Split Jerk 1X6 3X5 (50,70,75,80%) 4-WAY NECK 2X10 GLUTE/HAM 2X10 UP-RIGHT ROW 4X8	WEIGHTS Bench 1X10 1X5 3X3 (50,65,80,85,90%) Squat 1X10 1X5 3X3 (50,65,80,85,90%) MILITARY DB PRESS 4X8 LANDMINE LUNGE 4X8 CORE
AGILITY/PLYO 5-10-5 L-Drill 4-Cone Drill Chase Drill Mirror Drill Hurdles	SPEED/CONDITIONING 10X10yds (10sec Rest) 1 MINUTE 10x20yds (20sec Rest) 2 MINUTES 10x10yds (10sec Rest) 1 MINUTE 10x20yds (20sec Rest)	AGILITY/PLYO Bleacher Work -Single Leg Jumps -Jumps -Form Running 20Min Snake	SPEED/CONDITIONING 7X80yds (12,10sec) (30sec Rest) 3MINUTE REST 8x60yds (9,7sec) (25sec Rest) 2MINUTE REST 9x40yds (8,6sec) (25sec Rest)