

Neeld Performance Training

	4/21	4/27	5/4	5/11
Monday	RT1	RT1	RT1	RT1
Tuesday	RT2	RT2	RT2	RT2
Wednesday	CON1	CON1	CON1	CON1
Thursday	RT3	RT3	RT3	RT 4
Friday	RT4	RT4	RT4	Rest/Recovery
Saturday	CON2	CON2	CON2	Tryouts!
Sunday	Rest/Recovery	Rest/Recovery	Rest/Recovery	Tryouts!

Neeld Performance Training

Full Body Preparation

Exercise	Sets x Reps
Thoracic Mobility: Twist-Bend	1 x 5 each
Wall Ankle Mobilization	1 x (3 position x 5 reps)
Bird Dog Hold	1 x 15s each
Standing Rectus Femoris Mob	1 x 8 each
Wall March Glute Activation	1 x 15s each
Glute Bridge w/ MiniBand	1 x 20s Hold
Side Plank	1 x 15s each
Push-Up Hand Switches	1 x 6 each
Reverse Crossover Lunge	1 x 6 each
No Money Drill	1 x 10
Walking Lunge w/ Toe Pull	1 x 6 each
3-Way Squat Circuit	1 x (3 x 10s)
3-Way Split Squat Circuit	1 x (3 x 10s)

Neeld Performance Training

Day 1

A1) Split Squat Iso-Hold Into 5yd Sprint		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	5x each						
Week 2	5x each						
Week 3	5x each						
Week 4	5x each						

B1) DB Reverse Lunge		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4 each						
Week 2	4 x 6 each						
Week 3	4 x 2 each						
Week 4	4 x 4 each						

B2) Lateral Bound		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4 each						
Week 2	4 x 4 each						
Week 3	4 x 4 each						
Week 4	4 x 4 each						

C1) DB 1-Leg Stiff-Legged Deadlift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 each						
Week 2	3 x 8 each						
Week 3	3 x 4 each						
Week 4	3 x 6 each						

C2) 1-Leg Glute Bridge Hold		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 15s						
Week 2	3 x 15s						
Week 3	3 x 15s						
Week 4	3 x 15s						

C3) 1-Arm DB Row (Heavy)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 4 each						
Week 2	3 x 6 each						
Week 3	3 x 2 each						
Week 4	3 x 4 each						

C4) SB Front Plank		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 30s						
Week 2	3 x 30s						
Week 3	3 x 30s						
Week 4	3 x 30s						

C5) No Money Drill		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 8						
Week 3	3 x 8						
Week 4	3 x 8						

CON: DB Split Squat Iso Holds w/ Toe Pull		Work/Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 20s each							
Week 2	4 x 20s each							
Week 3	4 x 30s each							
Week 4	4 x 30s each							

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Day 2

A1) Pro-Agility Shuffle		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 each						
Week 2	4 each						
Week 3	4 each						
Week 4	4 each						

B1) DB Push Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 6						
Week 3	4 x 2						
Week 4	4 x 4						

B2) Side-Standing MB Throw		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6 each						
Week 2	4 x 6 each						
Week 3	4 x 6 each						
Week 4	4 x 6 each						

C1) Lat Pulldown (Narrow Overhand Grip: Volume)		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8						
Week 2	3 x 10						
Week 3	3 x 12						
Week 4	3 x 10						

C2) Seated Psoas Lift		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 20s each						
Week 2	3 x 20s each						
Week 3	3 x 20s each						
Week 4	3 x 20s each						

C3) 1-Arm Chest Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8 each						
Week 2	3 x 10 each						
Week 3	3 x 6 each						
Week 4	3 x 8 each						

C4) Standing RB Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8 each						
Week 2	3 x 8 each						
Week 3	3 x 8 each						
Week 4	3 x 8 each						

C5) Woodchop		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 10						
Week 2	3 x 10						
Week 3	3 x 10						
Week 4	3 x 10						

Conditioning: Med Ball Circuit

C1) Overhead Floor Slams	Work/Rest
Week 1	4 x 10
Week 2	4 x 10
Week 3	4 x 12
Week 4	4 x 12

C2) Side Standing Scoops	Work/Rest
Week 1	4 x 8 each
Week 2	4 x 8 each
Week 3	4 x 10 each
Week 4	4 x 10 each

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Day 3

A1) Lunge-to-Lateral Bound		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	4 x 3 each					
Week 2	4 x 4 each					
Week 3	4 x 5 each					
Week 4	4 x 3 each					

B1) DB Forward Lunge		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	4 x 4 each					
Week 2	4 x 6 each					
Week 3	4 x 3 each					
Week 4	4 x 4 each					

B2) 1-Leg Vertical Jump/1-Leg Land		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	4 x 4 each					
Week 2	4 x 4 each					
Week 3	4 x 4 each					
Week 4	4 x 4 each					

C1) Back-Leg Raised Split Squat		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1: 3s eccentric	3 x 3 each					
Week 2: 3s eccentric	3 x 5 each					
Week 3: 3s eccentric	3 x 2 each					
Week 4: 3s eccentric	3 x 4 each					

C2) Stability Ball Hamstring Curl		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	3 x 8					
Week 2	3 x 8					
Week 3	3 x 8					
Week 4	3 x 8					

C3) Chin-Up		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	3 x 3					
Week 2	3 x 4					
Week 3	3 x 5					
Week 4	3 x 3					

C4) Side Plank w/ Abduction		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	3 x 5 each					
Week 2	3 x 5 each					
Week 3	3 x 6 each					
Week 4	3 x 6 each					

C5) 1-Arm 1-Leg DB SLDL		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	3 x 5 each					
Week 2	3 x 6 each					
Week 3	3 x 7 each					
Week 4	3 x 5 each					

CON: Squat Iso-Hold into Lateral Line Hop		Set 1	Set 2	Set 3	Set 4	Set 5
Week 1	3 x 3 x (10s + 10 hops)					
Week 2	3 x 3 x (10s + 10 hops)					
Week 3	3 x 3 x (10s + 10 hops)					
Week 4	3 x 3 x (10s + 10 hops)					

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Day 4

A1) Lateral Lunge into MB Shotput		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 6 each						
Week 2	4 x 6 each						
Week 3	4 x 8 each						
Week 4	4 x 8 each						

B1) DB Hang Snatch		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4 each						
Week 2	4 x 4 each						
Week 3	4 x 4 each						
Week 4	4 x 4 each						

B2) Push-Up		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	4 x 4						
Week 2	4 x 4						
Week 3	4 x 4						
Week 4	4 x 4						

C1) DB Alternating Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 each						
Week 2	3 x 8 each						
Week 3	3 x 4 each						
Week 4	3 x 6 each						

C2) Standing I, Y, T Holds		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x (3 x 15s each)						
Week 2	3 x (3 x 15s each)						
Week 3	3 x (3 x 15s each)						
Week 4	3 x (3 x 15s each)						

C3) 1/2 Kneeling RB Chest Press		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 8 each						
Week 2	3 x 8 each						
Week 3	3 x 8 each						
Week 4	3 x 8 each						

C4) Bird Dog		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 each						
Week 2	3 x 8 each						
Week 3	3 x 10 each						
Week 4	3 x 8 each						

C5) Push-Up Position DB Row		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	3 x 6 each						
Week 2	3 x 6 each						
Week 3	3 x 6 each						
Week 4	3 x 6 each						

Conditioning: Bike		Work/Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week 1	5 x (5, 15, 30s)/30s							
Week 2	5 x (5, 15, 30s)/30s							
Week 3	5 x (5, 15, 30s)/30s							
Week 4	3 x (5, 15, 30s)/30s							

Neeld Performance Training

1) Conditioning: Slide Board	Work/Rest	Work Intensity	Rest Intensity
Week 1	8 x 30s/60s		3
Week 2	10 x 30s/60s		3
Week 3	12 x 30s/60s		3
Week 4	6 x 30s/60s		3

2) Conditioning: Bike	Work/Rest	Work Intensity	Rest Intensity
Week 1 RPMs: 80-100	15 x :10/:20		3
Week 2 RPMs: 80-100	18 x :10/:20		3
Week 3 RPMs: 80-100	20 x :10/:20		3
Week 4 RPMs: 80-100	15 x :10/:20		3