

WEEK 1 FIELD GUIDE

FOUNDATION PHASE · WEEKS 1-4

MOVEMENT SCREEN — RUN BEFORE ANY BAR GOES ON A BACK

<p>PATTERN 01 HIP HINGE</p> <p>Hips drive back. Neutral spine through full range. No rounding from the waist.</p> <p>FLAG: BACK ROUNDS FORWARD</p>	<p>PATTERN 02 SQUAT</p> <p>Hip crease below knee. Knees track toes. Heels stay down. Full depth.</p> <p>FLAG: HEEL RISE, CHEST DIVE</p>	<p>PATTERN 03 OVERHEAD</p> <p>Biceps by ears. No rib flare or excessive lumbar arch to compensate.</p> <p>FLAG: ARCHED LOWER BACK</p>	<p>PATTERN 04 SINGLE-LEG</p> <p>Hold at bodyweight without knee cave or hip drop. No load until stable.</p> <p>FLAG: KNEE COLLAPSE</p>
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WEEK 1 LOADING PROTOCOL

DEVELOPMENTAL	Bodyweight → Light Bar Barbell mechanics only. Technique sets. 3×12. Build confidence before any load.
INTERMEDIATE	60–65% Training Max 3×10–12 · 3-sec eccentric. Establish a real baseline under controlled load.
ELITE	65–70% Training Max Higher volume, moderate intensity. Re-establish baseline after the off-season.
ALL TIERS	No Training to Failure Build the engine — don't test it. Eccentric emphasis throughout.

WHAT TO WATCH FOR

- ▶ **HEELS RISING IN THE SQUAT**
Ankle mobility issue. Add ankle work to movement prep. Widen stance temporarily. Don't add load until it clears.
- ▶ **BACK ROUNDING ON HIP HINGE**
Athletes initiating from the waist, not the hips. Dowel rod drill before any barbell work on RDLs or deadlifts.
- ▶ **ATHLETES GOING TOO HEAVY**
They will try. Week 1 is assessment — not testing. Tell them PRs come in Phase 3.
- ▶ **SKIPPING THE ECCENTRIC**
3–4 seconds down. Non-negotiable in Phase 1. Connective tissue adaptation happens in the lowering phase.

WEEK 1 NON-NEGOTIABLES

- ▶ **RUN THE SCREEN FIRST**
15 min. All four patterns. Know who needs corrective work before they load a bar.
- ▶ **10-MIN MOVEMENT PREP — EVERY SESSION**
Not a warm-up. Targeted prep for that day's patterns. Mandatory.
- ▶ **SLOW THE ECCENTRIC DOWN**
3–4 sec on the lowering phase — squats, RDLs, press. Tissue investment that pays off in Phase 3.
- ▶ **DON'T FORCE TIER ADVANCEMENT**
Developmental athletes advance when ready, not when the calendar says so.

COACH REMINDERS

ECCENTRIC EMPHASIS
The 3–4 second negative on your RDLs and squats in Phase 1 builds connective tissue resilience that lets athletes push load in Phases 2 and 3. It's not a rehab technique — it's a performance investment.

TISSUE PREP WINDOW
Even returning athletes haven't trained this way in months. Start at 60–70% of training max. Athletes who take weeks 1–4 seriously are the ones hitting PRs in week 10.

SAMPLE WEEK — INTERMEDIATE TIER · 3 SESSIONS / 50-60 MIN EACH

DAY 1 — LOWER HIP HINGE & SQUAT EMPHASIS	DAY 2 — UPPER PUSH & PULL EMPHASIS	DAY 3 — TOTAL BODY FULL INTEGRATION
90-90 Hip Rotation 2×5 each	Thoracic Spine Rotation 2×8 each	Spiderman Lunge w/ Rotation 2×5 each
Banded Hip Hinge (wall drill) 2×8	Band Pull-Apart 2×15	Single-Leg Balance Hold 2×20 sec each
Goblet Squat 3×12 / 3-sec ecc	Push-Up Variations 3×12 / 3-sec ecc	Trap Bar Deadlift 3×10 / technique
Romanian Deadlift 3×10 / 60% TM	Dumbbell Row 3×10 each	Split Squat 3×8 each
Single-Leg Press 3×10 each	Landmine Press 3×10 each	DB Bench Press 3×10
Nordic Curl (eccentric) 3×6	Band Pull-Apart 3×15	Inverted Row 3×10
Dead Bug 3×8 each	Pallof Press 3×8 each	Sled Push / Bike Intervals 4×20s on / 40s off