Phase:	Athlete Name:	Date:
Summer Base Program		

Day 1 - Heavy Explosive

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		75%	80%	85%		80%	85%	90%		70%	75%	80%		85%	90%	95%
Power Clean	4,3,2				4,3,2				4,3,2				4,3,2			
		75%	80%	85%		80%	85%	90%		70%	75%	80%		85%	90%	95%
Push Jerk	4,3,2				4,3,2				4,3,2				4,3,2			
Side MB Toss	3x3e				3x3e				3x3e				3x3e			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
DB Row	3x5e				3x5e				3x5e				3x5e			
Biceps Choice	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 2 - Light Strength

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		70%	75%	80%		75%	80%	85%		65%	70%	75%		80%	85%	90%
Squat	10,8,6,4,2				10,8,6,4,2				10,8,6,4,2				10,8,6,4,2			
DB Walking Lunge	3x5e				3x5e				3x5e				3x5e			
		70%	75%	80%		75%	80%	85%		65%	70%	75%		80%	85%	90%
Incline DB Bench	10,8,6,4,2				10,8,6,4,2				10,8,6,4,2				10,8,6,4,2			
Shoulder Press	3x5				3x5				3x5				3x5			
Triceps Choice	3x10				3x10				3x10				3x10			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down																

Day 3 - Light Explosive

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		70%	75%	80%		75%	80%	85%		65%	70%	75%		80%	85%	90%
Power Clean	4,3,2				4,3,2				4,3,2				4,3,2			
		70%	75%	80%		75%	80%	85%		65%	70%	75%		80%	85%	90%
Push Jerk	4,3,2				4,3,2				4,3,2				4,3,2			
Side MB Toss	3x3e				3x3e				3x3e				3x3e			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
DB Row	3x5e				3x5e				3x5e				3x5e			
Biceps Choice	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 4 - Heavy Strength

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		75%	80%	85%		80%	85%	90%		70%	75%	80%		85%	90%	95%
Squat	10,8,6,4,2				3x5				3x5				3x5			
DB Walking Lunge	3x5e				3x5				3x5				3x5			
		75%	80%	85%		80%	85%	90%		70%	75%	80%		85%	90%	95%
Bench	10,8,6,4,2				3x5				3x5				3x5			
Shoulder Press	3x5				3x5				3x5				3x5			
Triceps Choice	3x10				3x10				3x10				3x10			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down																