

You

**The JYT Home Athlete Program
Warm Up**

Foam Rolling

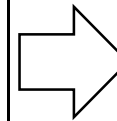
Back	30-60s
Glutes	30-60s
Quads	30-60s
Additional Soft Tissue	30-60s

Warm Up

Hip Mobility Series	x10e
Prisoner Squats	x10
Lateral Squats	x10e
Good Mornings	x10
Wide Good Mornings	x5
Staggard Good Mornings	x5e
Hip Circles	x10e
Arm Circles	x10e
Back Slaps	x10
PVC Dislocates	x10

Goals For This Month

1.)
2.)
3.)



Action Steps

1.)
2.)
3.)

Day 1

Home Athlete

You

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
Ab Circuit															
Front Plank															
2 x 2	BW		15s Hold	2 x 3	BW		15s Hold	2 x 4	BW		15s Hold	2 x 2	BW		15s Hold
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
Speed															
Sprints															
8 Reps	15yds	100%	Dynamic	10 Reps	15yds	100%	Dynamic	10 Reps	15yds	100%	Dynamic	8 Reps	15yds	100%	Dynamic
3 x 4	12-24in		3s Hold	3 x 5	12-24in		3s Hold	3 x 6	12-24in		3s Hold	3 x 4	12-24in		3s Hold
Strength Circuit															
Push Ups (Modified)															
3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
3 x 8e	BW		3s Hold	3 x 10e	BW		3s Hold	3 x 12e	BW		3s Hold	3 x 8e	BW		3s Hold
3 x 8	BW		3s Hold	3 x 10	BW		3s Hold	3 x 12	BW		3s Hold	3 x 8	BW		3s Hold
3 x 8e	BW		Normal	3 x 10e	BW		Normal	3 x 12e	BW		Normal	3 x 8e	BW		Normal
Stretch Circuit															
Toe On Bench Stretch															
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
Conditioning															
Sport Skill Work				20 minutes				20 minutes				20 minutes			
Tempo Intervals				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min			

Day 2

Home Athlete

You

Week 1				Week 2				Week 3				Week 4			
S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
Ab Circuit															
Side Hip Ups															
McGill Sit Ups															
Straight Leg Raise															
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
2 x 8	BW		Normal	2 x 10	BW		Normal	2 x 12	BW		Normal	2 x 8	BW		Normal
Speed															
Sprints															
8 Reps	15yds	75%	Dynamic	10 Reps	15yds	75%	Dynamic	10 Reps	15yds	75%	Dynamic	8 Reps	15yds	75%	Dynamic
3 x 15e	BW		Reactive	3 x 15e	BW		Reactive	3 x 15e	BW		Reactive	3 x 15e	BW		Reactive
Strength Circuit															
Wide Push Ups (Modified)															
3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
3 x 15	BW		Normal	3 x 18	BW		Normal	3 x 20	BW		Normal	3 x 15	BW		Normal
3 x 4	BW		5s Hold	3 x 5	BW		5s Hold	3 x 6	BW		5s Hold	3 x 4	BW		5s Hold
3 x 15e	BW		Normal	3 x 18e	BW		Normal	3 x 20e	BW		Normal	3 x 15e	BW		Normal
Stretch Circuit															
Toe On Bench Stretch															
Glute Stretch															
Lat Stretch															
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
Conditioning															
Sport Skill Work				Sport Skill Work				Sport Skill Work				Sport Skill Work			
20 minutes				20 minutes				20 minutes				20 minutes			
10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min			
Tempo Intervals				Tempo Intervals				Tempo Intervals				Tempo Intervals			

Day 3

Home Athlete

You

	Week 1				Week 2				Week 3				Week 4			
	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo	S & R	Load	%	Tempo
Ab Circuit																
1/2 Side Plank Leg Lift	2 x 8e	BW		Normal	2 x 10e	BW		Normal	2 x 12e	BW		Normal	2 x 8e	BW		Normal
Crunches	2 x 15	BW		Normal	2 x 18	BW		Normal	2 x 20	BW		Normal	2 x 15	BW		Normal
Heel Touches	2 x 15e	BW		Normal	2 x 18e	BW		Normal	2 x 20e	BW		Normal	2 x 15e	BW		Normal
Speed																
Sprints	8 Reps	15yds	90%	Dynamic	10 Reps	15yds	90%	Dynamic	10 Reps	15yds	90%	Dynamic	8 Reps	15yds	90%	Dynamic
Plyo Jumps	3 x 15	BW	75%	Reactive	3 x 18	BW	75%	Reactive	3 x 20	BW	75%	Reactive	3 x 15	BW	75%	Reactive
Strength Circuit																
Close Push Ups (Modified)	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal	3x	BW		Normal
Lateral Squats	3 x 8e	BW		Normal	3 x 10e	BW		Normal	3 x 12e	BW		Normal	3 x 8e	BW		Normal
Scapular Push Ups	3 x 15	BW		Normal	3 x 15	BW		Normal	3 x 15	BW		Normal	3 x 15	BW		Normal
Glute Bridge	3 x 15	BW		Normal	3 x 18	BW		Normal	3 x 20	BW		Normal	3 x 15	BW		Normal
Stretch Circuit																
Toe On Bench Stretch	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
Glute Stretch	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
Lat Stretch	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold	1xe	BW		30s Hold
Conditioning																
Sport Skill Work	20 minutes				20 minutes				20 minutes				20 minutes			
Tempo Intervals	10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min				10 minutes: Sprint 50 yards at 75% effort and then walk 50 yards Continue on and off for 10 min			
Or 800's instead of tempos	3 Reps	800yds		Dynamic	4 Reps	800yds		Dynamic	5 Reps	800yds		Dynamic	3 Reps	800yds		Dynamic