





Name:  
 Training Phase  
 Objectives  
 Dates:

Week:			Date:				Program:							
SET 1		SET 2		SET 3		SET 4		SET 5		SET 6		Total Volume wt x reps x sets		
Exercise	weight	reps	weight	reps	weight	reps	weight	reps	weight	reps	weight		reps	
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														

MANUAL RELEASE PROTOCOLS PERFORMED	COMMENTS
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Name: Sample

Training Phase: Rehab 1

Objectives: Improve lumbopelvic stability

Dates: 15/01/08

PRE EXERCISE STRETCHES AND MOBILISATION		DURATION/REPS	ADDITIONAL COMMENTS
1	Thoracic Foam Roller Mobilisations	10 x each tight area	
2	ITB & VL Foam Roller Mobilisations	10 x each tight area	
3	Hamstring stretch supine with towel on foot	30 Sec	
4	90/90 Hip Stretch	30 Sec	
5	Pec Minor stretch	30 Sec	
6	Levator scapula stretch	30 Sec	
7	Suboccipital stretch	30 Sec	
8	All over ball stretch	30 sec	
9			

## PERIODISATION SHEET

NAME: Sample

TRAINING PHASE: Rehab 1

OBJECTIVE: Improve lumbopelvic stability

DATES/ PERIODISATION: 15/01/08 (6 weeks ½ volume on the 3<sup>rd</sup> and 6<sup>th</sup> weeks)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 build	A	Off	B	Off	A	Off	Off
2 build	B	Off	A	Off	B	Off	Off
3 recov	A	Off	B	Off	A	Off	Off
4 build	B	Off	A	Off	B	Off	Off
5 build	A	Off	B	Off	A	Off	Off
6 recov	B	Off	A	Off	B	Off	Off

### NOTES:

Remember that the 3rd week is a 1/2 volume week therefore it is necessary to reduce the number of sets you are performing. Never reduce the intensity (weight). The first 3 weeks should be progressed as quickly as good form can be maintained. This means increase the weight and the number of sets when you feel you can.