Session 1

GB U24 Mixed Strength and Conditioning

Nick Robinson
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- Regression
+ Progression
Same Colour is a superset

Primer					
Hop Series					
BW Squat	BW RDL	Press up to Pike	*(5 reps of each)*		3 Sets
YTWAs	*(5s Hold at Each Position)*				

Exercise	Notes		Week 1 w/c 3rd April					Week 2 w/c 10th April					Week 3 w/c 17th April					Week 4 w/c 24th April				
			Sets					Sets					Sets					Sets				
			1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Back Squat		Reps	8	8	8	AMRAP		8	8	8	AMRAP		6	6	6	AMRAP		6	6	6	AMRAP	
- Goblet Squat		Load				75% of Last Set					75% of Last Set					75% of Last Set					75% of Last Set	
+Front Squat		Actual																				
Vertical Jump		Reps	3	3	3			3	3	3			3	3	3			3	3	3		
		Load																				
		Actual																				
B Stance RDL	Dumbbell or Barbell	Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
DB Bench Press		Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
Chest Supported DB Row		Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
Copenhagen Plank	Support above knee if needed	Reps	10-20s	10-20s	10-20s			10-20s	10-20s	10-20s			10-20s	10-20s	10-20s			10-20s	10-20s	10-20s		
		Load																				
		Actual																				

Session 2

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- Regression Same Colour
+ Progression is a superset

Primer	Hop Series			
	BW Squat	BW RDL	Press up to Pike	3 Sets
	YTWAs		*(5 reps of each)*	
			(5s Hold at Each Position)	

Exercise	Notes		Week 1		w/c	3rd April		Week 2		w/c	10th April		Week 3		w/c	17th April		Week 4		w/c	24th April	
					Sets					Sets					Sets					Sets		
			1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Barbell RDL - Dumbbell RDL + 5s Lower		Reps	8	8	8	AMRAP		8	8	8	AMRAP		6	6	6	AMRAP		6	6	6	AMRAP	
		Load				75% of Last Set					75% of Last Set					75% of Last Set					75% of Last Set	
		Actual																				
Broad Jump		Reps Load	3	3	3	3		3	3	3	3		3	3	3	3		3	3	3	3	
		Actual																				
Barbell Split Squat - DB Split Squat + Rear Foot Elevated		Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
Neutral Grip Lat Pull Down		Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
Standing Shoulder Press	Dumbbell or Barbell	Reps	10	10	10			10	10	10			10	10	10			10	10	10		
		Load											Increase from last week									
		Actual																				
Nordics		Reps	2	2	2			3	2	2			3	3	2			3	3	3		
		Load																				
		Actual																				
Pallof Hold	Cable or Band	Reps	10-20s	10-20s	10-20s			10-20s	10-20s	10-20s			10-20s	10-20s	10-20s			10-20s	10-20s	10-20s		
		Load																				
		Actual																				