



ATHLETE MODE

Build power. Keep position. Repeat it.

3 PERFORMANCE PRACTICES

2 SKILL MICRODOSES. 4 WEEKS.

PROVE EACH REP

01

POWER

Move the load with intent. Stop when speed changes.

02

LAND

Hold every landing for 2 S. No extra step.

03

BRACE

Breathe down. Own the floor before the next rep.

04

SKILL

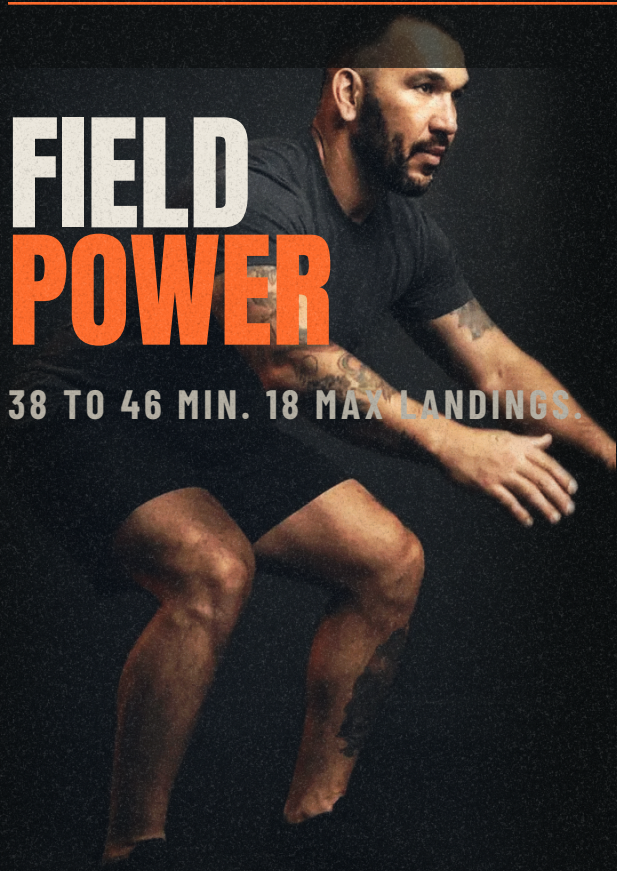
Keep 2 perfect reps in reserve. Never grind.

05

WARM UP

5 goblet squats. 10 swings. 1 get-up / side.

PRACTICE THE STANDARD. STOP BEFORE THE GRIND.



FIELD POWER

38 TO 46 MIN. 18 MAX LANDINGS.

01

BROAD JUMP AND STICK
3 X 2. REST 90 S

Hold the landing for
2 S.

02

SQUAT JUMP
4 X 3. REST 90 S

Reset before every
jump.

03

ONE-ARM KB HIGH PULL
4 X 3 / SIDE. REST 90 S

Drive with the hips
first.

04

KETTLEBELL DEADLIFT
3 X 3. REST 2 MIN

Start every rep the
same.

Power ends when speed or landing quality changes.

02

CARRY WITH CONTROL



01

FARMER CARRY

4 X 30 YD.
REST 60 S

Walk tall behind the
brace.

02

SUITCASE CARRY

3 X 25 YD / SIDE.
REST 60 S

Own the floor under
each step.

03

WAITER WALK

3 X 20 YD / SIDE.
REST 60 S

Stack wrist, ribs, and
hips.

04

BEAR CRAWL

3 X 8 / SIDE.
REST 60 S

Keep the hips quiet.

42 TO 52 MIN. 2 CLEAN REPS IN RESERVE.

PRACTICE THE SKILL

01 GET-UP CHAIN, 2 / SIDE. REST 90 S

02 SINGLE-LEG RDL, 3 X 5 / SIDE. REST 90 S

03 HALF-KNEEL PRESS, 3 X 5 / SIDE. REST 90 S

Stop 1 rep before a grind. Add load only when position stays exact.

PASS BEFORE YOU ADD

☐

LAND

Hold every landing for 2 S with no extra step.

☐

HINGE

Start every rep from the same brace.

☐

CARRY

Use the waiter walk only with a pain-free lockout.

☐

PULL

Control the full lower.

☐

RETEST

Record the best clean broad jump from 3 attempts.

FUEL THE PRACTICE

Eat protein early. Add water and carbs around hard practice.

BUILD THE PLAN

4 WEEKS. TEST DAY 01. RETEST DAY 20.

MON	FIELD POWER Test on day 01. Keep landings clean.	38 TO 46 MIN
TUE	RESET AND SKILL Halos and get-up transitions.	10 MIN
WED	CARRIES Own posture under the load.	32 TO 40 MIN
THU	RESTORE AND SKILL Easy patterns. Stay fresh.	10 MIN
FRI	SKILL STRENGTH Week 04 becomes the day 20 retest.	42 TO 52 MIN
SAT	SPORT OR PLAY Hard sport replaces. Never stacks.	AS NEEDED
SUN	PREPARE THE WEEK Walk. Eat. Sleep.	FULL REST

WEEK 04: REMOVE 1 SET. SESSION 20: RETEST.



BUILD REPEATABLE POWER

RETEST ON DAY 20.

FAST DOES NOT MEAN RUSHED.