

*Sample Total Performance- Ages 12-18- Active Dynamic Warm Up- Linear Speed Focus									
Volume-based progression									
ADW Pillar		Week 1		Week 2		Week 3		Week 4	
Stationary		Sets x Reps		Sets x Reps		Sets x Reps		Sets x Reps	
A1)	Bodyweight Squat	2	10	2	10	2	10 seconds	2	10 seconds
A2)	Low Pogo	2	10	2	10	2	10 seconds	2	10 seconds
A3)	Gate Swing	2	10	2	10	2	10 seconds	2	10 seconds
A4)	High Pogo	2	10	2	10	2	10 seconds	2	10 seconds
A5)	Jumping Jacks	2	10	2	10	2	10 seconds	2	10 seconds
A6)									
Movement									
B1)	Forward & Backwards March	3	10 yard/ per	3	10 yard/ per	2	10 yard/ per	2	10 yard/ per
B2)	March- ISO HOLD *Inbetween Marching	3	10 seconds/ per	3	10 seconds/ per	2	10 seconds/ per	2	10 seconds/ per
B3)	Front Skip	4	15-20 yard	4	15-20 yard	4	15-20 yard	4	15-20 yard
B4)	Speed Skip	4	15-20 yard	4	15-20 yard	5	15-20 yard	6	15-20 yard
B5)									
B6)									
Ground Activation									
C1)	Single Leg Glute Bridge	2	10/per leg	2	10/per leg	2	10/per leg	2	10/per leg
C2)	Lying leg Kick	2	10/per leg	2	10/per leg	2	10/per leg	2	10/per leg
C3)	Deadbug	2	10	2	10	2	10	2	10
C4)	Hip Flexor	2	10/ per leg	2	10/ per leg	2	10/ per leg	2	10/ per leg
C5)	Hydrant Circles	2	10/ per leg	2	10/ per leg	2	10/ per leg	2	10/ per leg
C6)	Prone hurdler	1	10	1	10	1	10	1	10
C7)	Rolling V Sit	1	10	1	10	1	10	1	10
4 Week Progression- Movement based progression rather than volume progression									
ADW Pillar		Week 5		Week 6		Week 7		Week 8	
Stationary		Sets x Reps		Sets x Reps		Sets x Reps		Sets x Reps	
A1)	Bodyweight Squat	2	10	2	10	2	10 seconds	2	10 seconds
A2)	Low Pogo	2	10	2	10	2	10 seconds	2	10 seconds
A3)	Gate Swing	2	10	2	10	2	10 seconds	2	10 seconds
A4)	High Pogo	2	10	2	10	2	10 seconds	2	10 seconds
A5)	Jumping Jacks	2	10	2	10	2	10 seconds	2	10 seconds
A6)									
Movement									
B1)	March- ISO HOLD *Inbetween Marching	1	10 seconds/ per	1	10 seconds/ per	1	10 seconds/ per	1	10 seconds/ per
B2)	Front Skip	2	15-20 yard	2	15-20 yard	2	15-20 yard	2	15-20 yard
B3)	Quick Step	3	15-20 yard	3	15-20 yard	3	15-20 yard	3	15-20 yard
B4)	Thigh Drive	3	15-20 yard	3	15-20 yard	3	15-20 yard	3	15-20 yard
B5)	Quick step to Thigh Drive	3-5	15-20 yard	3-5	15-20 yard				
B6)	Thigh Drive to Sprint					4-6	20 yard	4-6	20 yard
Ground Activation									
C1)	Single Leg Glute Bridge	2	10/per leg	2	10/per leg	2	10/per leg	2	10/per leg
C2)	Lying leg Kick	2	10/per leg	2	10/per leg	2	10/per leg	2	10/per leg
C3)	Deadbug	2	10	2	10	2	10	2	10

