

Navn _____ Workout Workout #1 _____ Fase Oktober 2020
 Dato _____ Split Workout 1 / off / workout 2 / off / off / off / off

A1 Back squat						<i>Note: Så hurtigt som muligt</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	X0X0	70	15	Weigth							
						Reps							
2	4	3	X0X0	70	15	Weigth							
						Reps							
3	4	3	X0X0	72,5	15	Weigth							
						Reps							
4	4	3	X0X0	72,5	15	Weigth							
						Reps							

A2 Broad jumps						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	15	Weigth							
						Reps							
2	4	4	-	-	15	Weigth							
						Reps							
3	4	4	-	-	15	Weigth							
						Reps							
4	4	4	-	-	15	Weigth							
						Reps							

A3 Squat jump						<i>Note:</i>							
Week	Sets	Reps	Tempo	Kg	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	30	15	Weigth							
						Reps							
2	4	4	-	32,5	15	Weigth							
						Reps							
3	4	4	-	32,5	15	Weigth							
						Reps							
4	4	4	-	35	15	Weigth							
						Reps							

A4 Band assisted overspeed jump						<i>Note:</i>							
Week	Sets	Reps	Tempo	%1RM	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-	300	Weigth							
						Reps							
2	4	4	-	-	300	Weigth							
						Reps							
3	4	4	-	-	300	Weigth							
						Reps							
4	4	4	-	-	300	Weigth							
						Reps							

B1 Drop lunges						<i>Note: Drop fra step bænk</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	10X0	-	90	Weigth							
						Reps							
2	4	3	10X0	-	90	Weigth							
						Reps							
3	4	3	10X0	-	90	Weigth							
						Reps							
4	4	3	10X0	-	90	Weigth							
						Reps							

B2 Glute ham raise						<i>Note: Neutral grip - hurtige reps</i>							
Week	Sets	Reps	Tempo	RIR	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	3	10X0	-	90	Weigth							
						Reps							
2	4	3	10X0	-	90	Weigth							
						Reps							
3	4	3	10X0	-	90	Weigth							
						Reps							
4	4	3	10X0	-	90	Weigth							
						Reps							

C1 Dumbbell shoulder press						<i>Note: SUPERSET Chin ups</i>							
Week	Sets	Reps	Tempo	RPE	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	10	X0X0	10	30	Weigth							
						Reps							
2	4	10	X0X0	10	30	Weigth							
						Reps							
3	4	10	X0X0	10	30	Weigth							
						Reps							
4	4	10	X0X0	10	30	Weigth							
						Reps							

RELATIVE STRENGTH

 1 2 3 4 5
 100% 94% 90% 88% 85%

FUNCTIONAL HYPERTROPHY

 6 7 8
 83% 80% 78%

HYPERTROPHY

 9 10 11 12
 76% 74% 72% 70%

STRENGTH ENDURANCE

 13 14 15 16 17 18 19 20
 68% 67% 66% 65% 63% 62% 61% 60%

Navn _____ Workout Workout #2 Fase Oktober 2020
 Dato _____ Split Workout 1 / off / workout 2 / off / off / off / off

A Barbell squat							<i>Note: Ned til 90' grader - hurtige reps</i>							
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	7	1	X0X0	80	75	Weigth Reps								
2	7	1	X0X0	80	75	Weigth Reps								
3	7	1	X0X0	80	75	Weigth Reps								
4	7	1	X0X0	80	75	Weigth Reps								

B1 Drop jump							<i>Note: Fra høj step</i>							
Week	Sets	Reps	Tempo	%BW	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	-	-%	10	Weigth Reps								
2	4	4	-	-%	10	Weigth Reps								
3	4	4	-	-%	10	Weigth Reps								
4	4	4	-	-%	10	Weigth Reps								

B2 Skater jumps							<i>Note: Hurtige reps</i>							
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4 pr ben	10X0	-	10	Weigth Reps								
2	4	4 pr ben	10X0	-	10	Weigth Reps								
3	4	4 pr ben	10X0	-	10	Weigth Reps								
4	4	4 pr ben	10X0	-	10	Weigth Reps								

B3 Squat jump							<i>Note:</i>							
Week	Sets	Reps	Tempo	%BW	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	4	20X0	50 %	120	Weigth Reps								
2	4	4	20X0	50 %	120	Weigth Reps								
3	4	4	20X0	50 %	120	Weigth Reps								
4	4	4	20X0	50 %	120	Weigth Reps								

D1 Step ups							<i>Note: Høj step bænk</i>							
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	4	X0X0	-	10	Weigth Reps								
2	3	4	X0X0	-	10	Weigth Reps								
3	3	4	X0X0	-	10	Weigth Reps								
4	3	4	X0X0	-	10	Weigth Reps								

D2 Nordic curls (band assisted)							<i>Note: Få den koncetriske del med</i>							
Week	Sets	Reps	Tempo	%RM	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	3	8	2010	-	90	Weigth Reps								
2	3	8	2010	-	90	Weigth Reps								
3	3	8	2010	-	90	Weigth Reps								
4	3	8	2010	-	90	Weigth Reps								

E Dumbbell bench press							<i>Note: SUPERSET - bent over dumbbell row</i>							
Week	Sets	Reps	Tempo	RPE	Rest		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
1	4	10	X0X0	10	30	Weigth Reps								
2	4	10	X0X0	10	30	Weigth Reps								
3	4	10	X0X0	10	30	Weigth Reps								
4	4	10	X0X0	10	30	Weigth Reps								

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