

PREPARATION DRILL
1. Band and Pylon H-coast, 50.0m
2. Post Lunge H-coast, 50.0m
3. High Jumper H-coast, MODERATE
4. Power Kneel, 50.0m
5. Squat Lunge H-coast, 50.0m
6. Windmill H-coast, 50.0m
7. Forward Lunge H-coast, 50.0m
8. Pylon Row H-coast, 50.0m
9. Jumping Body Tied H-coast, 50.0m
10. Push-Up H-coast, MODERATE

4 FOR THE OGRE
1. Bench Leg Press (30 seconds)
2. Row Bridge (30 seconds)
3. Back Bridge (30 seconds)
4. Quadruplex (30 seconds)

CONDITIONING DRILL 1
1. Power Jump H-coast, MODERATE
2. H-Up H-coast, MODERATE
3. Mountain Climber H-coast, MODERATE
4. Leg Tuck and Twist H-coast, MODERATE
5. Single Leg Burpee H-coast, MODERATE

CONDITIONING DRILL 2
1. Tuck and Lunge H-coast, 50.0m
2. Squat Burpee H-coast, 50.0m
3. Half Jack H-coast, MODERATE
4. Burpee H-coast, 50.0m
5. H-Coast Push-Up H-coast, MODERATE

CONDITIONING DRILL 3
1. Y-Squat H-coast, 50.0m
2. Single Leg Dead H-coast, 50.0m
3. Side To-Side Jump H-coast, MODERATE
4. Front Kick Alternating Toe Touch H-coast, MODERATE
5. Tuck Jump H-coast, 50.0m
6. Shoulder H-A Forward and Reverse H-coast, MODERATE
7. Half Squat Lunge H-coast, MODERATE
8. Tuck Jump Forward and Backward H-coast, MODERATE
9. Alternating Leg Tuck Jump H-coast, MODERATE
10. Alternating Squat Jump H-coast, 50.0m

STRENGTH AND MOBILITY ACTIVITIES					
ACTIVITY	Touching Phase (RECOAST)	Swinging Phase (ACTION)	Swinging Phase Approaches (Phase)	Swinging Phase Approaches (Train Ready)	Swinging Phase Approaches (Available)
Conditioning Drill 1	4 reps	4-10 reps	4-10 reps	4-10 reps	4-10 reps
Conditioning Drill 2	4 reps	4-10 reps	4-10 reps	4-10 reps	4-10 reps
Conditioning Drill 3	4-4	5-10 reps	5-10 reps	5-10 reps	5-10 reps
Push-Up & Sit-Up Drill	2 sets of 10-20 seconds	2-4 sets of 20-30 seconds	2-4 sets of 30-40 seconds	2-4 sets of 30-40 seconds	2-4 sets of 30-40 seconds
Climbing Drill 1	3 reps	3-10 reps	3-10 reps	4-10 reps	3-10 reps
Climbing Drill 2	10-4	5-10 reps or hold	5-10 reps or hold	5-10 reps or hold	10-20 reps or hold
Strength Tag Circuit	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations	2-3 rotations
Coastal Drill	10-4	1-3 reps	1-3 reps	1-3 reps	1-3 reps

CLIMBING DRILL 1
1. Stronger Arm Pull H-coast, MODERATE
2. Head Hook H-coast, 50.0m
3. Pull-Up H-coast, MODERATE
4. Leg Tuck H-coast, 50.0m
5. Alternating Side Pull-Up H-coast, MODERATE

CLIMBING DRILL 2
1. Forward Arm Pull H-coast, 50.0m
2. Head Hook H-coast, 50.0m
3. Pull-Up H-coast, MODERATE
4. Leg Tuck H-coast, 50.0m
5. Alternating Side Pull-Up H-coast, MODERATE

SHOULDER DRILL
1. Shoulder Roll (1 rep = 1 x 20 yards)
2. Lunge H-A (1 rep = 2 x 10 yards)
3. Shoulder Gate (1 rep = 2 x 25 yards)

RECOVERY DRILL
1. Overhead Arm Pull (20-30 seconds)
2. Head Lunge (30-40 seconds)
3. Rollout and Pull (20-30 seconds)
4. Tuck Stretch (20-30 seconds)
5. Single Leg Flyer (20-30 seconds)



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**Mary Rose Bonk,Regie Carlton,Gale
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