

Day 3

MFT Phase 3

Mobility Focus: Thoracic / Shoulders

Strength Focus: TGU

Training Focus	
1	Proprioception
2	Strength
3	Sprint

Tissue Quality - Release	
1	T-Spine / Rhomboids / Traps
2	Lats
3	Triceps
4	Pecs
5	

Mobility / Mov't Prep	
1	Foam Roller T-Spine Breathing Extension
2	Kneeling Lat Dorsi Mobilisation
3	Quadrupped Extention / Rotation
4	Kneeling bench breathing / Stretch
5	Down Dog to Updog (Pike Mobilization)

Notes	
1	Rest as needed between sets. Power and Strength require 2mins rest at least between sets.
2	Always lift fast in concentric phase
3	Sprint can be completed by other locomotion options if not suitable e.g. rowing, bike, air dyne
4	Rest minimum 3minutes between sprints

Movement Prep		Date:	Date:	Date:	Date:
		Week 1	Week 2	Week 3	Week 4
		Target	Progression	Progression	Progression
A1 Duck Walk	3 x 30sec				
A2 Get Down Get Up	3 x 30sec				
A3 KB Snatch	3 x 30sec ES				
Power		Target	Actual	Target	Actual
		Sets	Reps	Sets	Reps
B1 Double KB Jerk	3 5	3	4	4	3
B2 KB Snatch	3 6ES	3	6ES	4	5ES
Strength		Target	Actual	Target	Actual
		Sets	Reps	Sets	Reps
C1 TGU	4 5ES	5	4ES	5	3ES
C1 Weighted Push-up with SB	4 8	5	6	5	4
Trunk		Target	Actual	Target	Actual
		Sets	Reps	Sets	Reps
D1 Suspended Side Plank	3 30secES	3	30secES	4	40secES
D2 Double KB Front Squat	3 8ES	3	10ES	4	10ES
Conditioning		Target	Actual	Target	Actual
Sprint	8 x 60metres			8 x 50metres - Hill	
Sled Push		10 x 20metres			8 x 20metres