

S-DRIVE PERFORMANCE TRAINER

MATRIX

Large Group Training: Phase Two

Use multiple training methods to maximize strength gains in three weeks.

Drop sets will be performed to expose individual muscle groups to high volume. Slow-tempo hypertrophy training is designed to increase connective tissue strength and durability, while stimulating continued muscle development. Supersets will further enhance performance by using peripheral heart action (PHA). This increases efficiency and effectiveness of the cardiovascular system in delivering blood and oxygen, while allowing opposing muscle groups time to recover. On the S-Drive, athletes continue to build on coordination and conditioning from Phase 1. More advanced techniques and higher-intensity intervals are included to build stamina.

Phase 2: Weeks 4–6

Tools: S-Drive Performance Trainer, others defined per set

Phase Specific: Strength and stamina

WARM-UP: A full-body, dynamic warm-up must be done before each day of training.

COOL DOWN: Finish with proper stretching (back, hamstrings, glutes, quads).

WEEK 4 / DAY 1		
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S1	S-DRIVE	20-second jog, 10-second high knees (repeat for 2 min). Resistance levels: Sled = 1, Parachute = 2
	DUMBBELL	Sumo squat
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S2	S-DRIVE	20 second backward walk, 10 second backward run. Resistance levels: Sled = 1, Parachute = 1 for walk. Sled = 1, Parachute = 3 for run.
	BARBELL	Bench press
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S3	S-DRIVE	High-grip sled push (10-second sprint with 30 sec rest). Resistance levels: Sled = 4, Parachute = 2
	KETTLEBELL	Turkish get-up (1 minute each side)

WEEK 4 / DAY 2		
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S1	S-DRIVE	Carioca (30 seconds each side). Repeat. Resistance levels: Sled = 1, Parachute = 3
	DUMBBELL	Upright row
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S2	S-DRIVE	20-step, mid-grip sled sprint to 20 second reverse plank. Repeat. Resistance levels: Sled = 4–5, Parachute = 1
	BARBELL	Dead row
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S3	S-DRIVE	Jog with 3–5 lb. weights in high guard position. Resistance levels: Sled = 1, Parachute = 2
	KETTLEBELL	Windmill (1 minute each side)

WEEK 4 / DAY 3		
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S1	S-DRIVE	10-second long-stride run, 10-second high knees, 10-second butt kicks. Repeat. Resistance levels: Sled = 1, Parachute = 3
	DUMBBELL	Dead lift
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S2	S-DRIVE	50-step, low-grip sled sprint. Rest 30 seconds. Repeat. Resistance levels: Sled = 5–7, Parachute = 1
	BARBELL	Stability ball or bench hip bridge
Duration: Athletes trade from S-Drive to strength exercise after 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises are to be performed as drop sets, starting with heavier weight for 10–12 reps, and then immediately dropping weight for another set. Continue dropping weight for entire 2 minutes.		
S3	S-DRIVE	Jog with shadow boxing. Resistance levels: Sled = 1, Parachute = 2
	KETTLEBELL	Bicep curl to bent-over tricep extension (1 minute of each)

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WARM-UP: A full-body, dynamic warm-up must be done before each day of training.

COOL DOWN: Finish with proper stretching (back, hamstrings, glutes, quads).

WEEK 5 / DAY 1		
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S1	S-DRIVE	20-second jog, 10 second high knees (repeat for 2 minutes). Resistance levels: Sled = 1, Parachute = 2
	DUMBBELL	Sumo squat
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S2	S-DRIVE	20-second backward walk, 10-second backward run. Resistance levels: Sled = 1, Parachute = 1 for walk. Sled = 1, Parachute = 3 for run
	BARBELL	Bench press
Duration: Static hold in wall-sit position for entire 90 seconds.		
S3	S-DRIVE	Low backward walk. Resistance levels: Sled = 3, Parachute = 1
	KETTLEBELL	Wall sit

WEEK 5 / DAY 2		
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S1	S-DRIVE	4-step carioca (alternating sides). Resistance levels: Sled = 1, Parachute = 1
	DUMBBELL	Bent-over wide row
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S2	S-DRIVE	30-step, mid-grip sled sprint. Rest 30 seconds. Repeat. Resistance levels: Sled = 4-6, Parachute = 1
	BARBELL	Alternating landmine shoulder press
Duration: 4 seconds each direction for kettlebell exercise. Repeat for entire 90 seconds.		
S3	S-DRIVE	Raised arm side shuffle (10 each side). Resistance levels: Sled = 1, Parachute = 2
	KETTLEBELL	Around-the-world

WEEK 5 / DAY 3		
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S1	S-DRIVE	10 second jog, 10 second run, 5 second sprint, 10 second rest. Repeat. Resistance levels: Sled = 1, Parachute = 2
	DUMBBELL	Alternating step-up lunge
Duration: 1-second concentric and eccentric phase for barbell exercise.		
S2	S-DRIVE	Low-grip, long-stride walk. Resistance levels: Sled = 5-7, Parachute = 1
	BARBELL	Dirty 30. 10 reps of each: pullover, tricep extension, tricep chest press (may use dumbbells for lighter resistance).
Duration: Athletes trade from S-Drive to strength exercise every 90 seconds. Repeat each station 3 times with minimal rest. Strength exercises to be performed as slow-tempo, hypertrophy-focused repetitions (2-second concentric phase, and 4-second eccentric phase for 12 reps).		
S3	S-DRIVE	30-second run to plank to push-up position. Resistance levels: Sled = 3, Parachute = 1
	KETTLEBELL	Alternating cross-body hammer curl

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Phase 2: Weeks 4-6

Tools: S-Drive Performance Trainer, others defined per set

Phase Specific: Strength and stamina

WARM-UP: A full-body, dynamic warm-up must be done before each day of training.

COOL DOWN: Finish with proper stretching (back, hamstrings, glutes, quads).

WEEK 6 / DAY 1		
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S1	S-DRIVE	2-minute run. Resistance levels: Sled = 1, Parachute = 4
	DUMBBELL	Close-grip chest press, single-leg squat (alternating, 1 minute each).
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S2	S-DRIVE	Side walk (1 minute each side). Resistance levels: Sled = 2, Parachute = 1
	BARBELL	Incline bench press to Front squat (1 minute each).
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S3	S-DRIVE	Rolling 8-step acceleration. Rest 10 seconds. Repeat. Resistance levels: Sled = 1, Parachute = 6
	KETTLEBELL	Flies to Burpee to low-squat kettlebell curl (1 minute each)

WEEK 6 / DAY 2		
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S1	S-DRIVE	Carioca walk (1 minute each side). Resistance levels: Sled = 2, Parachute = 1
	DUMBBELL	Incline row to 90-degree lateral fly (1 minute each).
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S2	S-DRIVE	1-minute, mid-grip sled push (fast walk). Rest for 30 seconds. Repeat sled push for 30 seconds. Resistance levels: Sled = 4-5, Parachute = 2
	BARBELL	Bodyweight row to Military press (1 minute each).
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S3	S-DRIVE	5-second side walk, 5-second jog pace, 5-second full-speed side shuffle (1 minute each side). Resistance levels: Sled = 2, Parachute = 2
	KETTLEBELL	Pullover to bent-over pronated fly (1 minute each)

WEEK 6 / DAY 3		
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S1	S-DRIVE	30-second jog, 30-second walk, 30-second sprint, 30-second walk. Resistance levels: Sled = 1, Parachute = 3
	DUMBBELL	Reverse lunge to Incline curl (1 minute each)
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S2	S-DRIVE	10-second, low-grip sled run to 20-second jumping jacks. Repeat. Resistance levels: Sled = 5-7, Parachute = 1
	BARBELL	Alternating single-leg deadlift to Sphinx push-up (1 minute each).
Duration: Athletes trade from S-Drive to strength exercises every 2 minutes. Repeat each station 3 times with minimal rest. Strength exercises to be performed as a superset (back to back with no rest).		
S3	S-DRIVE	Speed walk. Resistance levels: Sled = 2-3, Parachute = 2
	KETTLEBELL	Kettle swing to hip bridge static hold, alternating legs (1 minute each)