

S-DRIVE PERFORMANCE TRAINER

MATRIX

Large Group Training: Phase Three

Designed to prepare athletes with advanced levels of strength, conditioning and coordination for competitive performance. Using the tools acquired in phases 1 and 2, the athlete will be moving explosively and dynamically to improve control and harness power in all planes of motion.

Phase 3: Weeks 7-9

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

Phase Specific: Power and agility

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 7 / DAY 1 | | |
|--|----------------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | 3-step side shuffle (alternating sides). Resistance levels: Sled = 1, Parachute = 3 |
| | DYNAMAX BALL | Lateral shuffle floor touch |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | 3-step carioca (alternating sides). Resistance levels: Sled = 1, Parachute = 3 |
| | BAND | 2-step acceleration (30 seconds each leg) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | 6-step run, 6 high knees, 6 butt kickers. Repeat. Resistance levels: Sled = 1, Parachute = 2 |
| | AGILITY LADDER | High knees, butt kickers, bunny hop. Repeat |

| WEEK 7 / DAY 2 | | |
|--|--------------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | Jog. Resistance levels: Sled = 1, Parachute = 1 |
| | DYNAMAX BALL | Reverse overhead toss |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | 8-step sprint start. Rest 20 seconds. Repeat. Resistance levels: Sled = 2, Parachute = 5 |
| | BAND | 2-step sprint start (alternating sides) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | 8-step sled sprint. Rest 20 seconds. Repeat. Resistance levels: Sled = 2, Parachute = 1 |
| | BARBELL | Hang clean |

| WEEK 7 / DAY 3 | | |
|--|----------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | Reverse skip. Resistance levels: Sled = 2, Parachute = 1 |
| | MED BALL | Chest pass |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | Jog with weighted shadow boxing. Resistance levels: Sled = 2, Parachute = 1 |
| | BAND | Reverse frog leap |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | 30-second, 85%-intensity sprint. Rest remaining 30 seconds. Resistance levels: Sled = 1, Parachute = 1 |
| | FLOOR | Plyo push-up |

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

| WEEK 8 / DAY 1 | | |
|--|----------------|---|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | Side shuffle leap (30 seconds each side) Resistance levels: Sled = 1, Parachute = 5 |
| | DYNAMAX BALL | Wood chop (30 seconds each side) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | Fast walk. Resistance levels: Sled = 2, Parachute = 1 |
| | BAND | Speed skaters (30 seconds each side) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | Low carioca walk (30 seconds each side). Resistance levels: Sled = 2-3, Parachute = 1-3 |
| | AGILITY LADDER | Side shuffle, 3-step across, 180 jump. Repeat. |

| WEEK 8 / DAY 2 | | |
|--|----------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | High-grip sled jog. Resistance levels: Sled = 2, Parachute = 2 |
| | MED BALL | Slam |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | Mid-grip sled run. Resistance levels: Sled = 2, Parachute = 2 |
| | BAND | Power speed row (8 each side). Repeat. |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | 30-second, low-grip sled sprint. Rest 30 seconds. Resistance levels: Sled = 3, Parachute = 3 |
| | DUMBBELL | Lawnmower row (30 seconds each side) |

| WEEK 8 / DAY 3 | | |
|--|----------|---|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | Low backward walk. Resistance levels: Sled = 2, Parachute = 2 |
| | MED BALL | Wall ball |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | 5-step backward walk, 5-step backward run. Repeat. Resistance levels: Sled = 2, Parachute = 4 |
| | BAND | 30 seconds plyo push-up. Rest for 30 seconds. |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | High-knee crossover (30 seconds each side). Resistance levels: Sled = 2, Parachute = 2 |
| | FLOOR | Squat jump |

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| WEEK 9 / DAY 1 | | |
|--|----------------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | 10-step, around-the-world (forward, side, back, side). Repeat. Resistance levels: Sled = 2, Parachute = 4 |
| | DYNAMAX BALL | Toe taps |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | 6 explosive skip acceleration. Walk 20 seconds. Repeat. Resistance levels: Sled = 2, Parachute = 2 |
| | BAND | Push-up / side walk (3 steps in and out, 30 seconds each side) same as small group, lateral walking push-up. |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | Hard run. Resistance levels: Sled = 1, Parachute = 1 |
| | AGILITY LADDER | Burpee lateral jump, single-leg hop, Ali shuffle. Repeat. |

| WEEK 9 / DAY 2 | | |
|--|----------|---|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | 30-second, high-grip sled sprint. Rest 30 seconds. Resistance levels: Sled = 3, Parachute = 3 |
| | MED BALL | Prone toss to sit up |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | Mid-grip sled push, light run. Resistance levels: Sled = 2, Parachute = 2 |
| | BAND | Row to waist |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | Low-grip walk. Resistance levels: Sled = 4-5, Parachute = 1 |
| | FLOOR | Lunge jumps for 30 seconds. Rest 30 seconds. |

| WEEK 9 / DAY 3 | | |
|--|----------|--|
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S1 | S-DRIVE | Jog. Resistance levels: Sled = 1, Parachute = 1 |
| | MED BALL | Shot put (30 seconds each arm) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S2 | S-DRIVE | 30-second full sprint. Rest 30 seconds. Resistance levels: Sled = 1, Parachute = 3 |
| | BAND | Shot put (30 seconds each arm) |
| Duration: Repeat 3 times with minimal rest. Athletes trade stations after 1 minute. | | |
| S3 | S-DRIVE | Backwards jog. Resistance levels: Sled = 1, Parachute = 3 |
| | DUMBBELL | Jumping jack press (light weights) |