

### PREPARATION DRILL

1. Handstand Push-Ups (10 counts)
2. Handstand Hold (10 seconds)
3. High Jumpers (10 counts, MODERATE)
4. Boxed Jumps (10 counts)
5. Squat Box Jumps (10 counts, MODERATE)
6. Boxed Lunges (10 counts, MODERATE)
7. Plank Row (10 counts, MODERATE)
8. Hanging Body Toss (10 counts, MODERATE)
9. Plank Up (10 counts, MODERATE)

### 4 FOR THE CORE

1. Glute Leg Raise (30 seconds)
2. Plank Bridge (30 seconds)
3. Glute Bridge (30 seconds)
4. Glute Bridge (30 seconds)

### COORDINATION DRILL 1

1. Plank Jump (10 counts, MODERATE)
2. Wall Sit (10 counts, MODERATE)
3. Mountain Climber (10 counts, MODERATE)
4. Lunge Walk and Wall Push-Ups (10 counts)
5. Single-leg Burpees (10 counts, MODERATE)

### COORDINATION DRILL 2

1. Handstand Lunges (10 counts)
2. Boxed Burpees (10 counts)
3. Handstand Planks (10 counts, MODERATE)
4. Plank Row (10 counts, MODERATE)
5. Plank Push-Ups (10 counts, MODERATE)

### COORDINATION DRILL 3

1. Y-T Push-Ups (10 counts)
2. Knight's Leg Stand (10-15 counts, MODERATE)
3. Boxed To-Soles Kneel (10 counts, MODERATE)
4. Hand Stand Push-Ups (10 counts, MODERATE)
5. Tuck Jumps (10 counts, MODERATE)
6. Mountain Climber (10 counts, MODERATE)
7. Handstand Lunges (10 counts, MODERATE)
8. Plank Jumps (10 counts, MODERATE)
9. Hanging Body Toss (10 counts, MODERATE)
10. Boxed Lunges (10 counts, MODERATE)

### STRENGTH AND ENDURANCE ACTIVITIES

ACTIVITIES	TOUGHENING PHASE (REC1/REC2)	ENDURANCE PHASE (REC3/REC4)	ENDURANCE PHASE (REC5/REC6)	ENDURANCE PHASE (REC7/REC8)	ENDURANCE PHASE (REC9/REC10)
Conditioning Drill 1	3 sets	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Conditioning Drill 2	3 sets	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Conditioning Drill 3	3 sets	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Push-Up & Set-Up Drill	2 sets (20-30 seconds)	3-4 sets (20-30 seconds)	3-4 sets (20-30 seconds)	3-4 sets (20-30 seconds)	3-4 sets (20-30 seconds)
Climbing Drill 1	3 sets	3-10 reps	3-10 reps	3-10 reps	3-10 reps
Climbing Drill 2	3 sets	3-10 reps or more			
Strength Ting Circuit	3-5 minutes	3-5 minutes	3-5 minutes	3-5 minutes	3-5 minutes
Coaching Drill	N/A	1-3 sets	1-3 sets	1-3 sets	1-3 sets

### CLIMBING DRILL 1

1. Mountain Climber (10 counts, MODERATE)
2. High Kick Climber (10 counts)
3. Plank Sit (10 counts, MODERATE)
4. Long Tuck (10 counts, MODERATE)
5. Alternating Side Plank (10 counts, MODERATE)

### CLIMBING DRILL 2

1. Plank Push-Ups (10 counts)
2. High Kick Climber (10 counts)
3. Mountain Climber (10 counts, MODERATE)
4. Long Tuck (10 counts, MODERATE)
5. Alternating Side Plank (10 counts, MODERATE)

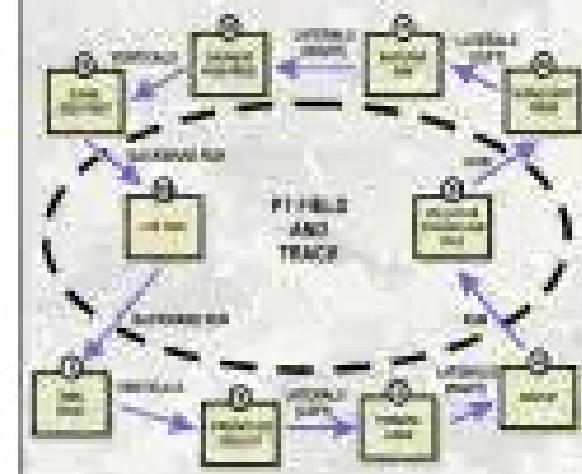
### CLIMBING DRILL 3

1. Shoulder Stand (1 rep, 10-15 seconds)
2. Lunge Walk (1 rep, 10-15 seconds)
3. Glider Carts (1 rep, 10-15 seconds)

### RECOVERY DRILL

1. Overhead Arm Push (20-30 seconds)
2. Head Lunge (10-15 seconds)
3. Plank and Press (10-15 seconds)
4. High Knees (20-30 seconds)
5. Hanging Leg Raise (20-30 seconds)

### STRENGTH TRAINING CIRCUIT



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**Joacim Rocklöv**

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