

# STRENGTH

## Player Development Plan 2026

Phase	Dates	Total	Focus
OFF-SEASON	Base	Apr 1 – Apr 4	2 Testing Week - UPDATE MAXES <b>95%</b>
	Cycle 1	Apr 5 - May 2	16 Strength Foundation, Hypertrophy, Core Stability <b>75% - 85% - 65% - 90%</b>
	Cycle 2	May 3 - May 23	12 Progressive Load, Strength Development, Load Increase <b>75% - 85% - 65%</b>
	Assessment 1	May 24 - May 30	2 Testing Week - UPDATE MAXES <b>95%</b>
	Cycle 3	May 31 - Jun 27	16 Strength Development, Core Stability, Volume Emphasis <b>75% - 85% - 65% - 90%</b>
	Cycle 4	Jun 28 - July 25	16 Max Strength, Neural Load, Pre-Deload Peak <b>75% - 85% - 65% - Deload</b>
	Assessment 2	July 26 - Aug 1	2 Testing Week - UPDATE MAXES <b>95%</b>
PRE-SEASON	Cycle 5	Aug 2 - Sept 5	20 Strength Efficiency, Movement Quality, Power Transfer <b>OFF - 75% - 80% - 70% - 85%</b>
	Cycle 6	Sept 6 - Oct 17	18 Strength Maintenance, Power Output, Game Readiness <b>70% - 75% - 65% - 75% - 70% - 65%</b>
	Assessment 3	Oct 18 - Oct 24	2 Testing Week - UPDATE MAXES <b>92% - 95%</b>
IN-SEASON	Cycle 7	Oct 25 - Nov 28	10 Explosive Strength, Power Maintenance, Pre-Game Prep <b>70% - 75% - 65% - 75% - 70%</b>
	Cycle 8	Nov 29 - Dec 26	8 In-Season Strength, Maintenance, Recovery Emphasis <b>70% - 65% - 75% - 65%</b>
	Assessment 4	Dec 27 - Jan 2	2 Strength Adjustment, Recovery, Mobility Reset <b>90%</b>
	Cycle 9	Jan 3 - Feb 20	14 Strength Maintenance, Durability, Game Performance <b>70% - 65% - 75% - 65% - 70% - 65% - 70%</b>
POST-SEASON	Cycle 10	Feb 21 - Mar 20	6 Recovery Strength, Power Maintenance, CNS Freshness <b>65% - 60% - 65%</b>
	Transition	Mar 21 - Mar 31	0 OFF. Full Recovery, Mobility, Mental Reset

# STRENGTH

Workout - Performance Week (Work Sets ~ 90% 1RM)

 Player

Anaya Beard ▾

 Date

04/30/26

 Time

60 Minutes

 Focus

High Cns / Upper Body

 Location

Weight Room

 Cycle

1.4.3

## Warm-Up - Activation & CNS Prep (10 Minutes)

Drill	Description	Completed
Dynamic Warmup	See Sheet	<input checked="" type="checkbox"/>
Ankle Prehab + Core	See Sheet	<input checked="" type="checkbox"/>
Shoulder Pre-Hab W/ Band	2 x 10	<input checked="" type="checkbox"/>
Snatch Bb Complex W/ Bar	Rdl, Hs, Bnp, Os, Gm X 5 Reps Each	<input checked="" type="checkbox"/>

## Strength Work (40 Minutes)

Drill	Description	Completed
Snatch Pull	115lbs X 5 / 145 X 5 / 3 Sets X 160 X 3 Reps 1 Set X 160lbs X As Many Reps As Possible	<input checked="" type="checkbox"/>
Depth Jumps From 18"	4 X 6 Reps Jump From Bench To Floor Then Jump Up Quickly From Floor	<input checked="" type="checkbox"/>
Incline Bench Press	115lbs X 5 / 145 X 5 / 3 Sets X 170 X 3 Reps 1 Set X 170lbs X As Many Reps As Possible	<input checked="" type="checkbox"/>
Middle Grip Chins	4 Sets X 10 Reps Spot Or Add Weight To Get 10	<input checked="" type="checkbox"/>
Bent Over Row	3 Sets X 155lbs X 8 Reps	<input checked="" type="checkbox"/>

## Finisher - Core & Upper Body Stability (10 Minutes)

Drill	Description	Completed
Russian Twists	3 Sets X 85lbs X 10 Reps	<input checked="" type="checkbox"/>
Tricep Ext (Skull Crushers)	3 Sets X 75lbs X 10 Reps	<input checked="" type="checkbox"/>
Narrow Grip Chins	Max Number X 1 Set	<input checked="" type="checkbox"/>
Bar Hang	As Long As Possible X 1 Set	<input checked="" type="checkbox"/>

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## Progress Tracker: Cycle 1

Date	Workout Name	Summary	Focus Area	Completion	Notes
			Foundation	100%	
04/06/26	<a href="#">Strength - Workout - 1.1.1</a>	- Squats - Deadlifts - Split Squats	Lower Body	100%	Strong session. Movement was controlled and balanced.
04/07/26	<a href="#">Strength - Workout - 1.1.2</a>	- Bench Press - Pull-Ups - Shoulder Press	Upper Body	100%	Good effort. Strength and control were consistent.
04/09/26	<a href="#">Strength - Workout - 1.1.3</a>	- Planks - Cable Rotations - Balance Drills	Core	100%	Nice work. Stability and positioning were strong.
04/10/26	<a href="#">Strength - Workout - 1.1.4</a>	- Power Cleans - Box Jumps - Trap Bar Jumps	Explosive Power	100%	Good session. Power and tempo looked sharp.
04/13/26	<a href="#">Strength - Workout - 1.2.1</a>	- Back Squats - Bulgarian Split Squats - Romanian Deadlifts	Lower Body	100%	Good work. Strength and positioning continue to improve.
04/14/26	<a href="#">Strength - Workout - 1.2.2</a>	- Bench Press - Pull-Ups - Dumbbell Shoulder Press	Upper Body	100%	Solid session. Movements were clean and efficient.
04/16/26	<a href="#">Strength - Workout - 1.2.3</a>	- Hanaina Lea Raises - Cable Rotations - Single-Lea Balance Holds	Core	100%	Steady session. Good focus and consistency throughout.
04/17/26	<a href="#">Strength - Workout - 1.2.4</a>	- Trap Bar High Pulls - Trap Bar Jumps	Explosive Power	100%	Strong effort. Explosiveness and intent were there.
04/20/26	<a href="#">Strength - Workout - 1.3.1</a>	- Trap Bar Deadlifts - Bulgarian Split Squats - Romanian Deadlifts	Lower Body	100%	Solid session. Movement quality stayed consistent throughout.
04/21/26	<a href="#">Strength - Workout - 1.3.2</a>	- Bench Press - Pull-Ups - Dumbbell Shoulder Press	Upper Body	100%	Nice work. Execution and control looked strong.
04/23/26	<a href="#">Strength - Workout - 1.3.3</a>	- Hanaina Lea Raises - Cable Rotations - Weiahted Side Planks	Core	100%	Good execution. Core control looked clean.
04/24/26	<a href="#">Strength - Workout - 1.3.4</a>	- Trap Bar High Pulls - Box Jumps - Trap Bar Jumps	Explosive Power	100%	Good work. Speed and power output were consistent.

04/27/26	<a href="#">Strength - Workout - 1.4.1</a>	<ul style="list-style-type: none"> <li>- Trap Bar Deadlifts</li> <li>- Bulgarian Split Squats</li> <li>- Romanian Deadlifts</li> </ul>	<b>Lower Body</b>	<b>100%</b>	Very good session. Control and balance were sharp.
04/28/26	<a href="#">Strength - Workout - 1.4.2</a>	<ul style="list-style-type: none"> <li>- Bench Press</li> <li>- Pull-Ups</li> <li>- Dumbbell Shoulder Press</li> </ul>	<b>Upper Body</b>	<b>100%</b>	Good energy today. Upper body strength is progressing.
04/30/26	<a href="#">Strength - Workout - 1.4.3</a>	<ul style="list-style-type: none"> <li>- Handina Lea Raises</li> <li>- Cable Rotations</li> <li>- Weiahted Side Planks</li> </ul>	<b>Core</b>	<b>100%</b>	Strong focus. Stability continues to improve.
05/01/26	<a href="#">Strength - Workout - 1.4.4</a>	<ul style="list-style-type: none"> <li>- Trap Bar High Pulls</li> <li>- Box Jumps</li> <li>- Trap Bar Jumps</li> </ul>	<b>Explosive Power</b>	<b>100%</b>	Strong session. Good energy and fast execution.