Intermediate training cycle
12 weeks
Week 18
Speed Emphasis

Monday (LOWER)

Warm-up tread sled (treadmill turned off) 3x1.5min
Speed squats or leg press 10x3 reps with bodyweight on sled move as quick as possible but under control
Straight let barbell deadlifts 3x6 progressive with perfect form
Standing cable crunch wide stance 3x20 (heavy as you can) 1min rest
Single leg squats w 20lb dumbbells 3x6 each leg 1.5 min rest
Stretch 10min

Tuesday (cardio)

Kettlebell swings 3x 1min rest only as much as needed
20min fast pace walk 120bpm

Wednesday (UPPER)

Barbell bench 3x6 wide grip work up to 3rm
Cable Lat pulldowns wide grip 4x12 heavy as you can
Triceps pushdowns 3x failure with rope 1min rest
Rear delt rows standing 4x20 w 70lb wide bar (pull to chin)
External rotator work 2.5-5lb dumbbell 2x15 each arm

Thursday (OFF)

Stretching and light activity only

Friday (mix)

Jumps to a bench 4x3 work on form
Speed bench 8x3 with 45-75lb
Lat pulldowns 4x12 progressive

Saturday (cardio)

35min pre core high resistance-or stair climber steady

Sunday OFF