

PEP SERIES

Phase 1

RELOAD, RECHARGE, AND RECOVER "DELOAD WEEK"

WEEK 4

Reload, Recharge, and Recover "De-load Week"

Schedule Breakdown & Training Outline

Maximizing Your Performance Through Recovery!

The key to success is rest! Training hard is rarely the missing piece for progress. The PEP Sports Performance Training Program implements standardized recovery weeks throughout the training phases that are strategically planned to aid in recovery, the vital component that most athletes neglect. Intense exercise causes tons of stress: joint & ligament stress, muscular damage, neural fatigue, and hormone disruption are all factors that must be taken into account when training at a high level. Your body and muscles need time to rest, recover, repair and adapt to the stressors you place upon it during your training sessions. Rest, therefore, is a crucial part of your development.

How Do We Maximize Recovery? We Deload!

The PEP Sports Performance Training Program has developed a Deload protocol designed to prevent overtraining. Overtraining will cause metabolic fatigue, negatively affecting training and making it difficult to improve fitness and performance. It is necessary to create stress and feel fatigue symptoms in a training program for adaptation. To create that tstress and overcome it is in the end how we become stronger. Qualities of overtraining include excessive volume, fast progressive overload, and insufficient recovery between workouts. In any type of periodization, a “plateau” or “halt” in progress will occur. More is not always better in this case, and any increase in training volume or continuing to try and create overload may be detrimental to your progress and, potentially, your health.

Our deload period allows you the opportunity to focus on weaker muscle groups, imbalances and other deficiencies that may be stopping you from improving! This is also a great time to clean up form and technique because going to the next phase. With lighter loads and lower volume, you can focus more on the weak points of your training and or lifts. So we have strategically put together a deload phase that looks to improve your overall performance and fitness gains. An appropriately planned deload is one of the best ways to overcome a setback, break through a plateau, and get you to your goals.

If done correctly, you should return from a deload week with a properly adapted, well-rested, stronger and more focused body—which equates to new PR’s and new levels of stimuli that will T**ake Your Game To The Next Level**.

How To Deload:

- Training similar movement patterns is imperative to preserving the neuromuscular pathways of training without breaking down the body
- Do your normal routine and normal volume (sets & reps) but reduce the weight you **use to about 50-60% of what you normally work out with** for each exercise
- Use the same weight as you normally would, but drop your number of total volume (sets & reps) to 50-60% of your normal volume
- Use light weight and focus on refining your form and technique

WEEK 4

Reload, Recharge, and Recover "De-load Week"

Schedule Breakdown & Training Outline

DAY 1
PREP Week
"Form/Focus"

CLICK
FOR DAY 1

Full Body
Athletic Development

- Focus on Form & Technique
- Activate & Strengthen Minor Muscles

Workout Schedule:

- Workout Length: 1 Hour
- Pre-Core Activation/Mobility Warm-Up: 15 Minutes
- Full Body Training: 45 Minutes

Pre Core Activation Development Benefits:

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

Deload Training Guidelines:

During this deload phase we focus on form and technique! This is a great time to clean up form and technique on your main compound lifts! We also do a Circuit Series training to keep the workouts intense (20-30 minutes long) but just enough to get a great stimulus and not overwork the nervous system! These workouts have been strategically put together to improve your overall performance and fitness gains!

Lower Body Training Guidelines: (Squat Emphasis)

- Complete in block order (super sets, tri-sets, complexes)
- A1-A2 follow the exact (sets & reps) with 4 minutes rest between sets!
- Only 50-60% used during deload week

How To Complete Circuit Series Training:

- Start with Complex 1 (B1) then rest for 1 minute, then move to Complex 2 (B2)
- Make sure to rest 30 seconds between contrast exercises
- Click on exercises for video demonstration and execution

DAY 2
PREP Week
"Form/Focus"

CLICK
FOR DAY 2

Full Body
Athletic Development

- Focus on Form & Technique
- Activate & Strengthen Minor Muscles

Workout Schedule:

1. Workout Length: 1 Hour
2. Pre-Core Activation/Mobility Warm-Up: 15 Minutes
3. Full Body Training: 45 Minutes

Pre Core Activation Development Benefits:

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

Deload Training Guidelines:

During this deload phase we focus on form and technique! This is a Great time to clean up form and technique on your main compound lifts! We also do Circuit Series training to keep the workouts intense (20-30 minutes long) but just enough to get a great stimulus and not overwork the nervous system! These workouts have been strategically put together to improve your overall performance and fitness gains!

Upper Body Training Guidelines: (Bench Press Emphasis)

- Introducing new exercise to get ready for week 5
- Complete in block order (super sets, tri-sets, complexes)
- A1-A2 follow the exact (sets & reps) with 4 minutes rest between sets!
- Only 50-60% used during deload week

How to Complete Circuit Series Training:

- Start with Complex 1 (B1) then rest for 1 minute, then move to Complex 2 (B2)
- Make sure to rest 30 seconds between contrast exercises
- Click on exercises for video demonstration and execution

DAY 3
PREP Week
"Form/Focus"

CLICK
FOR DAY 3

Full Body
Athletic Development

- Focus on Form & Technique
- Activate & Strengthen Minor Muscles

Workout Schedule:

- Workout Length: 1 Hour
- Pre-Core Activation/Mobility Warm-Up: 15 Minutes
- Full Body Training: 45 Minutes

Pre Core Activation Development Benefits:

Activating your core prior to training stimulates those deep intrinsic muscles to engage and stabilize increasing your ability to control the loads/weights during exercise! This will greatly increase your speed and explosive power output reducing your chances of injury!

Deload Training Guidelines:

During this deload phase we focus on form and technique! This is a Great time to clean up form and technique on your main compound lifts! We also do Circuit Series training to keep the workouts intense (20-30 minutes long) but just enough to get a great stimulus and not overwork the nervous system! These workouts have been strategically put together to improve your overall performance and fitness gains!

Lower Body Training Guidelines: (Split Squat Emphasis)

- Complete in block order (super sets, tri-sets, complexes)
- A1-A2 follow the exact (sets & reps) with 4 minutes rest between sets!
- Only 50-60% used during deload week

How to Complete Circuit Series Training:

- Start with Complex 1 (B1) then rest for 1 minute, then move to Complex 2 (B2)
- Make sure to rest 30 seconds between contrast exercises
- Click on exercises for video demonstration and execution

Saturday & Sunday	**REST** Full Recovery	**Performance Benefits** Exercising places a tremendous amount of strain on the body! When you exercise, you tear muscle fibers, which the body must repair in order to make you stronger! In order to do this, your body must have time to recover! The body does not grow stronger or build endurance while your exercising! It's the period after your workout when your body makes all of these changes! If you want to see any performance benefits, its "vital" to give your body time to repair itself or your performance will not improve! In fact, your performance will likely suffer and plateau, leading to injuries!

DAY 1 Reload, Recharge, and Recover "Deload Week"

Back to Schedule

Exercise Order	Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Barbell Lower Body Smash** Click For Demo	1	Until Satis-fied	• Make Sure You Take Your Time And Get Into All The Tight Places	• Breaks Down Muscle Adhesions (Lumps & Knots) To Reduce Tension And Restore Muscle Length To Help Reduce Injuries
A2	1. **Band Assisted Wall Squat Stretch** 2. **Knee Fall Ins** 3. **Tactical Frog** Click For Demo	1	1-2 min 6-10x each side 15x	• Relax And Let The Band Do The Work • Make Sure To Breath And Let Go Of Any Tension	• Opens Up The Hips • Allows For More Range Of Motion Which Can Help With Reducing Injuries
A3	**Box Elevated Band Resisted Ankle Distraction** Click For Demo	1	20x Per Side	• Make Sure The Band Is Under The Ankle Bone • Don't Let Heel Or Any Part Of Foot Off The Box	• Increases Range Of Motion In Ankle • Increases Mobility In Ankle Which Can Help With Reducing Injures
A4	**Band Resisted Wall Dead Bug** Click For Demo	1	3-5x Per Side	• Take Deep Breath In And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds) • Exhale Out As Leg Extends Out (Should Take 5 Seconds)	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load

A5	**Mini Band Quarter Squat Abduction** Click For Demo	1	10x Right 10x Left 20x Both	• Keep Tension Against The Band At All Times • Brace Core Bring Leg Inside The Body With Control	• Activates Glute Muscles • Stabilizes The Hips And Low Back • Improves Your Ability To Generate Power To Run Faster And Jump Higher
A6	**Mini Band Table Top & Hip Flexion** Click For Demo	1	10x Per Side	• Keep Feet In Dorsiflexion • Don't Allow The Hips To Drop Or Rotate As You Bridge	• Increases Hip Flexor Strength & Resilience • Core And Hip Stability
A7	**Kettlebell or Dumbbell Squat Protocol** Click For Demo	1	1min	• Make Sure Elbows Don't Drop Lower Then The Knees • Make Sure Your In A Comfortable Position With No Pain	• Opens Up The Hips • Increases Range Of Motion In Ankle • Allows For More Range Of Motion Which Can Help With Injuries
A8	**Kettlebell or Dumbbell Cossack Squat** Click For Demo	1	6-10 Per Side	• Keep Chest Up And Don't Round Back • Sit Hips Back And Try And Keep The Heel On The Ground • Rotate Opposite Foot/Toe To The Sky	• Opens Up The Hips • Allows For More Range Of Motion Which Can Help With Reducing Injuries

Exercise Block Order	Deload Workout Week 4	Sets	Reps	Coaching Points	Performance Benefits
A1 Exercise Choice **(Pick your favorite)**	**Back Squat** Click For Demo **Front Squat** Click For Demo	3-4 (50-60%)	5x	• 5 Second lowering/ eccentric • Brace core-control the lowering • Blast up from bottom position	• Develop lower body strength and power • Increase power production = jump higher
A2	**Tuck Jump** **or** **Hurdle Jump** Click For Demo	4	5x	• Quick ground contact • Explode off the ground • Be aggressive/ push ground away	• Increase ground reaction • Increase fast twitch muscle fibers • Increase power production
B1 Do Complex 1 (B1) Then Rest For 1 Min, And Move To (B2) Complex 2	**COMPLEX 1** 8x DB Deadlift **Rest 30 Secs** 8x DB Acceleration Jumps Click For Demo	2-3			
B2 Do Complex 2 (B2) Then Rest For 1 Min, And Move To (B3) Complex 3	**COMPLEX 2** 10x RDL to Bent Over Rows **Rest 30 Secs** 10x RDL to Snatch Click For Demo	2-3			

B3 Do Complex 3 (B3) Then Rest For 1 Min, And Move To (B4) Complex 4	**COMPLEX 3** 6x Per Side SL Step Ups **Rest 30 Secs** 6x Per Side SL Box Jumps Click For Demo	2-3
41 Do Complex 4 (B4) Then Rest For 1 Min, And Move To (B5) Complex 5	**COMPLEX 4** 6x Per Side- Side Lunge **Rest 30 Secs** 6x Per Side Skater Jumps Click For Demo	2-3
B5 Do Complex 5 (B5) Then Rest For 2-3 Mins Repeat B1-B5 2 More Times	**COMPLEX 5** 6x Per Side Elevated Hip Thrust + DB Press **Rest 30 Secs** Elevated Decline Knee Tuck Push-Ups Click For Demo	2-3

DAY 2 Reload, Recharge, and Recover "Deload Week"

Back to Schedule

Exercise Order	Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Upper Body Med Ball Smash** Click For Demo	1	Until Satis-fied	• Make Sure You Take Your Time And Get Into All The Tight Places!	• Breaks Down Muscle Adhesions (Lumps & Knots) To Reduce Tension And Restore Muscle Length To Help Reduce Injuries
A2	**Band Resisted Wall Dead Bug** Click For Demo	1	2 min 6-10x each side 15x	• Take Deep Breath In (By-Pass Lunges) And Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds) • Exhale Out As Leg Extends Out (Should Take 5 Seconds)	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load
A3	**Mini Band Shoulder Flexion** Click For Demo	1	3-4x Per Side	• Don't Over Extend • Keep Ribcage Lock Down To Pelvis • Keep Tension On The Bands Are All Times	• Increases Shoulder Mobility • Increases Shoulder Strength
A4	**Mini Band Push-Up Around the World** Click For Demo	1	3-5x Per Side	• Keep Tension On Band • Keep Core Engaged, Ribcage Down, Hips Tucked Under • Hands Aligned With Shoulders	• Develops Tremendous Upper Body Strength • Helps Integrate The Core And Upper Body

A5	**Mini Band Quarter Squat Abduction** Click For Demo	1	10x Right 10x Left 20x Both	• Maintain Tension Against Bands • Keep Core Engaged • Keep Big Toe On The Ground	• Develop Lower Body Strength And Power • Increase Power Production = Jump Higher
A6	**Mini Band Quadruped Fire Hydrant** Click For Demo	1	10x Per Side	• Keep Core Engaged • Don't Let Hips Dip From Either Side • Don't Let Hips Or Low Back Sag • Drive Palms Through Ground	• Reduces Hamstring Pulls, Strains • Increases Hip Control
A7	**Mini Band Plank Side Abduction** Click For Demo	1	10x Per Side	• Don't Allow The Hips To Drop Or Rotate • Ensure That The Lower Back Doesn't Arch • Squeeze The Glutes	• Improves Core Stability & Takes Stress Off Back • Improves & Stabilizes Hips And Torso • Strengthens Deep Core Transverse Abdominals
A8	**Bottom Up Kettlebell Press** Click For Demo	1	6-10 Per Side	• Hold Kettlebell In Middle Of Handle • Squeeze Handle Tight And Don't Break Wrist (Make Sure It Is Straight)	• Increases Wrist And Forearm Strength • Increases Grip Strength

Exercise Block Order	Deload Workout Week 4	Sets	Reps	Coaching Points	Performance Benefits
A1 Exercise Choice	**Barbell Bench Press** Click For Demo	3-4 (50-60%)	5x	• 5 Second Lowering/ Eccentric • Be Reactive/ Fast Concentric • Try And Break The Bar • Total Body Tension	• Increases Functional Strength • Increases Force Production
A2	**Med Ball Explosive Chest Pass** Click For Demo	3-4	6x	• Be Explosive • Fully Lock Out Arms	• Increases force production • Increase reactive ability
B1 • 1 Minute Total • 15 Seconds Per Exercise Switching Back And Forth For The Whole Minute	**COMPLEX 1** 1. Kettlebell Swings 2. Scapula Push-Ups Click For Demo	2-3			
B2 • 1 Minute Total • 15 Seconds Per Exercise Switching Back And Forth For The Whole Minute	**COMPLEX 2** 1. Kettlebell High Pull Swing 2. Single Arm Push-Ups Click For Demo	2-3			

B3
- 1 Minute Total
- 15 Seconds Per Exercise Switching Back And Forth For The Whole Minute

COMPLEX 3

1. Kettlebell POP UP to Squat
2. Dive Bomber Push-Ups

Click For Demo

2-3

B4
- 1 Minute Total
- 15 Seconds Per Exercise Switching Back And Forth For The Whole Minute

COMPLEX 4

1. Kettlebell Reverse ISO Lunge Row
2. Wide Stance Push-Ups

Click For Demo

2-3

B5
- 1 Minute Total
- 15 Seconds Per Exercise Switching Back And Forth For The Whole Minute

COMPLEX 5

1. Kettlebell Jump
2. Kettlebell Close Grip Push-Ups

Click For Demo

2-3

Repeat B1-B5
2 More Times

DAY 3 Reload, Recharge, and Recover "Deload Week

Back to Schedule

Exercise Order	Activation Development	Sets	Reps	Coaching Points	Performance Benefits
A1	**Barbell Lower Body Smash** Click For Demo	1	Until Satis-fied	• Make Sure You Take Your Time And Get Into All The Tight Places!	• Breaks Down Muscle Adhesions (Lumps & Knots) To Reduce Tension And Restore Muscle Length Reduce Injuries
A2	1. **Band Assisted Wall Squat Stretch** 2. **Knee Fall Ins** 3. **Tactical Frog** Click For Demo	1	1-2 min 6-10x each side 15x	• Relax And Let The Band Do The Work • Make Sure To Breath And Let Go Of Any Tension	• Opens Up The Hips • Allows For More Range Of Motion Which Can Help With Reducing Injuries
A3	**Box Elevated Band Resisted Ankle Distraction** Click For Demo	1	20x Per Side	• Make Sure The Band Is Under The Ankle Bone • Don't Let Heel Or Any Part Of Foot Off The Box	• Increases Range Of Motion In Ankle • Increases Mobility In Ankle Which Can Help With Reducing Injures
A4	**Band Resisted Wall Dead Bug** Click For Demo	1	3-5x Per Side	• Take Deep Breath In & Fill Up Belly And Back With As Much Air As Possible (Should Take 5 Seconds) • Exhale Out As Leg Extends Out (Should Take 5 Seconds)	• Strengthens Deep Core Transverse Abdominals • Improves Diaphragmatic Breathing, Learning To Synergistically Breath & Brace With Load

A5	**Mini Band Internal & External Rotation** Click For Demo	3	15 Per Side	• Lift Top Leg Up And Rotate At The Hip • Maintain Hip & Core Control Throughout The Movement	• Stabilizes The Hips And Low Back • Improving Your Ability To Generate Power To Run Faster And Jump Higher
A6	**Mini Band Hip Flexion & Extension** Click For Demo	3	10 Per Side	• Keep Feet In Dorsiflexion • Don't Round The Back, Keep Chest Up • Use Opposite Arm Up To Plant Leg	• Increases Hip Flexor Strength & Resilience • Core And Hip Stability
A7	**Kettlebell or Dumbbell Squat Protocol** Click For Demo	1	1min	• Make Elbows Don't Drop Lower Then The Knees • Make Sure Your In A Comfortable Position With No Pain	• Opens Up The Hips • Increases Range Of • Motion In Ankle • Allows For More Range Of Motion Which Can Help With Reducing Injuries
A8	**Kettlebell or Dumbbell Cossack Squat** Click For Demo	1	6-10 Per Side	• Keep Chest Up And Don't Round Back • Sit Hips Back & Try To Keep The Heel On The Ground • Rotate Opposite Foot Toe To The Sky	• Opens Up The Hips • Allows For More Range Of Motion Which Can Help With Reducing Injuries

Exercise Block Order	Deload Workout Week 4	Sets	Reps	Coaching Points	Performance Benefits
A1 Exercise Choice • NO Eccentrics • Fast and Reactive	**Barbell Split Squat** Click For Demo	3-4 (50-60%)	5x	• Fast And Reactive Tempo • Be Reactive/ Fast Concentric • Try And Break The Bar • Total Body Tension	• Increases Functional Strength • Increases Force Production
A2	**Split Stance Alternating Jumps** Click For Demo	3-4	6x	• Quick Ground Contact • Explode Off The Ground • Be Aggressive & Push Ground Away	• Increase Ground Reaction • Increase Fast Twitch Muscle Fibers • Increase Power Production
B1 Complete Complex 1 (B1) Then Rest 1.5 Mins And Then Do (B2) Complex 2	**COMPLEX 1** • 20X Air Squat • 20X Alternating Front Lunges • 20X Alternating Split Stance Jumps • 50X Side To Side Quick Hops Click For Demo	1x Total			

B2

Complete Complex 2 (B2) Then Rest 1.5 Mins And Then Do (B3) Complex 3

COMPLEX 2

- 20X Narrow Stance Air Squats
- 10X Front Lunge To Reverse Lunge
- 10X Alternating Split Jumps
- 30X Per Leg: 1 Foot Single Leg Quick Hops

Click For Demo

1x Total

B3

Complete Complex 3 (B3) then rest 1.5 mins and then do (B4) Complex 4

COMPLEX 3

- 20x Wide Stance Air Squats
- 30 second Squat Hold
- 5x Knee Tuck Jumps

Click For Demo

1x Total

B4

Complete Complex 4 (B4) Once And Then You Are Finsihed

COMPLEX 4

- 1 Minute Squat Hold
- 20X Air Squats
- 5X Knee Tuck Jumps

Click For Demo

1x Total
