

# Strength Pacing Guide

<b>Semester 1</b> <b>Semester 2</b>	September/October January/February	November March	December April	January May/June
<b>UNIT</b>	Strength/Power/Agility			
<b>Lessons</b>	Baseline Strength Testing Weight Room Safety Proper Lifting Form Introduction to Lifting Exercises CMU Program and Power Program Core lifts vs. Auxiliary Lifts Agility – Dots	Strength Training CMU or POWER Program Agility Ladders Introduction to Lift Variations ie. Incline/Decline Bench, Hex Bar Deadlift, and Box Squats... Introduction to Resistance Training and Balance Exercises	Continue Strength Training CMU or POWER Program Agility Ladders, Introduction to Advanced Lifts (Hanging Clean, Snatch, Jerk) Introduction to Burnout Exercises Pyramid Training ie. Ascending, Descending and Triangle Pyramids	Continue to Strength Training Agility hurdles, and Cone Drills Introduction to Advanced Lifts (Power Clean, Power Snatch, Deadlift) Negative Lifts and Superset Workout Strength Testing