

ROLLER DERBY *Athletics*

RDA *Pump Up* YOUR JAM

Week One Day 1-7

Checklist:

Practice: 2-3	Plyometric: 0	Baseline test: 1
Steady State: 1	HIIT: 0-1	
Interval: 0	Core: 3	
	AM Strength: 4	

Plan:	Workout	Practice (y/n)	Life	Notes
Monday	PLAN BASELINE TEST!			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Week Two Day 8-14

Checklist:

Practice: 2-3	Plyometric: 0
Steady State: 1	HIIT: 1-2
Interval: 2	Core: 3
AM Strength: 2-3	

Plan:

	Workout	Practice (y/n)	Life	Notes
Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Week Three Day 15-21

Checklist:

Practice: 2-3	Plyometric: 1
Steady State: 1	HIIT: 1
Interval: 1-2	Core: 2-3
AM Strength: 2-3	

Plan:

	Workout	Practice (y/n)	Life	Notes
Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Week Four Day 22-28

Checklist:

Practice: 2-3	Plyometric: 1
Steady State: 0	HIIT: 0-1
Interval: 2	Core: 2-3
	AM Strength: 2

Plan:

Workout

Practice (y/n)

Life

Notes

Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Week Five Day 29-35



Checklist:

Practice: 2-3	Plyometric: 0
Steady State: 1	HIIT: 0
Interval: 0	Core/Strength: 2
	Something fun!

Plan:

Workout

Practice (y/n)

Life

Notes

Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Week Six Day 36-42

Checklist:

Practice: 2-3	Plyometric: 2
Steady State: 0	HIIT: 0-1
Interval: 2	Core: 2
	AM Strength: 2

Plan:

Workout

Practice (y/n)

Life

Notes

Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN			
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

Last Push! Day 43-45



Checklist:

Practice: 0-1	Finish Line test!
Rest	
Light Workout	

Plan: Workout Practice (y/n) Life Notes

Monday	PLAN			
	ACTUAL			
Tuesday	PLAN			
	ACTUAL			
Wednesday	PLAN	FINISH LINE TEST!		
	ACTUAL			
Thursday	PLAN			
	ACTUAL			
Friday	PLAN			
	ACTUAL			
Saturday	PLAN			
	ACTUAL			
Sunday	PLAN			
	ACTUAL			

FITNESS TEST RESULTS

	BASELINE RESULT	FINISH LINE RESULT
DATE OF TEST:		
#1 - Cadence Push-Up Test (enter knees or full) (# REPS)		
#2 - Agility Test (AVERAGE OF 2 SIDES)		
#3 - Vertical Leap Test (BEST JUMP, IN DECIMAL INCHES)		
#4 - Core Test TOTAL ELAPSED TIME:		
#5 - Endurance Test TIME:		