



French Contrast Training (FCT)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	FCT Knee Dom Eccentric	FCT Upper Press Eccentric	Cardio or Conditioning	FCT Hip Dom Eccentric	FCT Upper Pull Eccentric	OFF	Cardio or Conditioning
Week 2							
Week 3							
Week 4	FCT Knee Dom Isometric	FCT Upper Press Isometric		FCT Hip Dom Isometric	FCT Upper Pull Isometric		
Week 5							
Week 6							
Week 7	FCT Knee Dom Concentric	FCT Upper Press Concentric		FCT Hip Dom Concentric	FCT Upper Pull Concentric		
Week 8							
Week 9							



FCT - Knee Dom - Eccentric

Athlete:
Trainer: Rob Sulaver

Movement Prep

- 1 World's Greatest Stretch 3/s 2 Squat Prying 1 min 3 Banded Ankle Mobilization 10/s 4 Standing Hip CARs 2/s

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3
Warm up sets								
1 RFE Split Squats	3	5, 3, 1	30X0	30s	55%, 70%, 80% of 1RM			
2 Submax Vertical Jump	3	2	X	30s	~7/10 effort			
A1) RFE Split Squat - Eccentric	5	3	50X0	30s	85% 1RM			
A2) Max Vertical Jumps - Doubles	5	3	X	30s	Doubles			
A3) Max Vertical Jump w/ Sandbag	5	3	X	30s				
A4) Band Assisted Vertical Jump	5	3	X	4 min	Doubles			
A5) DB Shrugs	5	25	20X1					
A6) Wrist Curls	5	25	10X1					
A7) Wrist Extension	5	25	10X1					
B1) Walking Lunges	5	6-8/s	30X1	30s				
B2) Spider Curls	5	6-8	30X0	30s				
B3) Dragon Flag (Eccentric)	5	6-8	40X0	60s				

Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



FCT - Upper Press - Eccentric

Athlete:
Trainer: Rob Sulaver

Movement Prep

- 1 Shoulder CARs 2/s 2 Floor Slides 10x 3 Updog to Downdog 6x 4 Scap Pushups 10x

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3
Warm up sets								
1 Flat BB Bench Press	3	5, 3, 1	30X0	30s	55%, 70%, 80% of 1RM			
2 Med Ball Press to Floor	3	2	X	30s	~7/10 effort			
A1) Flat BB Bench Press - Eccentric Cluster	5	1, 1, 1	50X : 10	30s	85% 1RM			
A2) SA Med Ball "Punch" - Light	5	3/s	X	30s				
A3) Med Ball Press to Floor	5	4	X	30s	6 - 10 lb med ball			
A4) Band Assisted Punches	5	6/s	X	4 min				
A5) Seated Calf Raises	5	25	20X1					
A6) Seated External Rotation	5	8/s	40X0					
B1) DB Incline Fly	5	6-8	30X1	30s				
B2) Seated Overhead Tri Extensions	5	6-8	30X1	30s				
B3) Toes to Bar (Controlled)	5	6-8	2020	60s				

Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



FCT - Knee Dom - Eccentric

Athlete:
Trainer: Rob Sulaver

Movement Prep

- 1 World's Greatest Stretch 3/s 2 Hammie Scoops 10/s 3 Banded Ankle Mobilization 10/s 4 Quadruped Hip CARs 2/s

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3
Warm up sets								
1 Single Leg RDL	3	5, 3, 1 / s	30X0	30s	55%, 70%, 80% of 1RM			
2 Submax Broad Jump	3	2	X	30s	~7/10 effort			
A1) Flat BB Bench Press - Eccentric Cluster	5	1, 1, 1	50X : 10	30s	85% 1RM			
A2) Broad Jump	5	3	X	30s				
A3) Single Leg Broad Jump	5	2/s	X	30s				
A4) Broad Jump (Rolling Start)	5	3	X	4 min				
A5) DB Shrugs	5	25	20X1					
A6) Wrist Curls	5	25	10X1					
A7) Wrist Extension	5	25	10X1					
B1) Lying Leg Curl	5	6-8	30X1	30s				
B2) 65° Seated DB Curl	5	6-8	30X1	30s				
B3) Ab Cart Rollout (Knees)	5	6-8	2020	60s				

Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves



FCT - Upper Pull - Eccentric

Athlete:
Trainer: Rob Sulaver

Movement Prep

- 1 Shoulder CARs 2/s 2 Floor Slides 10x 3 Updog to Downdog 6x 4 Lat Pulldown 6x

Strength Blocks	Sets	Reps	Tempo	Rest Interval	Notes	Week 1	Week 2	Week 3
Warm up sets								
1 Weighted Pullups	3	5, 3, 1	30X0	30s	55%, 70%, 80% of 1RM			
2 Submax Med Ball Slams - Heavy	3	2	X	30s	~7/10 effort			
A1) Weighted Pullups - Eccentric Cluster	5	1, 1, 1	50X : 10	30s	85% 1RM			
A2) Med Ball Rotation Slams - Medium	5	3/s	X	30s				
A3) Med Ball Slams - Heavy	5	4	X	4 min				
A4) Standing Calf Raises	5	25	20X1					
A6) Seated External Rotation	5	8/s	40X0					
B1) Bent Over Rows	5	6-8	30X1	30s				
B2) Tri Pressdown - Rope	5	6-8	30X1	30s				
B3) GHD Back Extensions	5	6-8	2021	60s				

Cool Down

- Foam Rolling 1 Glutes 2 IT Band 3 Quads 4 Adductors 5 T-Spine - top to bottom 6 T-Spine Extension 7 Lats 8 Calves