NICOLA MCDERMOTT - TRAP BAR SQUAT JUMPS WEIGHT TO VELOCITY RATIO SHEET 2

MAX VELOCITY m/s	0.2	0.25	0.3	0.35	0.4	0.45	0.5	0.55	0.6	0.65	0.7	0.75	0.8	0.85	0.9	0.95	1	1.05	1.1	1.15	1.2	1.25	1.3	1.35	1.4	1.45	1.5	1.55	1.6	1.65	1.7	1.75	1.8	1.85	1.9	1.95	2	2.05	DATE	BLOCK	COMMENTS
80KG	1																					1.29																	07.05.19		
80KG	2																										1.51												07.05.19		
80KG	1																			1.16																			01.11.19	2	
80KG	2																							1.39															01.11.19	2	
80KG	1																					1.29																	25.11.19	2	
80KG	2																											1.58											25.11.19	2	
80KG	1																					1.25																	09.12.19	3	
80KG	2																										1.5												09.12.19	3	
80KG	1																								1.42														16.12.19	3	
80KG	2																												1.63										16.12.19	3	
80KG	1															0.95																							23.12.19	3	
80KG	2																								1.42														23.12.19	3	
80KG	1																								1.42														10.01.20	4	COMP
80KG	2																									1.46													10.01.20	4	COMP
80KG	1																						1.3																31.01.20	5	COMP
80KG	2																												1.61										31.01.20	5	COMP
80KG	1																								1.42														07.02.20	5	COMP
80KG	2																															1.78							07.02.20	5	COMP
80KG	1																											1.56											10.02.20	6	COMP
80KG	2																																	1.87					10.02.20	6	COMP
80KG	1																										1.52												10.02.20	6	COMP
80KG	2																														1.7								10.02.20	6	COMP
80KG	1																									1.45													10.02.20	6	COMP
80KG	2																															1.78							10.02.20	6	COMP
80KG	1																										1.5												12.02.20	6	COMP
80KG	2																															1.77							12.02.20	6	COMP
80KG	1																											1.56											12.02.20	6	COMP
80KG	2																														1.71								12.02.20	6	COMP
PB jump				CANBERRA																																			13.02.20	6	comp results 1.96
80KG	1																							1.37															21.02.20	6	COMP
80KG	2																											1.58											21.02.20	6	COMP
80KG	1																											1.56											21.02.20	6	COMP
jump				SYDNEY																																			22.02.20	6	comp results 1.94
jump				WELLINGTON																																			28.02.20	6	comp results 1.96
80KG	1																						132																05.03.20	6	COMP
80KG	2																									1.48													05.03.20	6	COMP
80KG	1																							1..37															05.03.20	6	COMP
80KG	2																																1.83						05.03.20	6	COMP
jump				SYDNEY																																			6.032	6	comp results 1.92
80KG	1																				1..23																		13.03.20	7	COMP
80KG	2																									1.47													13.03.20	7	COMP
80KG	1																						1..33																18.03.20	7	COMP
80KG	2																																				2.04		18.03.20	7	COMP
80KG	1																									1..48													18.03.20	7	COMP
80KG	2																																			1.99			18.03.20	7	COMP
80KG	1																										1..50												20.03.20	7	soft sand work
80KG	2																															1.76							20.03.20	7	soft sand work
80KG	1			DE-LOAD															1..13																				27.03.20	7	DE-LOAD
80KG	2			DE-LOAD																							1.53												27.03.20	7	DE-LOAD
80KG	1			DE-LOAD																		1..26																	27.03.20	7	DE-LOAD
80KG	2			DE-LOAD																						1.48													27.03.20	7	DE-LOAD
80KG	1																							1..37															03.04.20	8	intro trap bar walks
80KG	2																										1.55												03.04.20	8	soft sand work
80KG	1																								1..41														03.04.20	8	soft sand work
80KG	2																																		1.9				03.04.20	8	soft sand work
80KG	1																								1..42														03.04.20	8	soft sand work
80KG	2																																	1.85					03.04.20	8	soft sand work
80KG	1																						1..32																03.04.20	8	soft sand work
80KG	2																												1.6										03.04.20	8	soft sand work
80KG	1																		1.1																				10.04.20	8	soft sand work
80KG	2																				1.22																		10.04.20	8	soft sand work
80KG	1																				1.2																		17.04.20	8	soft sand work
80KG	2																						1.31																17.04.20	8	soft sand work
80KG	1			DE-LOAD															1.1																				24.04.20	8	DE-LOAD soft sand
80KG	2			DE-LOAD																						1.45													24.04.20	8	soft sand work
80KG	1			DE-LOAD														1..05																					24.04.20	8	soft sand work
80KG	2			DE-LOAD																			1.3																24.04.20	8	soft sand work
80KG	1																					1..25																	01.05.20	9	week 1 after de-load
80KG	2																																			1.95			01.05.20	9	week 1 after de-load
80KG	1																										1..50												08.05.20	9	week 2 grass plyo
80KG	2																										1.51												08.05.20	9	week 2 grass plyo
80KG	1																										1..55												15.05.20	9	week 3 grass plyo
80KG	2																															1.78							15.05.20	9	week 3 grass plyo
80KG	1			DE-LOAD																	1.2																		22.05.20	9	DE-LOAD grass plyo
80KG	2			DE-LOAD																					1.42														22.05.20	9	DE-LOAD grass plyo
80KG	1			DE-LOAD																			1..3																22.05.20	9	DE-LOAD grass plyo
80KG	2			DE-LOAD																						1.45													22.05.20	9	DE-LOAD grass plyo
80KG	1																					1..26																	29.05.20	10	start jumps WEEK 1
80KG	2																																1.82						29.05.20	10	start jumps WEEK 1