NICOLA MCDERMOTT - TRAP BAR SQUAT JUMPS WEIGHT TO VELOCITY RATIO SHEET 3

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
83KG	1																		1.14																						16.12.19	3	
83KG	2																				1.23																					16.12.19	3	
83KG	1																1.03																								23.12.19	3	
83KG	2																								1.41																23.12.19	3	
83KG	1																						1.3																		10.01.20	4	COMP
83KG	2																									1.47														10.01.20	4	COMP
83KG	1																			1.19																				17.01.20	4	COMP
83KG	2																									1.45														17.01.20	4	COMP
83KG	1																						1.33																		31.01.20	5	COMP
83KG	2																											1.57												31.01.20	5	COMP
83KG	1																						1.3																		07.02.20	5	COMP
83KG	2																											1.56												07.02.20	5	COMP
83KG	1																									1.45														13.03.20	7	soft sand work
83KG	2																																		1.85					13.03.20	7	soft sand work
83KG	1																							1.35																20.03.20	7	soft sand work
83KG	2																														1.69									20.03.20	7	soft sand work

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
85KG	1																				1.24																				01.11.19	2	
85KG	2																										1.53													01.11.19	2	
85KG	1														0.9																									23.12.19	3	
85KG	2																				1.21																			23.12.19	3	
85KG	1																			1.15																				10.01.20	4	COMP
85KG	2																						1.33																		10.01.20	4	COMP
85KG	1																			1.16																				17.01.20	4	COMP
85KG	2																				1.22																				17.01.20	4	COMP
85KG	1																1.04																								31.01.20	5	COMP
85KG	2																													1.66										31.01.20	5	COMP
85KG	1																					1.26																		07.02.20	5	COMP
85KG	2																			1.16																				07.02.20	5	COMP
85KG	1															0.96																								13.03.20	7	COMP
85KG	2																											1.58												13.03.20	7	COMP
85KG	1															0.95																								20.03.20	7	soft sand work
85KG	2																												1.63											20.03.20	7	soft sand work
85KG	1																1.03																								10.04.20	8	soft sand work
85KG	2																												1.6											10.04.20	8	soft sand work
85KG	1																	1..05																							17.04.20	8	soft sand work
85KG	2																									1.45														17.04.20	8	soft sand work
85KG	1																								1..40															01.05.20	9	week 1 after de-load
85KG	2																			1.15																				01.05.20	9	week 1 after de-load
85KG	1																								1..43															08.05.20	9	week 2 grass plyo
85KG	2																																				1.94			08.05.20	9	week 2 grass plyo
85KG	1																						1..32																	15.05.20	9	week 3 grass plyo
85KG	2																																				1.92			15.05.20	9	week 3
85KG	1																1																								29.05.20	10	start jumps WEEK 1
85KG	2																																	1.85					29.05.20	10	start jumps WEEK 1

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
88KG	1												0.82																											07.05.19		
88KG	2																												1.6											07.05.19		
88KG	1																		1.1																					01.11.19	2	
88KG	2																				1.2																			01.11.19	2	
88KG	1																		1																					17.01.20	4	COMP
88KG	2																								1.36															17.01.20	4	COMP
88KG	1																					1.27																		31.01.20	5	COMP
88KG	2																							1.39																31.01.20	5	COMP
88KG	1																					1.25																		07.02.20	5	COMP
88KG	2																							1.35																07.02.20	5	COMP
88KG	1																				1.2																			13.03.20	7	COMP
88KG	2																									1.45														13.03.20	7	COMP
88KG	1																				1.2																			20.03.20	7	soft sand work
88KG	2																															1.74								20.03.20	7	soft sand work
88KG	1																1																								10.04.20	8	soft sand work
88KG	2																											1.55												10.04.20	8	soft sand work
88KG	1																				1.21																			08.05.20	9	week 2
88KG	2																	1.07																							08.05.20	9	week 2
88KG	1																							1.35																15.05.20	9	week 3
88KG	2																																1.81							15.05.20	9	week 3
88KG	1																					1.25																		29.05.20	10	start jumps WEEK 1
88KG	2																												1.61											29.05.20	10	start jumps WEEK 1

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
90KG	1																					1.27																		10.04.20	8	soft sand work
90KG	2																												1.62											10.04.20	8	soft sand work
90KG	1												0.81																											17.04.20	8	soft sand work
90KG	2															0.95																								17.04.20	8	soft sand work
90KG	1																1																								01.05.20	9	week 1 after de-load
90KG	2																						1.3																	01.05.20	9	week 1 after de-load
90KG	1																					1.28																		08.05.20	9	week 2
90KG	2																								1.4															08.05.20	9	week 2
90KG	1																								1.4															15.05.20	9	week 3
90KG	2																											1.56												15.05.20	9	week 3
90KG	1																			1.15																				29.05.20	10	start jumps WEEK 1
90KG	2																															1.76							29.05.20	10	start jumps WEEK 1

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
93KG	1												0.8																											17.04.20	8	soft sand work
93KG	2																					1.28																		17.04.20	8	soft sand work
93KG	1												0.8																											01.05.20	9	week 1 after de-load
93KG	2													0.85																										01.05.20	9	week 1 after de-load