


You are invited

Mike Potenza [***mpotenza@sjsharks.com***](mailto:mpotenza@sjsharks.com)

SPECIAL THANKS TO.....



- Ray Wright and the 49ers
- Lon Record and Hammer Strength / Life Fitness
- San Jose Sharks Organization
- My Mentors and Coaches
- Kevin Neeld and Marcello Martinelli



Effective program design strategies used to retain performance qualities and allow for recovery during high competitive demand and stress.



Unlocking performance
while minimizing fatigue
during the season.

Today's Game Plan

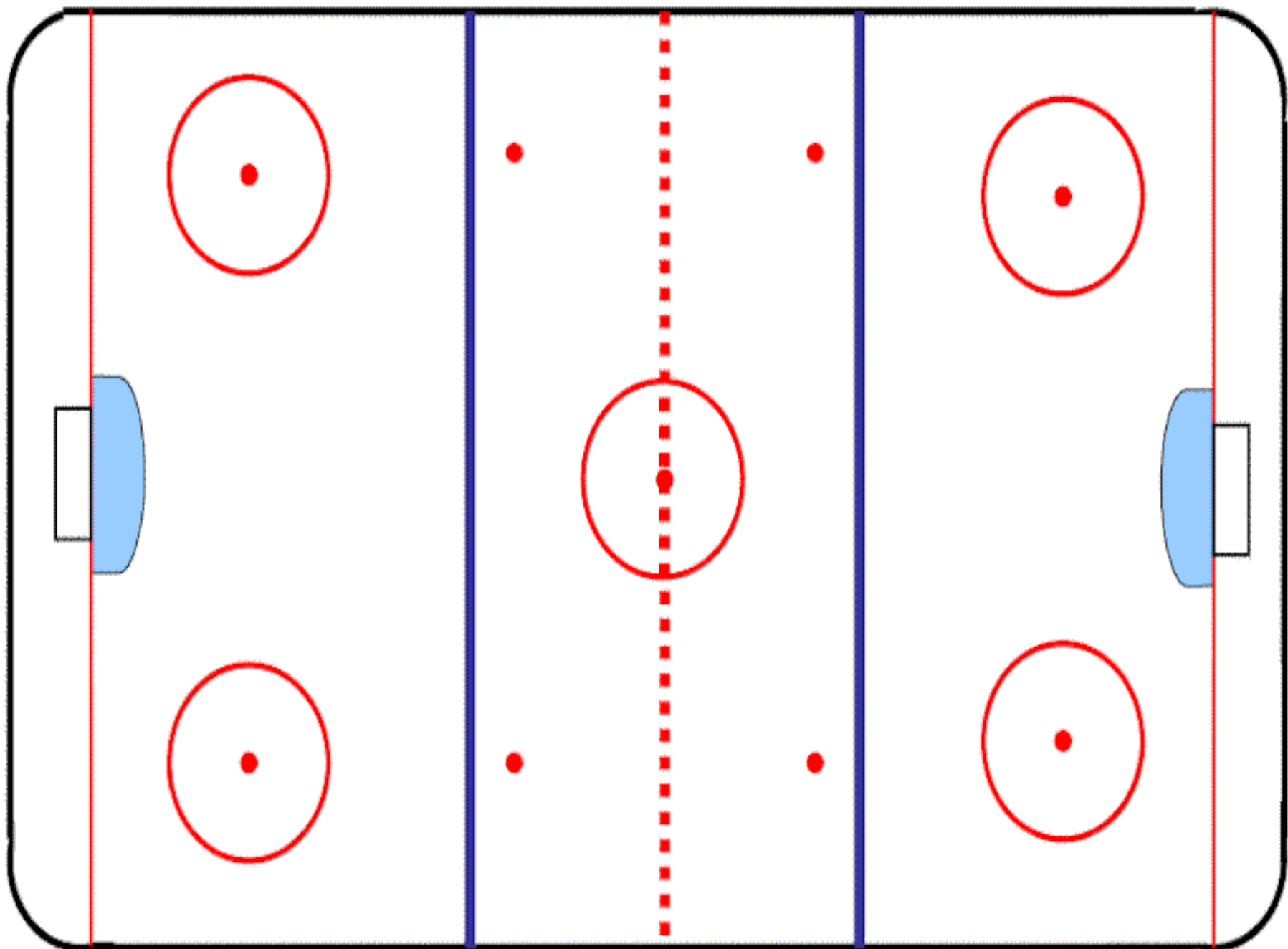




1. Look at the process / journey that I've experienced along the way.
2. I want to give you a perspective of our game and the challenges we face in our training program.
3. 4 Main considerations within our performance program that enhance performance and minimize fatigue.
4. Insights into performance mapping strategies during the year.
5. Our interventions and action items in our program.
6. Questions??????????

The search for an effective In-Season Model.

- College programming was not easier, the schedule was just outstanding!
- 2006-2007: Initial thought was a “Maintenance” approach
- Early on I never felt like we could strain or touch upon Intensity.
- Can I be more specific in my modeling?
- Istvan Balyi..... “This is not Sport, it is entertainment.”
- **MY MILLION DOLLAR QUESTION??????**



CHALLENGES

SCHEDULE

- SEPT to APR (JUNE) 8 or 10 months
- 6-82-28
- Monthly Game
AVG:13/14
- 4 days off per month per CBA
- Back 2 Backs: 3-4 per month

FACILITY

- 900sq ft
- Off-Site Training on the road
- No facilities at the game rink

TRAINING AGES

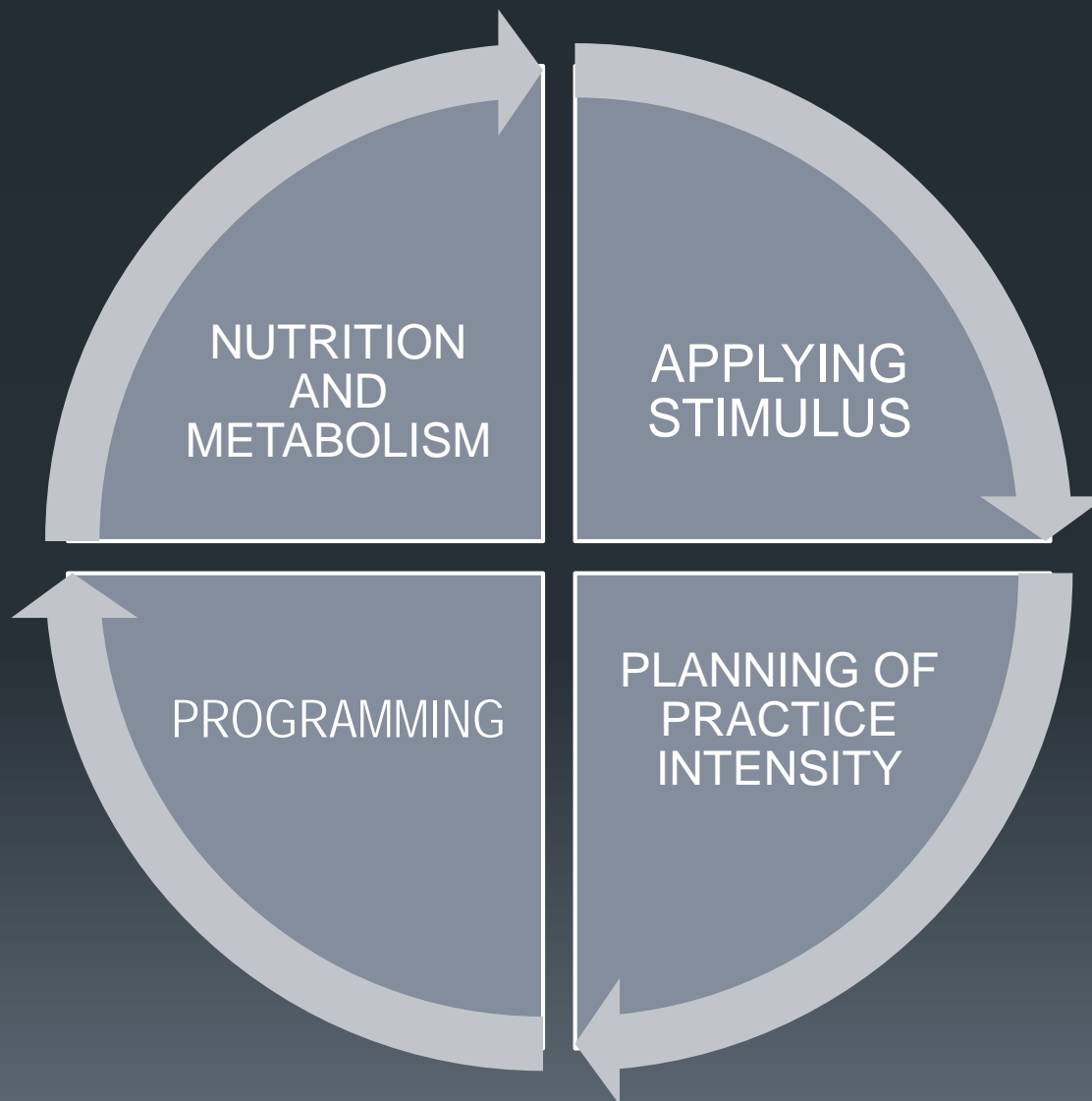
- Rookies: <3 seasons
- Vets: 4-8 seasons
- Seasoned Vets: 9+ season in the NHL

The people and literature that helped me.

- Johnny Parker
- Al Miller
- Issurin's Block Concepts
- Brandon Marcello
- Erik Helland
- Cal Dietz
- Jim Snider
- Jim LaValle
- Glenn Harris
- Sean Skahan
- Sean Hayes
- Mark Uyeyama



Performance Program Considerations



Performance Program Considerations

February 2018
Monthly Planner

FEB Games: 14
FEB Workouts: 6
FEB Practices: 9
FEB Days Off: 4

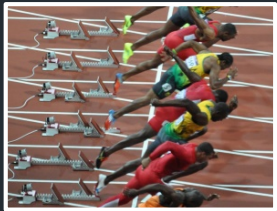
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																		
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;">Jan 2018</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Mar 2018</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div>		S	M	T	W	T	F	S	1	2	3	4	5	6		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p style="text-align: center; font-size: 2em;">1</p> <p style="text-align: center;">DAY OFF</p>	<p style="text-align: center; font-size: 2em;">2</p> <p style="text-align: center;">11:30 AM Pre-Game Skate (Nationwide Arena)</p> <div style="border: 1px solid black; padding: 2px; text-align: center; margin: 5px;"> <p>7:00 PM at Columbus</p> </div> <p style="text-align: center;">11:00 PM Fly to Carolina</p>	<p style="text-align: center; font-size: 2em;">3</p> <p style="text-align: center;">12:00 PM Practice</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Team WO -STR-</p>
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Beginning to find the RIGHT answers!!! Issurin chart

TABLE 2.4: DURATION OF RESIDUAL TRAINING EFFECTS (RTE) FOR DIFFERENT MOTOR ABILITIES

MOTOR ABILITY	RTE (DAYS)	PHYSIOLOGICAL BACKGROUND
AEROBIC ENDURANCE	30 ± 5	INCREASED NUMBER OF AEROBIC ENZYMES, MITOCHONDRIA, CAPILLARY DENSITY, HEMOGLOBIN CAPACITY, GLYCOGEN STORAGE, AND HIGHER RATE OF FAT METABOLISM
MAXIMAL STRENGTH	30 ± 5	IMPROVEMENT OF NEURAL MECHANISM. MUSCLE HYPERTROPHY DUE MAINLY TO MUSCLE FIBER ENLARGEMENT.
ANAEROBIC GLYCOLYTIC ENDURANCE	18 ± 4	INCREASED AMOUNT OF ANAEROBIC ENZYMES, BUFFERING CAPACITY, AND GLYCOGEN STORAGE. HIGHER POSSIBILITY OF LACTATE ACCUMULATION.
STRENGTH ENDURANCE	15 ± 5	MUSCLE HYPERTROPHY, MAINLY IN SLOW-TWITCH FIBERS. IMPROVED AEROBIC/ANAEROBIC ENZYMES. BETTER LOCAL BLOOD CIRCULATION AND LACTATE TOLERANCE.
MAXIMAL SPEED	5 ± 3	IMPROVED NEUROMUSCULAR INTERACTIONS AND MOTOR CONTROL. INCREASED PHOSPHOCREATINE STORAGE AND ANAEROBIC POWER.

Simplify programming into buckets



SPEED

- Locomotor Mechanics
- On-Ice Mechanics
- Poor Bar Velocities
- Poor Eccentric loading ability
- Velocity Zones for Primary exercises
- Concentric Focus
- Low Load Plyometric work
- Oscillating work



POWER

- Our best skaters have highest power outputs
- Contrast Primary exercises with plyometric
- Some on-ice resistance work through banded towing
- Weighted Squat jumping (Comp 2 method)
- Velocity Zones for primary exercises



STRENGTH

- “First safe guard against injury is to be strong.”
- 3-6 rep range
- Used mostly after games
- Normal Tempo
- Basis for our template on EVAL days

Performance Program Considerations

APPLYING STIMULUS



Performance Program Considerations

COACHES COMM.

- Shared Responsibility to “Fill The Bucket”
- If you want to be fast.....TRAIN FAST
- The right COMM is not “MY WAY OR THE HIGHWAY!”
- Give your coaches the best information that helps them with their decision making
- Give feedback on ideal practice length, intensity and scheduling

Performance Program Considerations

NUTRITION AND METABOLISM



Interventions and action Items within our program.

- Warm-Up and Prep Work
- Team workouts
- Eval Training Day
- Reporting to Management and Coaching Staff
- Practice Monitoring
- Bloodwork markers and supplement prescriptions

Warm-Up and Prep Work



PRACTICE PREP & NOTES



ROLL

Foam Roll: Calves, Front/Outside/Inner Quad
Low Back, Lats
Lax Ball: Seated Long Leg, Sleeper Stretch
Acumobility Ball: Wall Pec, Wall Scap

MOBILITY

Seated Anterior Ankle Stretch: 30s
Diagonal Hip Rock w/ Reach Across: 5/side
Lateral Kneeling Adductor w/ Rotation: 5/side
Alt Lying Knee 2 Knee (2count hold): 5/side
Lying Knee Hug Hamstring Raise w/ Toe In: 5/side
1/2 Kneel Pec w/ Stick: 5/side
Cross Body Lat w/ Reach Under: 5/side

ACTIVATION

1-Leg Hip Bridge: 2x(6x2s)/side
Tall Kneel Diagonal Band Pull-Apart: 2x8/side
Lying Straight Leg Med Ball Squeeze: 2x10s

LOCOMOTION

Spiderman Lunge into Hammy
Backward Inverted Reach
Alt. Crossbehind Lunge
Butt Kickers, Carioca, Side Shuffle into Back Pedal
Crossover Skip
Backward Diagonal Shuffle
Back Pedal into Build-Up x2

SCHEDULE

Tuesday (3/6) 10:30 Practice TEAM WORKOUT
Wednesday (3/7) 10:30 Practice
Thursday (3/8) 7:30 vs. STL POST GAME WORKOUT
Friday (3/9) 11:00 Practice
Saturday (3/10) 1:00 vs. WASHINGTON
Sunday (3/11) 11:00 Practice TEAM WORKOUT
Monday (3/12) 7:30 vs. DETROIT
Tuesday (3/13) 11:00 Practice 1:00 Fly to EDM
Wednesday (3/14) 7:30 vs. EDMONTON

WEIGH-IN/QUESTIONNAIRE & HR MONITORS

Team Workouts



TRAINING: POWER DEVELOPMENT



FOCUS ON MOVING WEIGHT AS FAST AS POSSIBLE

NO RESTRICTIONS

BLOCK 1

- A1.) Front Squat. 3x5. **GYM AWARE**
WTS: 135 // 155 // 175
- A2.) Squat Jumps 3x5
- A3.) DB Row (Slow ECC, Fast CON)
3x6ea. 60 // 65 // 70
- A4.) PB Dead Bugs 3x8ea

BLOCK 2

- B1.) Incline DB Bench 10-8-6-4
WTS: 50 // 60 // 65-70 // 70-80
- B2.) Supine Ball Chest Pass 3x8
- B3.) Two-Leg DB SLDL 3x5
WTS: 45 // 50 // 55
- B4.) Tall Kneeling Cable Chop. 3x8ea

LOW BACK / PF PAIN

- A1.) KB Deadlift: 3x5 w/ 36, 44, 48kg
- A2.) KB Swing: 3x6 w/ 20, 24, 28kg
- A3.) DB Row (Slow ECC, Fast CON)
3x6ea. 60 // 65 // 70
- A4.) PB Dead Bugs 3x8ea
- B Block Same As Above

NO BI-LAT SQT GROUP (ANKLE)

BLOCK 1

- A1.) DB Split Squat. 3x5ea
DB WTS: 40 // 45 // 50
- A2.) Squat Jumps 3x5
- A3.) DB Row (Slow ECC, Fast CON)
3x6ea. 60 // 65 // 70
- A4.) PB Dead Bugs 3x8ea

BLOCK 2

- B1.) Incline DB Bench 10-8-6-4
WTS: 50 // 60 // 65-70 // 70-80
- B2.) Supine Ball Chest Pass 3x8
- B3.) Two-Leg DB SLDL 3x5
WTS: 45 // 50 // 55
- B4.) Tall Kneeling Cable Chop. 3x8ea

NO EXT ROT / LEFT HPFXR

- A1.) KB Deadlift: 3x5 w/ 36, 44, 48kg
- A2.) DB Row (Slow ECC, Fast CON)
3x6ea. 60 // 65 // 70
- A3.) Short Side Plank: 3x15-20s/side
- B1.) DB Floor Press: 3x8
- B2.) Two-Leg DB SLDL: 3x5 w/ 45s, 50s, 55s
- B3.) Tall Kneeling Cable Chop: 3x8ea

WEIGH-IN/QUESTIONNAIRE & HR MONITORS

Eval Training Day



TRAINING: STRENGTH DEVELOPMENT



FOCUS ON MOVING WEIGHT AS FAST AS POSSIBLE

NO RESTRICTIONS

A1) Trap Bar x5, x5, x5 GYMAWARE ALL SETS
WEIGHTS 185 -- 225 -- 225
A2) Tall Kneeling Cable Lfit 3x8ea

B1) Bench x5, x5, x3, x3 GYMAWARE ALL SETS
Weights: SEE BOTTOM RIGHT BOX
B2) Plate Hold Dead Bug 3x8ea
Press plate away. 45lb plate

NO BI-LAT SQUAT // NO UB PRESS

A1) DB Step-Up: 3x5/side
WEIGHTS 35s-45s -- 45s-55s -- 55s-65s
A2) Tall Kneeling Cable Lfit 3x8ea

B1) Bench x5, x5 x3, x3 GYMAWARE ALL SETS
Weights: SEE BOTTOM RIGHT BOX
B2) Plate Hold Dead Bug 3x8ea
Press plate away. 45lb plate

BENCH PRESS WEIGHTS

23, 28, 36, 44, 47, 72, 89: 135, 155, 185-195, 205-215
20, 30, 61: 135, 155, 175-185, 185-195
31, 50, 62: 135, 155, 165-175, 175-185

DB BENCH WEIGHTS

4, 88: 50s, 60s, 65s-70s, 70s-80s
8, 27, 74: 50s, 55s, 60s-65s, 65s-75s
68: 40s, 50s, 50s-60s, 60s-65s

WEIGH-IN/QUESTIONNAIRE & HR MONITORS

Performance Reporting Info



STRENGTH



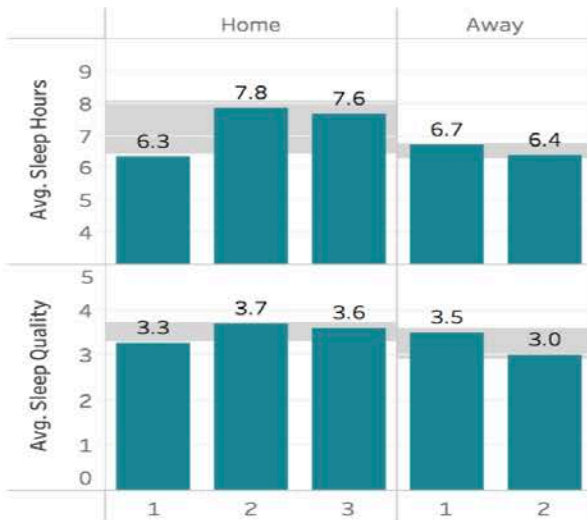
Performance Reporting Info

POWER

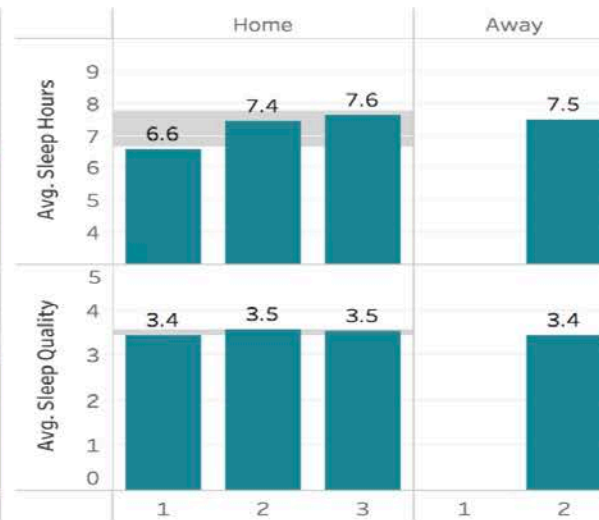


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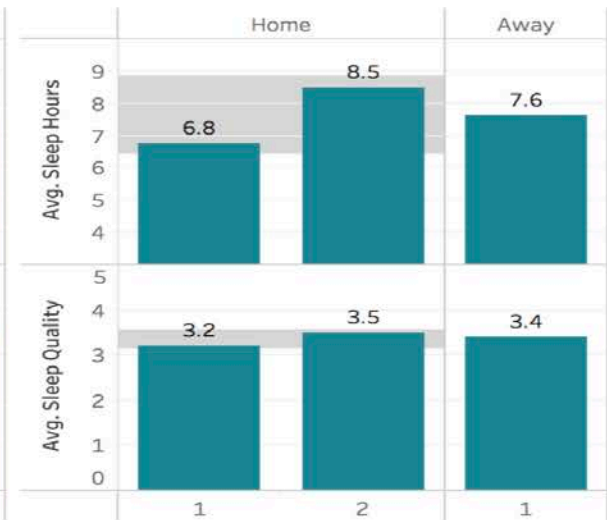
SLEEP (GAMES 1-20)



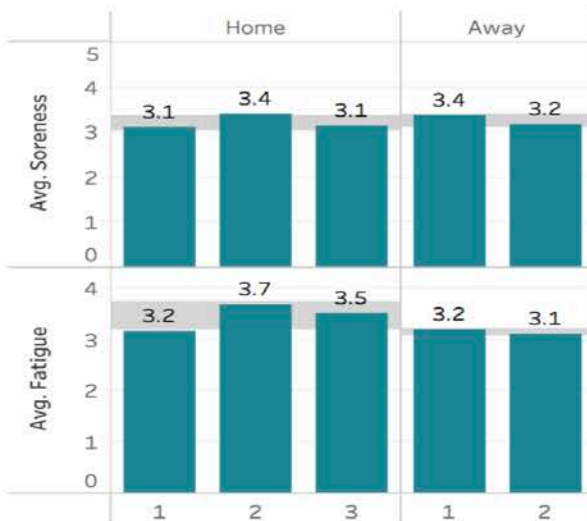
SLEEP (21-40)



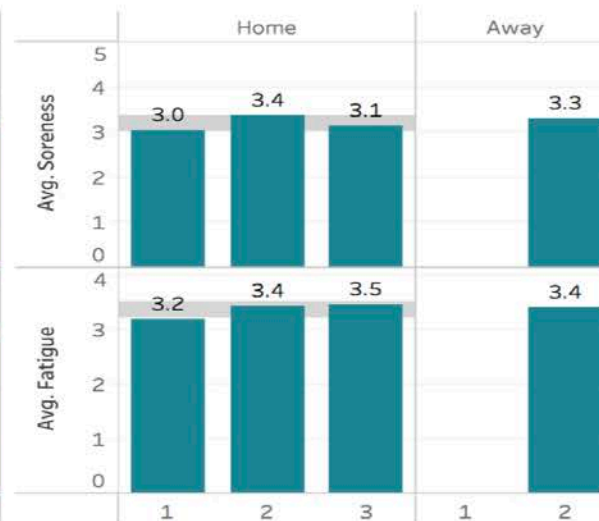
SLEEP (41-60)



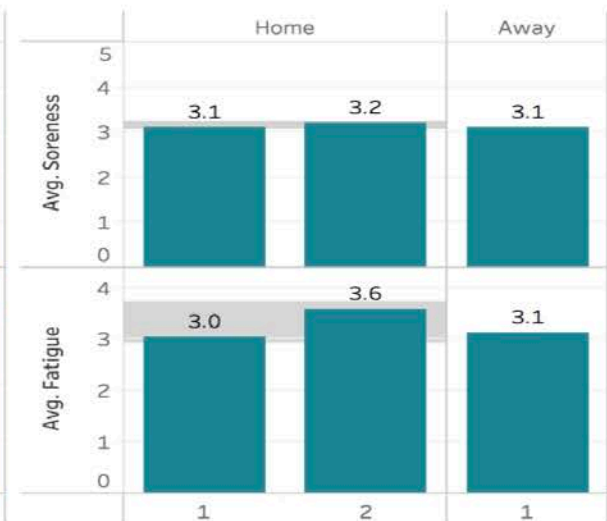
SORENESS/FATIGUE (1-20)



SORENESS/FATIGUE (21-40)



SORENESS/FATIGUE (41-60)



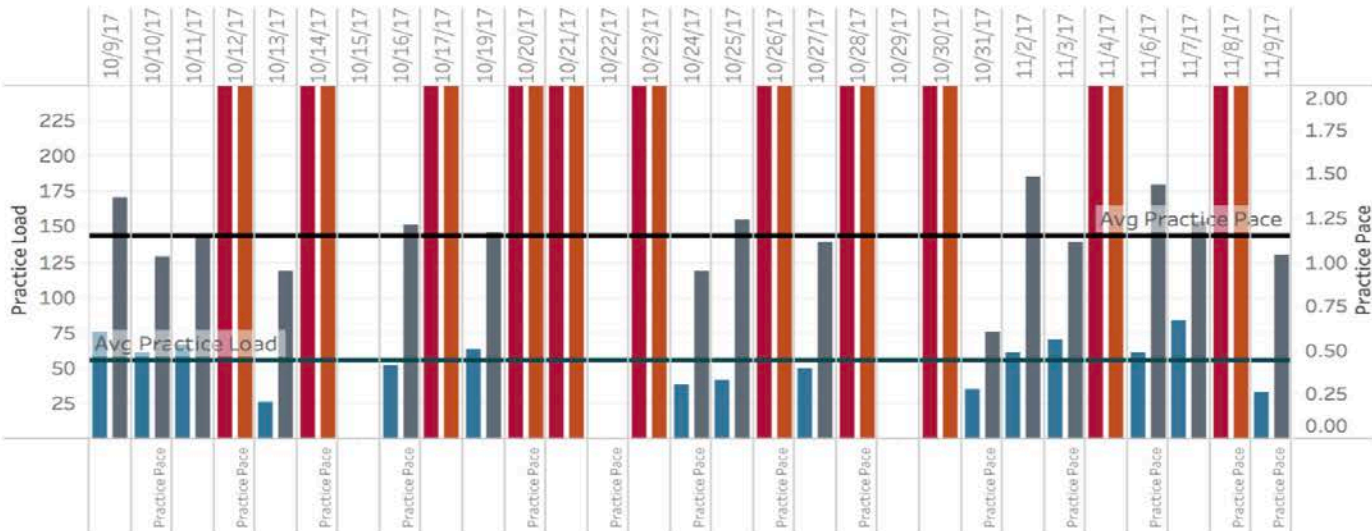
Practice Monitoring

SAN JOSE SHARKS PERFORMANCE REPORT

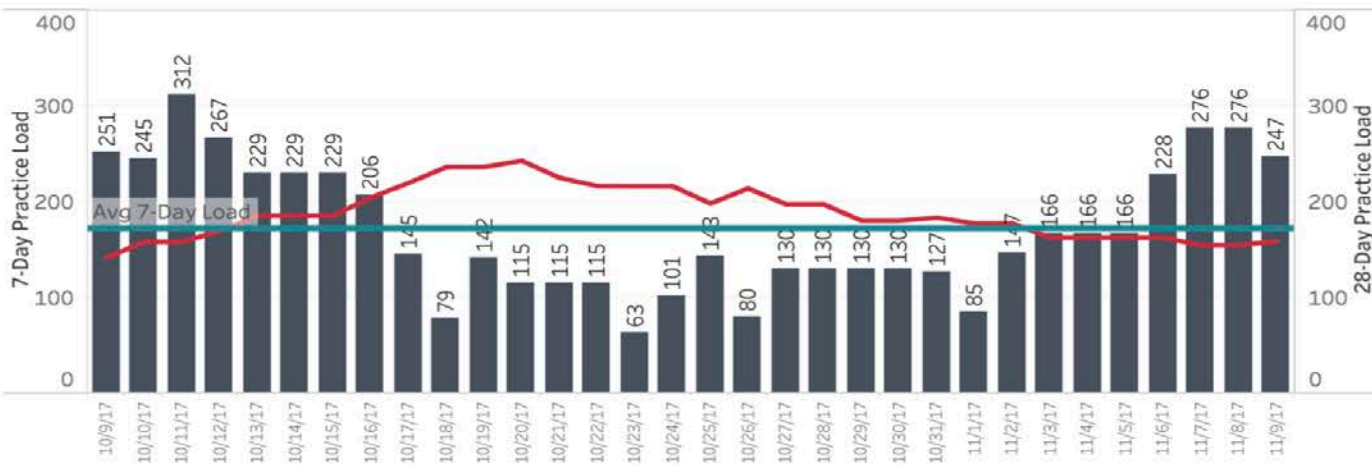
DAILY SUMMARY

Name	11/9/17		
	Prac Load	Pace	90-100%
Carpenter, Ryan	57	1.9	2.4
Meier, Timo	41	1.3	0.9
Boedker, Mikkell	39	1.2	0.0
DeMelo, Dylan	39	1.3	0.0
Martin, Paul	38	1.2	0.0
Couture, Logan	34	1.3	0.2
Goodrow, Barclay	34	1.0	0.0
Heed, Tim	32	1.0	0.0
Braun, Justin	31	1.0	0.0
Dillon, Brenden	31	1.1	0.0
Donskoi, Joonas	31	1.0	0.0
Hertl, Tomas	29	0.9	0.0
Ryan, Joakim	27	0.8	0.0
Tierney, Chris	26	0.8	0.0
Pavelski, Joe	21	0.8	0.0
Ward, Joel	13	0.4	0.0
Group Average	33	1.1	0.2

LOAD & PACE BY DAY



7-DAY VS. 28-DAY WORKLOADS



LOAD: Total workload from practice

TIME 90%+: Total time spent with HR above 90%. This is our "high intensity training" measure. Above ~5:00 is high for our typical practices.

PACE: Total workload divided by length of practice. Longer practices typically have higher training loads, but may not be as stressful as shorter practices with high training loads. Intensity provides an indication of the average pace of the practice.

7-DAY LOAD (DARK GRAY BARS): Total workload over the previous week. Keeping this number stable across most weeks means we're getting consistent quality practice work in.

28-DAY LOAD (RED LINE): Average 1-week workload over the previous 4 weeks. This gives a measure of our typical practice loads so we can see if our most recent week was higher, lower, or around the same.

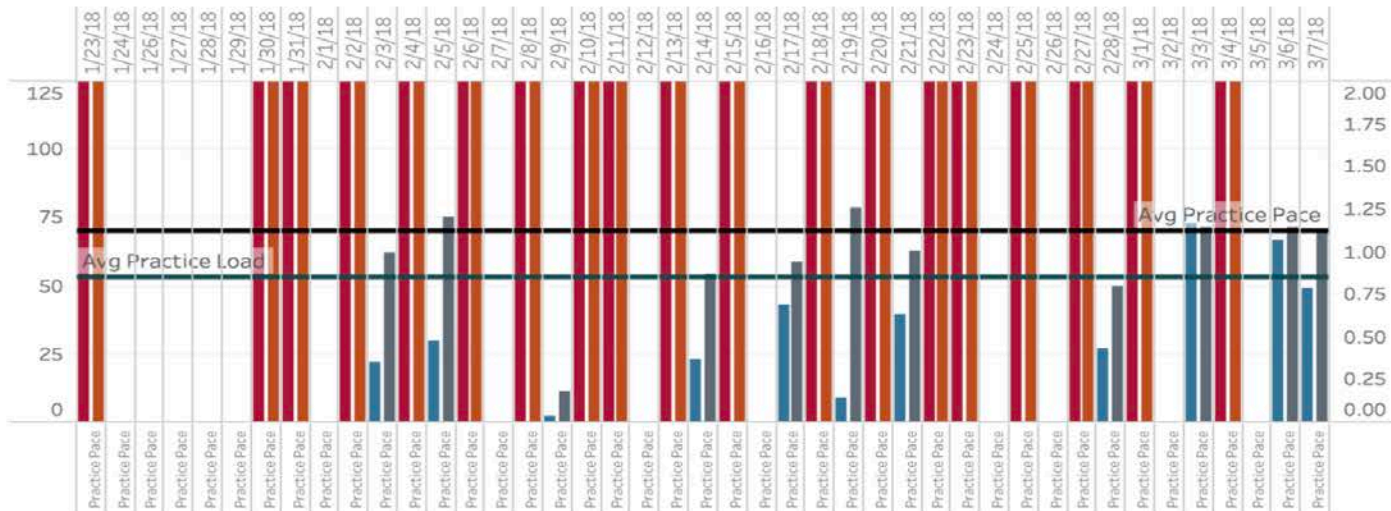
Practice Monitoring

SAN JOSE SHARKS PERFORMANCE REPORT

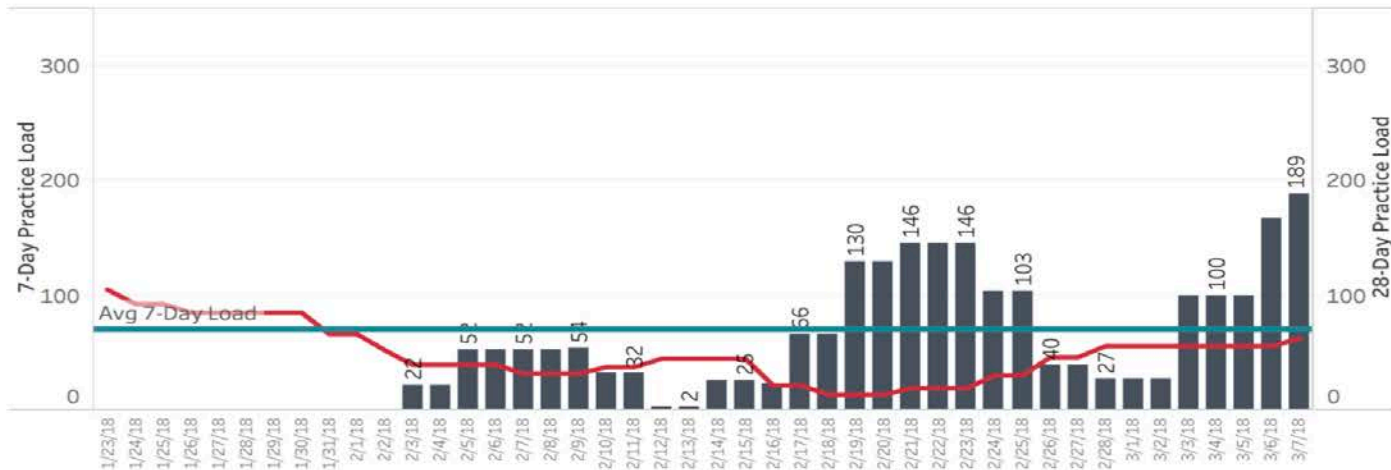
DAILY SUMMARY

Name	3/7/18		
	Prac Load	Pace	90-100%
Donskoi, Joonas	77	1.66	0.2
Sorensen, Marcus	70	1.51	2.7
Fehr, Eric	62	1.34	0.0
Boedker, Mikkel	57	1.37	0.8
Ward, Joel	56	1.21	0.0
Labanc, Kevin	55	1.25	0.6
DeMelo, Dylan	55	1.33	0.1
Vlasic, Marc-Edouard	54	1.17	0.0
Ryan, Joakim	51	1.10	0.1
Martin, Paul	49	1.20	0.0
Dillon, Brenden	47	1.01	0.8
Braun, Justin	46	1.19	0.0
Meier, Timo	44	0.95	0.3
Goodrow, Barclay	42	0.92	0.0
Tierney, Chris	40	0.98	0.0
Heed, Tim	40	0.86	0.0
Herti, Tomas	39	1.05	0.5
Pavelski, Joe	24	0.63	0.0
Hansen, Jannik	23	0.59	0.0
Group Average	49	1.12	0.3

LOAD & PACE BY DAY



7-DAY VS. 28-DAY WORKLOADS



LOAD: Total workload from practice

TIME 90%+: Total time spent with HR above 90%. This is our "high intensity training" measure. Above ~5:00 is high for our typical practices.

PACE: Total workload divided by length of practice. Longer practices typically have higher training loads, but may not be as stressful as shorter practices with high training loads. Intensity provides an indication of the average pace of the practice.

7-DAY LOAD (DARK GRAY BARS): Total workload over the previous week. Keeping this number stable across most weeks means we're getting consistent quality practice work in.

28-DAY LOAD (RED LINE): Average 1-week workload over the previous 4 weeks. This gives a measure of our typical practice loads so we can see if our most recent week was higher, lower, or around the same.

Bloodwork markers and supplement prescriptions

RESULT		Reference Range			ALLERGEN	Severity		
		Low	Moderate	Avoid		Low	Moderate	Avoid
DAIRY								
1354	Avoid	<100	100 - 350	>350	Casein	[Bar chart: Avoid]		
1138	Avoid	<100	100 - 350	>350	Cheddar Cheese	[Bar chart: Avoid]		
1639	Avoid	<100	100 - 350	>350	Cottage Cheese	[Bar chart: Avoid]		
1340	Avoid	<100	100 - 350	>350	Cow's Milk	[Bar chart: Avoid]		
248	Moderate	<100	100 - 350	>350	Goat's Milk	[Bar chart: Moderate]		
1514	Avoid	<100	100 - 350	>350	Mozzarella Cheese	[Bar chart: Avoid]		
1780	Avoid	<150	150 - 450	>450	Whey	[Bar chart: Avoid]		
MEATS								
198	Moderate	<100	100 - 250	>250	Beef	[Bar chart: Moderate]		
64	Low	<100	100 - 250	>250	Buffalo	[Bar chart: Low]		
40	Low	<100	100 - 250	>250	Chicken	[Bar chart: Low]		
1557	Avoid	<150	150 - 450	>450	Egg White	[Bar chart: Avoid]		
1112	Avoid	<150	150 - 450	>450	Egg Yolk	[Bar chart: Avoid]		
57	Low	<100	100 - 250	>250	Lamb	[Bar chart: Low]		
7	Low	<100	100 - 250	>250	Pork	[Bar chart: Low]		
9	Low	<100	100 - 250	>250	Turkey	[Bar chart: Low]		
GRAINS								
430	Avoid	<100	100 - 250	>250	Barley	[Bar chart: Avoid]		
47	Low	<100	100 - 250	>250	Buckwheat	[Bar chart: Low]		
46	Low	<100	100 - 250	>250	Corn	[Bar chart: Low]		
256	Avoid	<100	100 - 250	>250	Gluten	[Bar chart: Avoid]		
163	Moderate	<100	100 - 250	>250	Gluten	[Bar chart: Moderate]		
89	Low	<100	100 - 250	>250	Hemp	[Bar chart: Low]		
48	Low	<100	100 - 250	>250	Oat	[Bar chart: Low]		
51	Low	<100	100 - 250	>250	Quinoa	[Bar chart: Low]		
31	Low	<100	100 - 250	>250	Rice	[Bar chart: Low]		
27	Low	<100	100 - 250	>250	Teff	[Bar chart: Low]		
219	Moderate	<100	100 - 250	>250	Wheat	[Bar chart: Moderate]		
FISH								
11	Low	<100	100 - 250	>250	Cod	[Bar chart: Low]		
4	Low	<100	100 - 250	>250	Halibut	[Bar chart: Low]		
23	Low	<100	100 - 250	>250	Salmon	[Bar chart: Low]		
0	Low	<100	100 - 250	>250	Sardine	[Bar chart: Low]		
21	Low	<100	100 - 250	>250	Sole	[Bar chart: Low]		
18	Low	<100	100 - 250	>250	Tilapia	[Bar chart: Low]		
17	Low	<100	100 - 250	>250	Trout	[Bar chart: Low]		
15	Low	<100	100 - 250	>250	Tuna	[Bar chart: Low]		
SHELLFISH								
50	Low	<100	100 - 250	>250	Clam	[Bar chart: Low]		
17	Low	<100	100 - 250	>250	Crab	[Bar chart: Low]		
0	Low	<100	100 - 250	>250	Lobster	[Bar chart: Low]		
126	Moderate	<100	100 - 250	>250	Oyster	[Bar chart: Moderate]		
32	Low	<100	100 - 250	>250	Shrimp	[Bar chart: Low]		
NUTS								
783	Avoid	<100	100 - 250	>250	Almond	[Bar chart: Avoid]		
394	Avoid	<100	100 - 250	>250	Peanut	[Bar chart: Avoid]		
6	Low	<100	100 - 250	>250	Pecan	[Bar chart: Low]		
431	Avoid	<100	100 - 250	>250	Pumpkin Seed	[Bar chart: Avoid]		
58	Low	<100	100 - 250	>250	Sesame Seed	[Bar chart: Low]		
127	Moderate	<100	100 - 250	>250	Sunflower Seed	[Bar chart: Moderate]		
27	Low	<100	100 - 250	>250	Walnut	[Bar chart: Low]		

Bloodwork markers and supplement prescriptions

SAN JOSE SHARKS

DAILY RECOMMENDED SUPPLEMENTS

NAME	PROTEIN	1	2	3	4	5	6	7
Boedker	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Citrus Solu-Q: 1x	Omega: 3x	
Braun	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	C-1000: 2-3x	Omega: 3x	E-400: 1x
Burns	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	Citrus Solu-Q: 1x	
Couture	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Omega: 3x		
Dell	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Omega: 3x		
DeMelo	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	Omega: 3x	
Dillon	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	C-1000: 2-3x	Mag: 3-4x @Bed	
Donskoi	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	Omega: 3x	
Fehr		Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Omega: 3x		
Goodrow	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	E-400: 1x			
Hansen	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	C-1000: 2-3x	E-400: 1x	
Heed	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	C-1000: 2-3x	E-400: 1x	
Hertl	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	C-1000: 2-3x		
Jones	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM		
Kane		Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Omega: 3x		
Karlsson	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	E-400: 1x	
Labanc	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	E-400: 1x	Osteoguard: 2x AM/2x PM	Omega: 3x	
Martin	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	Omega: 3x	
Meier	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	E-400: 1x	Osteoguard: 2x AM/2x PM		
Pavelski	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	C-1000: 2-3x	
Ryan	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	E-400: 1x	
Sorensen	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Omega: 3x		
Thornton	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	E-400: 1x	Osteoguard: 2x AM/2x PM		
Tierney	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	E-400: 1x	Osteoguard: 2x AM/2x PM	Citrus Solu-Q: 1x	
Vlasic	Whey	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	C-1000: 2-3x	
Ward	Plant-Based	Probiotic: 1x	Glutamine: 1-2x	Methylgard+: 1x	Vit. D: 1x	Osteoguard: 2x AM/2x PM	E-400: 1x	

Take all supplements in morning with food unless otherwise stated

Protein Servings: Whey; Biosteel Plant: 1.5 scoops, Garden of Life Plant: 2 scoops

