

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



## 6 Weeks SAQ and Conditioning Program

The Warm Up precedes every workout!

### Week 1

|       | SAQ 1  | sets/reps                        | SAQ 2             | sets/reps                        | Conditioning                                  | Enter your reps here |
|-------|--|----------------------------------|-------------------|----------------------------------|---|----------------------|
| Day 1 | bent over lean/fall/run  | 2 sets, 2 reps each foot forward | gallop 30 yards   | 2 sets, 2 reps each foot forward | 80/20 intervals: test                         |                      |
| Day 2 | fast feet  | 3 X 10 seconds                   | lateral fast feet | 3 X 10 seconds                   | skater hops X 3-4: 30 seconds work, 90 s rest |                      |
| Day 3 |  |                                  |                   |                                  | 80/20 intervals: test - 2                     |                      |
| Day 4 | bent over lean/fall/run  | 2 sets, 2 reps each foot forward | gallop 30 yards   | 2 sets, 2 reps each foot forward | skater hops X 3-4: 30 seconds work, 90 s rest |                      |
| Day 5 | fast feet  | 3 X 10 seconds                   | lateral fast feet | 3 X 10 seconds                   | 80/20 intervals: test                         |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                                  |                   |                                  |   |                      |

### Week 2

|       | SAQ 1  | sets/reps                        | SAQ 2             | sets/reps                        | Conditioning  | Enter your reps here |
|-------|--|----------------------------------|-------------------|----------------------------------|---|----------------------|
| Day 1 | bent over lean/fall/run  | 2 sets, 2 reps each foot forward | gallop 30 yards   | 2 sets, 2 reps each foot forward | 80/20 intervals: test - 2                           |                      |
| Day 2 | fast feet  | 3 X 10 seconds                   | lateral fast feet | 3 X 10 seconds                   | skater hops X 4-5: 30 seconds work, 90 seconds rest |                      |
| Day 3 |  |                                  |                   |                                  | 80/20 intervals: test                               |                      |
| Day 4 | bent over lean/fall/run  | 2 sets, 2 reps each foot forward | gallop 30 yards   | 2 sets, 2 reps each foot forward | 150 shuttles X 4. 60 seconds between reps           |                      |
| Day 5 | fast feet  | 3 X 10 seconds                   | lateral fast feet | 3 X 10 seconds                   | 80/20 intervals: test+2                             |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                                  |                   |                                  |   |                      |

### Week 3

|       | SAQ 1  | sets/reps      | SAQ 2         | sets/reps                        | Conditioning  | Enter your reps here |
|-------|--|----------------|---------------|----------------------------------|---|----------------------|
| Day 1 | 3 sec. fast feet to 5 step accel.  | 2 sets, 4 reps | 3 point start | 2 sets, 2 reps each foot forward | 80/20 intervals: test                               |                      |
| Day 2 | jab step   | 1 set, 4 reps  | 5-10 drill    | 2 sets, 2 reps each direction    | skater hops X 5-6: 30 seconds work, 90 seconds rest |                      |
| Day 3 |  |                |               |                                  | 80/20 intervals: test+2                             |                      |
| Day 4 | 3 sec. fast feet to 5 step accel.  | 2 sets, 4 reps | 3 point start | 2 sets, 2 reps each foot forward | 150 shuttles X 5. 60 seconds between reps           |                      |
| Day 5 | jab step   | 1 set, 4 reps  | 5-10 drill    | 2 sets, 2 reps each direction    | 80/20 intervals: test+4                             |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                |               |                                  |   |                      |

### Week 4

|       | SAQ 1  | sets/reps      | SAQ 2         | sets/reps                        | Conditioning  | Enter your reps here |
|-------|--|----------------|---------------|----------------------------------|---|----------------------|
| Day 1 | 3 sec. fast feet to 5 step accel.  | 2 sets, 4 reps | 3 point start | 2 sets, 2 reps each foot forward | 80/20 intervals: test+2   |                      |
| Day 2 | jab step   | 1 set, 4 reps  | 5-10 drill    | 2 sets, 2 reps each direction    | zigzag sprints: 2 sets of 4 reps. 2 min rest between sets. 60 seconds rest between reps |                      |
| Day 3 |  |                |               |                                  | 80/20 intervals: test+4   |                      |
| Day 4 | 3 sec. fast feet to 5 step accel.  | 2 sets, 4 reps | 3 point start | 2 sets, 2 reps each foot forward | 150 shuttles X 6. 60 seconds between reps   |                      |
| Day 5 | jab step   | 1 set, 4 reps  | 5-10 drill    | 2 sets, 2 reps each direction    | 80/20 intervals: test+6   |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                |               |                                  |   |                      |

### Week 5

|       | SAQ 1  | sets/reps                           | SAQ 2                | sets/reps  | Conditioning   | Enter your reps here |
|-------|--|-------------------------------------|----------------------|--|--|----------------------|
| Day 1 | 5 forward frog jumps   | 1 set, 4 reps                       | 3 step approach jump | 3 sets, 2 reps off each leg                            | 80/20 intervals: test+4  |                      |
| Day 2 | waltz step to cut  | 2 set, 2 reps accelerating each way | zigzag sprint        | 3 sets, 2 reps jab step turns, 2 reps waltz step turns | zigzag sprints: 2 sets of 4 reps. 2 min rest, between sets. 45 seconds rest between reps |                      |
| Day 3 |  |                                     |                      |  | 80/20 intervals: test+6  |                      |
| Day 4 | 5 forward frog jumps   | 1 set, 4 reps                       | 3 step approach jump | 3 sets, 2 reps off each leg                            | 150 Shuttle X 6. 60 seconds between reps   |                      |
| Day 5 | waltz step to cut  | 2 set, 2 reps accelerating each way | zigzag sprint        | 3 sets, 2 reps jab step turns, 2 reps waltz step turns | 80/20 intervals: test+8  |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                                     |                      |  |  |                      |

### Week 6

|       | SAQ 1  | sets/reps                           | SAQ 2                | sets/reps  | Conditioning   | Enter your reps here |
|-------|--|-------------------------------------|----------------------|--|--|----------------------|
| Day 1 | 5 forward frog jumps   | 1 set, 4 reps                       | 3 step approach jump | 3 sets, 2 reps off each leg                            | 80/20 intervals: test+6  |                      |
| Day 2 | waltz step to cut  | 2 set, 2 reps accelerating each way | zigzag sprint        | 3 sets, 2 reps jab step turns, 2 reps waltz step turns | zigzag sprints: 2 sets of 4 reps. 90 seconds rest between sets. 45 seconds rest between reps |                      |
| Day 3 |  |                                     |                      |  | 80/20 intervals: test+8  |                      |
| Day 4 | 5 forward frog jumps   | 1 set, 4 reps                       | 3 step approach jump | 3 sets, 2 reps off each leg                            | 150 Shuttle X 7. 60 seconds between reps   |                      |
| Day 5 | waltz step to cut  | 2 set, 2 reps accelerating each way | zigzag sprint        | 3 sets, 2 reps jab step turns, 2 reps waltz step turns | 80/20 intervals: test+10   |                      |
| Day 6 | Recuperation: yoga, easy endurance 20-30 minutes, stretching, foam rolling |                                     |                      |  |  |                      |