

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

A good schedule for In-season Phase 1

- Day 1 SAQ 1, Conditioning 1, Core 1
- Day 2 Active rest (do something!) Go through one of the warmups if you don't know what to do.
- Day 3 Upper, Core 2
- Day 4 Lower, Conditioning 2
- Day 5 SAQ 2
- Day 6 tournament/practice
- Day 7 tournament/practice

For those with time limitations...

5 days/hours per week

- Day 1 Conditioning 1, Core 1
- Day 2 SAQ 1
- Day 3 Upper, Core 2
- Day 4 Lower, Conditioning 2
- Day 5 SAQ 2

4 days/hours per week

- Day 1 Conditioning 1, Core 1
- Day 2 Upper, Core 2
- Day 3 SAQ 1
- Day 4 Lower

3 days/hours per week

Ideally this would be MWF or Tuesday, Thursday, Saturday

- Day 1 Conditioning 1, Core 1
- Day 2 Upper, Core 2
- Day 3 Lower

2 days/hours per week

This is not going to get you far, but in case of emergency:

- Day 1 Conditioning 1, Core 1
- Day 2 Lower



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Front Squat

Timing (E-Is-C-IC): 3-0-1-0

1	3	(6-8)	10						
2	3	(5-7)	10						
3	2	(4-6)	10						
4	3	(5-7)	10						

- The bar is resting on your clavicles (collarbone) and held there with your hands in an open grip (fingers not wrapped around the bar).
- As in all squatting, maintain a neutral spine, get your butt back, weight shifted toward the heels, and chest tall.

A2. Tuck Jump

Timing (E-Is-C-IC): (not applicable)

1	3	5	120						
2	3	5	120						
3	2	5	120						
4	3	5	120						

- Bring knees UP to the chest, not the chest down to the knees.
- Use your arms to increase your jump height
- Land softly and minimize ground contact time
- Attempt to land in the same spot from which you took off.

B1. Barbell Romanian Deadlift (RDL)

Timing (E-Is-C-IC): 3-0-1-0

1	3	(6-8)	90						
2	3	(5-7)	90						
3	2	(4-6)	90						
4	3	(5-7)	90						

- Knee angle should be about 10 degrees
- Lower the weight as mobility allows, keeping a neutral spine. You should feel a slight stretch in the hamstrings.
- Hips move back as you lower the weight. Your weight should be distributed more toward your heels
- Pushing the hips forwards with your glutes brings you to a standing position. Push your hips all the way through.

B2. Walking Lunges

Timing (E-Is-C-IC): 3-0-1-0

1	3	(6-8)	120						
2	3	(6-8)	120						
3	2	(6-8)	120						
4	3	(6-8)	120						

- Aim for 90 degree angle of the lunging knee but do not let your back knee touch the ground.
- Step directly into the next lunge without pausing at the top of the movement.
- Keep your shoulders locked back and chest up.
- Reps are per leg, not total

C1. SL Stability Ball Hip Ext. to Lying Leg Curl

Timing (E-Is-C-IC): 2-0-1-0

1	3	(8-10)	90						
2	3	(8-10)	90						
3	2	(8-10)	90						
4	3	(8-10)	90						

- First raise your hips to parallel by squeezing your glutes.
- Maintain the tension in your glutes to keep your hips as you bring the ball toward you
- Knees, hips, and shoulders should all be in a line at the top of the movement.
- Allow the ball to move away from you in a controlled fashion.
- Lower your hips again to complete the movement.

C2. Romanian Rhythm Squat

Timing (E-Is-C-IC): (not applicable)

1	3	50	90						
2	3	50	90						
3	2	50	90						
4	3	50	90						

- Neutral spine, knees in line with toes
- Alternate ten reps of quarter squats with ten reps of quarter squats to up on your toes
- This means you will do 30 regular quarter squats and 20 quarter squats to up on toes total
- Choose a weight that would be approximately what you could use for regular back squats for 10-12 reps (This is an estimate to help you know where to start. Your final weight choice may vary)
- You will not go to failure on this exercise. Stay fast.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A. Push Press

Timing (E-Is-C-IC): 1-0-x-0

1	3	(8-10)	150						
2	3	(7-9)	150						
3	2	(6-8)	150						
4	3	(7-9)	150						

- Use momentum from the hips to help you press more than you otherwise would.
- The bar starts resting high on your chest. Grip slightly wider than shoulder width.
- Dip into about a quarter squat and as you stand push the weight overhead.
- Legs should be straight at the end of the movement and arms should be locked out.
- Lower the weight in a controlled fashion back to the starting position.

B1. Flat Barbell Bench

Timing (E-Is-C-IC): 4-0-1-0

1	3	(6-8)	120						
2	3	(5-7)	120						
3	2	(4-6)	120						
4	3	(5-7)	120						

- Shoulders flat on the bench.
- Keep shoulders retracted

B2. 1 & 1/4 Semi-supinated grip Pull-up

Timing (E-Is-C-IC): 3-0-1-1

1	3	(6-8)	120						
2	3	(5-7)	120						
3	2	(4-6)	120						
4	3	(5-7)	120						

- Grip the bar with palms facing one another
- If you do not have a bar that allows this, grip with palms facing toward you
- If you have no way to do assisted chinups, you can do lat pulldowns instead (though these are not quite as good)

C1. Rotational Push-up

Timing (E-Is-C-IC): 2-0-1-0

1	3	(6-8)	75						
2	3	(7-9)	75						
3	2	(8-10)	75						
4	3	(7-9)	75						

- Maintain perfect plank position throughout the movement
- Use weights light enough that you can keep arms straight during rotation
- Add a quarter rep at the bottom of the push-up to increase difficulty

C2. Side Plank Cable Row

Timing (E-Is-C-IC): 2-0-1-3

1	3	(6-8)	75						
2	3	(7-9)	75						
3	2	(8-10)	75						
4	3	(7-9)	75						

- Maintain a solid side plank position
- Pull the cable and retract the shoulders as far back as possible. Think about squeezing the shoulder blades together.



week sets reps rest wt | reps wt | reps wt | reps

A1. Plank

Timing (E-Is-C-IC): (not applicable)

1	3	25s	0								
2	3	30s	0								
3	3	35s	0								
4	3	40s	0								

- Shoulders hips and ankles should form a straight line.
- Shoulders should be more retracted than rounded.

A2. Oblique Bridge

Timing (E-Is-C-IC): 1-2-1-0

1	3	(10-12)	0								
2	3	(12-14)	0								
3	3	(14-16)	0								
4	3	(16-18)	0								

- Contract your obliques to raise your hip from the floor to a side plank position.

A3. Rowboat

Timing (E-Is-C-IC): 2-1-2-1

1	3	15	0								
2	3	20	0								
3	3	25	0								
4	3	30	0								

- Keep your chest up and shoulders retracted. This is not a crunch.
- Move slowly with balance and control. The core should be under tension for the duration of the movement.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Stir the pot

Timing (E-Is-C-IC): (not applicable)

1	3	6	0						
2	3	8	0						
3	3	10	0						
4	3	12	0						

- Maintain a good plank position with shoulders hips and ankles in a line.
- Place your feet wider apart to make the exercises slightly easier if necessary.
- With shoulders retracted and fingers interlaced, move the stability ball in small circles.

A2. Stability Ball Pike

Timing (E-Is-C-IC): 1-2-1-2

1	3	(8-10)	0						
2	3	(10-12)	0						
3	3	(12-14)	0						
4	3	(14-16)	0						

- Start in a plank position with shoulders retracted.
- With the core engaged, initiate the movement of the ball with your lower abs.
- Bring the ball forward and hips up until your upper body is in a handstand position.

A3. Stability Ball DB Russian Twist

Timing (E-Is-C-IC): 2-0-2-0

1	3	8	0						
2	3	10	0						
3	3	12	0						
4	3	14	0						

- Keeping your shoulders retracted and arms straight, rotate to one side and then the other for one rep.
- Core is engaged at all times.
- Look at the weight as you rotate.
- Keep hips up by squeezing the glutes.



In-season - Phase 1 Conditioning 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. 80% Sprint

1	n/a	n/a	(10-16) x 20s	40s walking
2	n/a	n/a	(12-18) x 20s	40s walking
3	n/a	n/a	(14-20) x 20s	40s walking
4	n/a	n/a	(16-22) x 20s	40s walking

Rest before next superset: n/a



In-season - Phase 1
Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. 160 Shuttle (4x 40m)

1	1	0	2	90
2	1	0	2	90
3	1	0	1	90
4	1	0	2	90

Rest before next superset: 120

B. 160 Shuttle (4x 40m)

1	1	0	2	90
2	1	0	2	90
3	1	0	2	90
4	1	0	2	90

Rest before next superset: 120

C. 160 Shuttle (4x 40m)

1	1	0	1	90
2	1	0	2	90
3	1	0	2	90
4	1	0	2	90

Rest before next superset: n/a



In-season - Phase 1 - SAQ 1



week	rest b/wn		rest b/wn	
	sets	sets	reps	reps

A. Mountain Climber

1	3	60	15s	0
2	3	60	15s	0
3	3	60	15s, cut 10m	0
4	3	60	15s, cut 10m	0

Rest before next superset: 120

B. Forward Frog Jumps

1	2	120	6	0
2	2	120	6	0
3	2	120	6	0
4	2	120	6	0

Rest before next superset: 0

- *The purpose of this drill is to get full extension of ankles, knees, and hips*
- *Propel yourself explosively upward and a little bit forward*



In-season - Phase 1 - SAQ 2



week	sets	rest b/wn sets	rest b/wn reps
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A. Wide Fast Foot

1	2 each leg	30	15s	0
2	2 each leg	30	15s	0
3	2 each leg	30	15s	0
4	2 each leg	30	15s	0

Rest before next superset: 120

- 15 seconds wide fast foot

B. Side zig-zag Grid

1	1 each foot	120	15s	0
2	1 each foot	120	15s	0
3	2 each foot	120	20s	0
4	2 each foot	120	20s	0

Rest before next superset: n/a