

# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



In this phase we are assuming that you are doing more ultimate specific training. Athletic training time decreases while ultimate specific work such as team practice and throwing practice increase.

Conditioning day 2 of this phase requires a disc and a partner

## Schedules depending on training hours

### A good schedule for In-season Phase 3

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

### For those with time limitations...

#### 5 days/hours per week

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

#### 4 days/hours per week

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

#### 3 days/hours per week

Ideally this would be MWF or Tuesday, Thursday, Saturday

Day 1	SAQ 1, Conditioning 1
Day 2	Lower, Core 2
Day 3	SAQ 2, Conditioning 2

#### 2 days/hours per week

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

Day 1	Lower, Core 2
Day 2	SAQ 2, Conditioning 2



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A1. Paused Heel Elevated Back Squat

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

1	3	(7-9)	10						
2	3	(6-8)	10						
3	2	(5-7)	10						
4	3	(4-6)	10						

- Place 5 lb weight plates under the heels
- Isometric hold for three counts at the bottom of your squat
- Explode out of the bottom of your squat after the iso hold
- Keep the bar in contact at all times (it should not get airborne). You also should not get airborne.

## A2. Penta Jump

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

1	3	1	90						
2	3	1	90						
3	2	1	120						
4	3	1	120						

- Jumps for distance. Avoid hitting the ground heels first.
- Attempt to land on the midfoot
- Explode again as soon as possible upon landing
- Use your arms to help!

## B1. Backward Lunge to SLDL

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

1	3	(8-10)	60						
2	3	(7-9)	60						
3	3	(6-8)	60						
4	2	(8-10)	60						

- Do all reps on one leg, then the other.
- Aim for 90 degrees for the working leg in the backward lunge.
- Knee angle should be about 10-20 degrees during the SLDL.
- Keep your core engaged to keep the nonworking leg and torso moving together.

## B2. Cable Pull-Through

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

1	3	(6-8)	60						
2	3	(7-9)	60						
3	3	(6-8)	60						
4	2	(5-7)	60						

- Feet are slightly wider than shoulder width. Knees are bent about 10 degrees.
- Reach back between your legs with the rope attachment.
- Use your glutes to push your hips forward and stand up.

## C1. Paused SL Heel-Elevated Hip Extension

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

1	3	(6-8)	30						
2	3	(7-9)	30						
3	3	(8-10)	30						
4	2	(9-11)	30						

- Elevate the foot of the working leg on a step
- Can be elevated on a Bosu ball for added difficulty.
- Nonworking leg remains straight
- Pause at the top of the movement

## C2. Squat to Press

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

1	3	16	30						
2	3	18	30						
3	3	20	30						
4	2	22	30						

- Find a rhythm and move quickly
- Aim for parallel in the squats
- The press should move continuously with momentum coming from the squat



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A1. Flat DB Bench with Iso Hold

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

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

- Reps with non-dominant arm first.
- Opposite arm holds at the 1/2 rep position until all reps are complete.
- Then rep with dominant arm while non-dominant arms holds the 1/2 rep position.

## A2. Lying Medicine ball Toss

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

1	3	4	60						
2	3	5	60						
3	2	6	60						
4	3	5	60						

- Like a basketball chest pass.
- If you do not have a partner, you can throw a med ball against the wall. For best results, use a ball that bounces back so you get the eccentric portion of exercise.

## A3. 1 & 1/4 Inverse Row

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

1	3	(8-10)	60						
2	3	(7-9)	60						
3	2	(6-8)	60						
4	3	(8-10)	60						

- Quarter rep at the top. Get your chest to the bar for full shoulder retraction
- Feet can be elevated on a box or bench
- To make it easier, have feet on the floor with legs straight
- For even easier, bend the legs with feet on the floor

## B1. Curl to Press

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

1	3	(8-10)	30						
2	3	(7-9)	30						
3	2	(6-8)	30						
4	3	(8-10)	30						

- Curl the dumbbells until elbows are in front of you
- From this position press overhead as you rotate from palms facing toward you, to palms facing away.

## B2. Paused DB Row

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

1	3	(8-10)	30						
2	3	(7-9)	30						
3	2	(6-8)	30						
4	3	(8-10)	30						

- Keep shoulders parallel to the floor
- Drop hips to create an incline

## C1. RRR Press

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

1	2	(7-9)	30						
2	2	(8-10)	30						
3	2	(9-11)	30						
4	2	(10-12)	30						

- Retract, Row, Rotate, Press
- Retract the shoulders at the beginning of each rep.
- Each part of retract, row, rotate, press should be a distinct movement.
- During the press, the arms should be parallel to the torso. Do not let them drop.



week   sets   reps   rest   wt | reps   wt | reps

C2. Plate Drop

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

1	2	20s	30				
2	2	22s	30				
3	2	25s	30				
4	2	27s	30				

- Drop and catch the weight



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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## A1. Plank Walk

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

1	3	6 each way	0						
2	3	6 each way	0						
3	3	6 each way	0						
4	3	6 each way	0						

- Keep shoulders, hips, and ankles in a line
- Walk ten yards sideways and back twice for a total of forty yards.
- One direction, lead with the hands (hand, foot, hand, foot). the other direction lead with the feet.

## A2. Stability Ball Pike

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

1	3	(6-8)	0						
2	3	(7-9)	0						
3	3	(8-10)	0						
4	3	(9-11)	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. Side Plank with Hip Abduction

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

1	3	(6-8)	0						
2	3	(8-10)	0						
3	3	(10-12)	0						
4	3	(12-14)	0						

- Lift hips off the ground to come to a plank position
- Lift leg as high as is comfortable keeping toes pointed forward.
- Watch for internal or external rotation of the hips and avoid it.



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

## A1. Leg Lowering

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

1	3	(4-6)	0								
2	3	(6-8)	0								
3	3	(8-10)	0								
4	3	(10-12)	0								

- Engage the lower core to keep hips stable.
- Check for hip motion in the lowering leg by placing your hand above the hip bone.
- Lower only as far as there is no movement of the hip.
- If you cannot do this exercise as shown, start with the non working leg propped against something (a doorframe works well) to keep it upright.

## A2. Paused Rotation Plank

Timing (E-Is-C-IC): 2 counts in each position

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

- From the plank position rotate to a side plank, then back to center, then to the other side.
- Hold 2 counts at each position for one rep.

## A3. Diagonal Plate Raise

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

1	3	(6-8)	0								
2	3	(8-10)	0								
3	3	(10-12)	0								
4	3	(12-14)	0								

- Start in a squat position with the plate held to one side.
- Lift the plate diagonally and up over the opposite shoulder.
- Your eyes should follow the plate during the movement.



## In-season - Phase 3 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps	reps
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### A. 5-10-5, 5 Frog Jump

1	n/a	n/a	3	90
2	n/a	n/a	4	90
3	n/a	n/a	3	60
4	n/a	n/a	4	60

Rest before next superset: 120

- *Get your butt low. Touch the ground on the frog jumps if possible*

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### B. Sprint-Skip-Run-Shuffle

1	n/a	n/a	3	60
2	n/a	n/a	3	60
3	n/a	n/a	4	60
4	n/a	n/a	4	60

Rest before next superset: n/a

- *Sprint 20m,*
- *Skip Backwards 20m,*
- *Run Backwards 20m,*
- *Shuffle Diagonally for 20m*



## In-season - Phase 3 Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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### A1. 160 Shuttle (4x 40m)

1	n/a	n/a	3	n/a
2	n/a	n/a	3	n/a
3	n/a	n/a	4	n/a
4	n/a	n/a	4	n/a

Rest before next superset: 60

### A2. Kill Drill - Outside Throws

- One person rests while the other runs.

1	n/a	n/a	3	n/a
2	n/a	n/a	3	n/a
3	n/a	n/a	4	n/a
4	n/a	n/a	4	n/a

Rest before next superset: 120





## In-season - Phase 3 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. 3-step Approach Jumps

1	6	60	1 each leg	0
2	6	60	1 each leg	0
3	6	60	1 each leg	0
4	6	60	1 each leg	0

Rest before next superset: 120

- *Reach up with the arm opposite the leg pushing off the ground for maximum reach height (layup style)*

### B. Low Run to Sprint

1	5	90	1, cut 15m	0
2	5	90	1, cut 15m	0
3	5	90	1, cut 20m	0
4	5	90	1, cut 20m	0

Rest before next superset: 0

- *Stay in the athletic position.*
- *Move quickly and lightly on the balls of your feet.*
- *Center of mass should remain at constant height (do not bob up and down)*



## In-season - Phase 3 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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### A. Lateral Shuffle to Sprint

1	6	90	8m shuffle, 15m sprint	0
2	6	90	8m shuffle, 15m sprint	0
3	6	90	10m shuffle, 20m sprint	0
4	6	90	10m shuffle, 20m sprint	0

Rest before next superset: 120

- Alternate directions each rep,
- Stay low in the shuffle,
- Use a crossover step to turn your hips and orient yourself quickly in the direction of sprinting.

### B. Single Leg Line Hop

1	4	90	1, 5m	0
2	4	90	1, 5m	0
3	6	90	1, 8m	0
4	6	90	1, 8m	0

Rest before next superset: 0

- Focus on staying light and quick on your feet.
- Ground contact should be on the balls of your feet.