

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Objective

This is the last Strength Focused phase with a bit of an emphasis on strength endurance.

Schedules depending on training hours

A good schedule for Off-season Phase 5

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

For those with time limitations...

5 days/hours per week

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

4 days/hours per week

Day 1	Lower 1
Day 2	SAQ, Conditioning 2, Core Circuit 1 if time permits
Day 3	Lower 2, Core 2
Day 4	Upper 2

3 days/hours per week

Ideally this would be MWF or Tuesday, Thursday, Saturday

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

2 days/hours per week

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

Day 1	Lower 1
Day 2	Upper 2



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

A1. Russian Step-ups

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

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

- Find a rhythm, be explosive, drive the knee up!
- Use the foot on the bench to initiate and drive the movement. Do not "bounce" off the foot landing on the ground.

A2. Squat to Press

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

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

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

B1. DB King Squat

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

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

- First part of the exercise is a pendulum RDL. Keep knee at about 10 degree bend. Get the back leg's thigh close to parallel.
- On one leg squat down getting the weight close to (but not touching) the ground. Attempt to keep the rest of the body frozen in the RDL position
- Keep your back flat and shoulders retracted through the whole exercises.
- (Note that some of my demo reps are better than others. :-)
Hopefully you get the idea. This one's new for me too. Good luck!

B2. 45 degrees Walking DB Lunge

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

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

- Keep toes and hips forward. Lunge diagonal to the forward direction.
- It may become difficult to hold the dumbbells. You can either think of this as grip strength training or use straps. Pretty sure you can get straps for less than \$15 at most sporting goods stores.



Off-season - Phase 5 - Upper 1



week sets reps rest wt reps wt reps wt reps

A1. Paused Incline DB Bench Press

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

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

- During the pause at the bottom your pectorals should feel tension

A2. Speed / Clap Push-ups

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

1	3	AMRAP	120								
2	3	AMRAP	120								
3	2	AMRAP	120								
4	3	AMRAP	120								

- Do as many pushups as possible. Be explosive! Do not pace yourself, go fast.

B1. Low Incline to Flat Omni Semi-sup DB Press

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

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

- 8-10 reps of low incline db press followed immediately by 8-10 reps of flat db press

B2. Omni Seated Low Cable Row

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								

- retract (squeeze together) shoulder blades at the end of this motion
- 5 seconds between each type-elbows wide, palms up elbows in, neutral grip



Off-season - Phase 5 - Upper 2



week sets reps rest wt reps wt reps wt reps

A1. Low Incline Paused DB Row

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

1	3	(10-12)	90								
2	3	(10-12)	90								
3	2	(10-12)	90								
4	3	(10-12)	90								

- Really squeeze your shoulder blades together at the top as you hold for 2 counts

A2. Flat DB Bench with Iso Hold

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

1	3	(10-12)	90								
2	3	(10-12)	90								
3	2	(10-12)	90								
4	3	(10-12)	90								

- 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.

B1. Side Plank Cable Row

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

1	3	(8-10)	60								
2	3	(8-10)	60								
3	2	(8-10)	60								
4	3	(8-10)	60								

- 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.

B2. Rotational Push-up

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

1	3	(8-10)	60								
2	3	(8-10)	60								
3	2	(8-10)	60								
4	3	(8-10)	60								

- 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 pushup to increase difficulty

B3. Plate Drop

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

1	3	12s	60								
2	3	12s	60								
3	2	12s	60								
4	3	12s	60								

- Drop and catch the weight



Off-season - Phase 5 - Core 1



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

A1. Prone Same-Side Quadrupled Stability

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

1	3	(6-8)	0								
2	3	(7-9)	0								
3	3	(8-10)	0								
4	3	(9-11)	0								

- During limb extension, maintain a neutral spine without arching the back
- Maintain balance as you bring the elbow and knee together.
- Attempt to keep the hips level and center of gravity stationary

A2. Oblique Bridge

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

1	3	(7-9)	0								
2	3	(8-10)	0								
3	3	(9-11)	0								
4	3	(10-12)	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	(7-9)	0								
2	3	(8-10)	0								
3	3	(9-11)	0								
4	3	(10-12)	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.



Off-season - Phase 5 - Core 2



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

A1. Pallof Press and Hold

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

1	3	10s	0								
2	3	12s	0								
3	3	15s	0								
4	3	18s	0								

- Keep arms straight
- Resist rotation. Keep core engaged.

A2. Low Cable Chop

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

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

- Keep arms straight
- Be powerful in the chop
- controlled returning the weight to the start

A3. Barbell to Body Weight Crunch

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

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

- Keep weight directly over head.
- Core should be engaged at all times (maybe just shy of fully sitting up).
- Feet are under a bench for stability but avoid using your legs/hip flexors.



Off-season - Phase 5 Conditioning 1



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

1	(4-6)	40s walking	110m	0
2	(5-7)	40s walking	110m	0
3	(5-7)	40s walking	110m	0
4	(5-7)	40s walking	110m	0

Rest before next superset: 60

B. 160 Shuttle (4x 40m)

1	3	90	4 x 40m	0
2	3	90	4 x 40m	0
3	3	90	4 x 40m	0
4	3	90	4 x 40m	0

Rest before next superset: 120

C. 80% Sprint

1	(4-6)	40s walking	110m	0
2	(4-6)	40s walking	110m	0
3	(5-7)	40s walking	110m	0
4	(6-8)	40s walking	110m	0

Rest before next superset: 0



Off-season - Phase 5 Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Zig-Zag Sprint

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

Rest before next superset: 90

- You should be using the jab step

B. Forward, Back, Spin Sprint

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

Rest before next superset: 90

C. Figure 8 Sprint

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

Rest before next superset: 0

- Attempt to cut on the inside foot rather than the outside foot (like in the jab step).
- To use the inside foot, you will likely slow down a bit before the cone and "switch your hips"



Off-season - Phase 5 - SAQ



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Single Leg Line Hop

1	2	60	10m	0
2	2	60	10m	0
3	2	60	10m	0
4	2	60	10m	0

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

Rest before next superset: 120

B. Low Run to Sprint

1	3	90	3s, 10m	0
2	3	90	3s, 10m	0
3	3	90	3s, 10m	0
4	3	90	3s, 10m	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)

Rest before next superset: 120

C. Jab Step Agility to Cut

1	2 each direction	90	10m jab step, cut 10m	0
2	2 each direction	90	10m jab step, cut 10m	0
3	2 each direction	90	10m jab step, cut 10m	0
4	2 each direction	90	10m jab step, cut 10m	0

- Focus on good quality of movement.
- Move more quickly and more powerfully as you become more comfortable with the movement pattern.
- Work on a strong push off the outside foot.

Rest before next superset: 120

D. Waltz Agility to Cut

1	2 each direction	90	10m waltz, cut 10m	0
2	2 each direction	90	10m waltz, cut 10m	0
3	2 each direction	90	10m waltz, cut 10m	0
4	2 each direction	90	10m waltz, cut 10m	0

- Focus on good quality of movement.
- Move more quickly and more powerfully as you become more comfortable with the movement pattern.
- Work on movement of the hips and a strong push off the inside foot.

Rest before next superset: 0