

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

In this phase we are preparing for the harder work ahead, and becoming familiar with new exercises and techniques.

A good schedule for the Preparation Phase:

Day 1	Core Circuit 1 + Linear Conditioning
Day 2	Core Circuit 2 + Strength Day 1
Day 3	SAQ 2 + Lateral Conditioning
Day 4	Strength Day 2
Day 5	SAQ 1 + Linear Conditioning
Day 6	Core Circuit 1 + Lateral Conditioning

For those with time limitations:

5 days/hours per week alternating weekly with

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 1 + Linear Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Lateral Conditioning
Day 5	SAQ 1 + Linear Conditioning

5 days/hours per week

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 2 + Lateral Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Linear Conditioning
Day 5	SAQ 2 + Lateral Conditioning

4 days/hours per week alternating weekly with

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 1 + Linear Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Lateral Conditioning

4 days/hours per week

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 2 + Lateral Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Linear Conditioning

3 days/hours per week - Ideally this would be MWF or Tuesday, Thursday, Saturday

Day 1	Core Circuit 1 + Strength Day 1
Day 2	Core Circuit 2 + Strength Day 2
Day 3	SAQ and Conditioning of your choice

2 days/hours per week - This is never ideal, but possibly if you're a busy college student in season

Day 1	Core Circuit 1 + Strength Day 1
Day 2	Core Circuit 2 + Strength Day 2



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. DB Split Squat

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

1	2	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						

- Keep your chest tall and shoulders back.
- As you descend, shoulders and hips should stay in a line (do not lean forward).
- Hips should go straight down and straight up.
- You should have an approximately 90 degree angle for both knees.
- Back knee should come close, but not touch, the ground.

A2. Cable Pull-Through

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

1	2	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						

- 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.

B1. Semi-supinated grip Pull-up

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

1	2	(4-6)	30						
2	3	(4-6)	30						
3	3	(6-8)	30						

- "Semi supinated" means that your palms are facing one another. If you do not have a bar that allows for this, use a supinated grip (palms toward you).
- Keep your chest up. Squeeze shoulder blades together at the top of the movement.
- If you do not have an assisted chin-up machine, you can use a lat pulldown instead.

B2. One-Arm Semi-sup' Grip Incline DB Bench

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

1	2	(8-10)	60						
2	3	(8-10)	60						
3	3	(6-8)	60						

- Hold a dumbbell only in one hand while performing this exercise.
- Engage the core to resist rotation.

C1. Stability Ball Hip Raise to Bridge

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

1	2	(6-8)	30						
2	2	(6-8)	30						
3	2	(8-10)	30						

- Squeeze the glutes to get the hips off the floor
- Keeping the glutes tight, bring the ball in toward you forming a 90 degree angle of the knees

C2. Bow and Arrow

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

1	2	(10-12)	30						
2	2	(10-12)	30						
3	2	(10-12)	30						

- If you imagine an archer, you will naturally do this exercise correctly.
- Stand up tall.
- Keep the elbow of the pulling arm up.
- Squeeze the shoulder blades together during the iso hold.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Barbell Bench Press

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

1	2	(8-10)	60						
2	3	(8-10)	60						
3	3	(6-8)	60						

- Retract your shoulders so that they are flat on the bench.
- Grip should be slightly wider than shoulder width.

A2. Split Squat to Cable Row

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

1	2	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						

- Pull with the opposite arm of the leg that is forward.
- Hips should move straight up and down
- Use full range of motion in the shoulder but do not lean forward or backwards in the rowing motion.

B1. Sumo/Sandbag Squat

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

1	2	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						

- Chest tall, look straight ahead
- Toes are pointed out about 30 degrees
- Stance is wide so that knees are at about 90 degrees at the bottom of the movement

B2. DB Single Leg Deadlift (SLDL)

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

1	2	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						

- Keep shoulders hips and knee in a line as you push your hip back and lower your torso.
- Knee of working leg should be bent about 10 degrees
- Keep the hips level, shoulders back
- Try doing the whole set without allowing the other leg to touch the ground

C1. 1/2 Cuban

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

1	2	(6-8)	30						
2	2	(6-8)	30						
3	2	(6-8)	30						

- Keep your shoulders retracted.
- Avoid shrugging the weight.
- Elbows should be stationary while rotating the weight
- In half cubans, the shoulder is rotated until the arms are parallel to the ground.

C2. Standing Hip Flexion

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

1	2	(8-10)	30						
2	2	(10-12)	30						
3	2	(10-12)	30						

- Place on foot on a box or bench that causes your knee to be close to 90 degrees.
- Keep your hips level for the duration of this exercise!
- Pull your leg straight up (it won't go very far) and hold for three seconds before lowering it back to the bench.



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

A1. Plank

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

1	2	25s	0						
2	2	30s	0						
3	3	30s	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	2	(8-10)	0						
2	2	(10-12)	0						
3	3	(10-12)	0						

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

A3. Cook Hip Lift

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

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

- Start with knees bent, both feet on the floor.
- Pull one leg in tightly toward the chest.
- Push through the heel of the foot on the ground and squeeze your glute to lift your hip off the ground.
- You may not be able to get far off the ground when you first start doing these. This is normal.
- Hip, knee, and ankle should be aligned.



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

A1. 1 & 1/4 Wood Chop

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

1	2	(8-10)	0								
2	2	(9-11)	0								
3	3	(9-11)	0								

- Explosive chop. Quarter rep at the end
- Slowly lower the weight back to starting position.
- Look at your hands as you move

A2. Stability ball pull-in

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

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

- With your feet on the ball, bring your knees toward your chest.
- Slowly return to the starting plank position

A3. Side Plank Cable Row

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

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

- 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.



Preparation - Phase 0 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. 80/20 Workout

1	(8-10)	40s walking	20s	0
2	(10-12)	40s walking	20s	0
3	(12-14)	40s walking	20s	0

Rest before next superset: 0

- Run at about 75-80% of your full sprint speed for 20 seconds. Walk or rest for 40 seconds. This is one rep.
- Choose 8-10 reps as your starting point. It should be easy.
- The pace you are running should naturally have you landing on your forefoot.



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Skater Hops with cone touch

1	(3-4)	90	30s	0
2	(4-5)	90	30s	0
3	(5-6)	90	30s	0

Rest before next superset: 0

- *Should be at a challenging distance that you can maintain for thirty seconds*
- *Full intensity for 30 seconds. Rest 90 seconds. Repeat 3 times*
- *Add one repetition each week.*



Preparation - Phase 0 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Box Jump

1	2	30	4	10
2	2	30	4	10
3	2	30	4	10

Rest before next superset: 120

- Knee angle at takeoff should be approximately the same as knee angle upon landing. If knee angle is less than 90 degrees, your box is definitely too high.
- Practice landing quietly

B. Forward Frog Jumps

1	4	90	6	0
2	4	90	6	0
3	4	90	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



Preparation - Phase 0 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Lateral Bound and Stick

1	2	0	3 each foot	5s hold on one foot
2	2	0	3 each foot	5s hold on one foot
3	2	0	3 each foot	5s hold on one foot

Rest before next superset: 120

- Bound sideways as far as you can while still being able to stick the landing
- Bend your knees to absorb the landing and land quietly

B1. SL Box Jumps - Medial

1	3	0	3 each foot	0
2	3	0	3 each foot	0
3	3	0	3 each foot	0

Rest before next superset: 0

- Choose a 4-8 inch box or step
- Jump laterally and land as quietly as possible
- Stick the landing with no additional hopping

B2. SL Box Jumps - Lateral

1	3	0	3 each foot	0
2	3	0	3 each foot	0
3	3	0	3 each foot	0

Rest before next superset: 0

- Choose a 4-8 inch box or step
- Jump laterally and land as quietly as possible
- Stick the landing with no additional hopping