

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

The emphasis this phase is strength endurance and conditioning. Strength training is around 8-10RM range and rest intervals have been shortened to 60 seconds. A day of strength training has been subtracted to allow more time for conditioning.

A good schedule for Phase 1, Preseason:

Day 1	Legs + Core Circuit 1
Day 2	Upper + Linear Conditioning (can be shorter than suggested workout)
Day 3	SAQ 1 + Nonlinear Conditioning
Day 4	Linear Conditioning
Day 5	Full Body + Core Circuit 2
Day 6	SAQ 2 + Nonlinear Conditioning
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	Legs + Core Circuit 1
Day 2	Upper + Linear Conditioning (can be shorter than suggested workout)
Day 3	SAQ 1 + Nonlinear Conditioning
Day 4	SAQ 2 + Linear Conditioning
Day 5	Full Body + Core Circuit 2

4 days/hours per week

Day 1	Legs + Core Circuit 1
Day 2	Upper + Linear Conditioning (can be shorter than suggested workout)
Day 3	SAQ 2 + Nonlinear Conditioning
Day 4	Full Body + Linear Conditioning (can be shorter than suggested workout)

3 days/hours per week - Ideally this would be MWF or Tuesday, Thursday, Saturday. You can also cut out the Cs on strength training to add some core work.

Day 1	Legs + Linear Conditioning (can be shorter than suggested workout)
Day 2	SAQ 1 + Nonlinear Conditioning
Day 3	Full Body + Linear Conditioning (can be shorter than suggested workout)

2 days/hours per week - This is not going to get you far, but in case of emergency:

Day 1	Legs + Linear Conditioning (can be shorter than suggested workout)
Day 2	Full Body + Nonlinear Conditioning



week sets reps rest wt reps wt reps wt reps

A1. Front DB Box Squat with Ankle Extension

- Reach your butt back and just tap the bench or box

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

1	3	(10-12)	60								
2	3	(10-12)	60								
3	2	(8-10)	60								
4	3	(10-12)	60								

A2. Accentuated DB RDL

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

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

- Get your hips back. Knees bent at about 10-15 degrees.
- Maintain a neutral spine!
- Keep the weight close to your legs (not doing so will cause you to use your back)
- Lower the weight until you feel the slight stretch in the back of your hamstrings.
- Use your glutes and hamstrings to push your hips forward and cause you to stand up.

B1. Backward DB Lunge

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

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

- Step back with one leg. Do not let your knee touch the ground
- Explosively step forward again using primarily the front leg
- Keep the back foot off the ground when you stand up again if possible
- Do all reps on one leg first and then the other

B2. Cable Pull-Through

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								

- 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.

C. Wall Overhead ISO Squat

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

1	3	25s	120								
2	3	30s	120								
3	2	35s	120								
4	3	35s	120								

- Keep elbows locked out
- Knees near 90 degrees



week sets reps rest wt reps wt reps wt reps

A1. Incline Barbell Bench Press

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

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

- Keep shoulders retracted.

A2. Prone Grip Inverse Row

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

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

- Get chest all the way up to the bar
- Maintain plank position without flaring the rib cage

B1. Feet Elevated Push-Up

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

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

- Maintain perfect plank position
- Hands placement wherever is comfortable

B2. DB Row

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

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

- Keep shoulders level
- Pull weight until upper arm is parallel to the torso

C. Incline Y to T Raise

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

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

- Initiate the movement at the shoulders. Thumbs face up to the Y position.
- Retract the shoulders fully and rotate to thumbs down as you bring the weight back to the T position.



week sets reps rest wt reps wt reps wt reps

A1. Single Leg Stability Ball Raise to Bridge

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

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

- Keep the glutes activated at all times.
- Maintain tension in the core
- Keep the spine neutral and do not arch your lower back. Keep the hips up with the glutes.
- This can be done with two legs if you are not ready to do it with one.

A2. Russian Step-ups

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

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

- 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.

B1. Flat DB Bench with Iso Hold

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								

- 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.

B2. Supine Grip Pull-up

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

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

- Do not pull your elbows behind your torso. Even with the torso is good.

C. Bow and Arrow

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

1	3	(8-10)	60								
2	3	(8-10)	60								
3	2	(10-12)	60								
4	3	(10-12)	60								

- 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.



Pre-season - Phase 1 - Core 1



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

A1. Stir the pot

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

1	3	10 each way	0								
2	3	10 each way	0								
3	3	12 each way	0								
4	3	12 each way	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 DB Russian Twist

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

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

A3. Stability Ball Pike

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

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



Pre-season - Phase 1 - Core 2



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

A1. Kneeling Overhead Pallof Press

Timing (E-Is-C-IC): 10-1-2-1

1	3	15s	0								
2	3	18s	0								
3	3	21s	0								
4	3	24s	0								

- Knee closest to the cable column is bent
- Attempt to hold the cable handle straight above your head without leaning in either
- direction.

A2. 1 & 1/4 Wood Chop

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

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

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

A3. Plank Walk

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

1	3	5 each way	0								
2	3	6 each way	0								
3	3	7 each way	0								
4	3	8 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.



Pre-season - Phase 1 Conditioning 1



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

1	4-6	40s walking	1x 100m	0
2	6-8	40s walking	1x 100m	0
3	6-8	40s walking	1x 100m	0
4	8-10	40s walking	1x 100m	0

Rest before next superset: 60

B. 160 Shuttle (4x 40m)

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

Rest before next superset: 120

C. 80% Sprint

1	4-6	40s walking	1x 100m	0
2	4-6	40s walking	1x 100m	0
3	6-8	40s walking	1x 100m	0
4	6-8	40s walking	1x 100m	0

Rest before next superset: 0



Pre-season - Phase 1 Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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A1. Skater Hops with cone touch

1	2	0	20s	0
2	3	0	20s	0
3	3	0	20s	0
4	3	0	20s	0

Rest before next superset: 90

- 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.

A2. Shuffle

1	2	0	20s	0
2	2	0	20s	0
3	3	0	20s	0
4	3	0	20s	0

Rest before next superset: 90

- See rep description, but if missing distance, usually about 10m.

A3. Short Shuttle

1	2	0	20s	0
2	2	0	20s	0
3	2	0	20s	0
4	3	0	20s	0

Rest before next superset: 90

- This can vary, but I do 5m, 10m



Pre-season - Phase 1 Conditioning 1 - Beach!



week	sets	rest b/wn sets	rest b/wn reps
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A1. Shuffle

1	2	0	30s	0
2	3	0	30s	0
3	3	0	30s	0
4	3	0	30s	0

Rest before next superset: 60

- See rep description, but if missing distance, usually about 10m.

A2. Short Shuttle

1	2	0	30s	0
2	2	0	30s	0
3	3	0	30s	0
4	3	0	30s	0

Rest before next superset: 60

- This can vary, but I do 5m, 10m

A3. Forward, Back, Spin Sprint

1	2	0	30s	0
2	2	0	30s	0
3	2	0	30s	0
4	3	0	30s	0

Rest before next superset: 60



Pre-season - Phase 1
Conditioning 2 - Beach!



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

1	8-14	25m walking	1x 75m	0
2	10-16	25m walking	1x 75m	0
3	12-18	25m walking	1x 75m	0
4	14-20	25m walking	1x 75m	0

Rest before next superset: n/a



Pre-season - Phase 1 - SAQ 1



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Low Squat to Scissor Jump

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

Rest before next superset: 120

- *Knees should be close to 90 degrees in the low squat jumps.*
- *Get as high as possible in the scissor jumps with minimal ground contact times between jumps.*

B. Single Leg Bench Hop

1	3	60	5 each leg	0
2	3	60	5 each leg	0
3	3	60	5 each leg	0
4	3	60	5 each leg	0

Rest before next superset: 0

- *Slam the working leg onto the bench and push yourself as high into the air as possible.*
- *You should move slightly forward with each jump to ensure maximal hip extension.*



Pre-season - Phase 1 - SAQ 2



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

A. Jab Step Agility to Cut

1	3 each direction	60	10m jab step, cut 10m	0
2	3 each direction	60	10m jab step, cut 10m	0
3	3 each direction	60	10m jab step, cut 10m	0
4	3 each direction	60	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

B. Waltz Agility to Cut

1	3 each direction	60	10m waltz, cut 10m	0
2	3 each direction	60	10m waltz, cut 10m	0
3	3 each direction	60	10m waltz, cut 10m	0
4	3 each direction	60	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



Pre-season - Phase 1

SAQ 1 - Beach!



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

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

Rest before next superset: 0

- *You should be using the jab step*

B. Figure 8 Sprint

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

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"*



Pre-season - Phase 1

SAQ 2 - Beach!



week	sets	rest b/wn sets	rest b/wn reps
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A. 3-Point Start

1	2	120	4 x 45m	60
2	2	120	4 x 45m	60
3	2	120	4 x 45m	60
4	2	120	4 x 45m	60

Rest before next superset: n/a

- *Hips up. Feet should be closer to hands than you might think.*
- *Lean over the hand on the ground. You should feel that you are close to falling over.*
- *You should feel some tension in the hamstrings like you are a spring ready to bounce.*
- *Accelerate as explosively as possible out of the starting position.*