

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

The main goals for this phase are strength and power endurance. You will do a power circuit 2x/week and a strength circuit 1x/week. Workouts will be very short, but intense. Learn to pay attention to your body and make sure you are recovering enough between sessions.

A good schedule for Phase 2, Preseason:

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

4 days/hours per week

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

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

Day 1	Core Circuit 1 + Power Circuit
Day 2	Multidirectional SAQ + Conditioning
Day 3	Core Circuit 2 + Strength Circuit

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

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



Pre-season - Phase 2 - Strength



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Semi-supinated grip Pull-up

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	3	AMRAP 40s	20						
4	3	AMRAP 40s	20						

- "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.

A2. Bodyweight Squat

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	3	AMRAP 40s	20						
4	3	AMRAP 40s	20						

- Get below parallel on each rep
- Arms are extended to help maintain balance and keep weight on heels

Rest before next superset: 60

B1. Bench Dip

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	2	AMRAP 40s	20						
4	3	AMRAP 40s	20						

- You should feel some tension in the pectorals at the bottom of the movement
- Keep elbows parallel, not caving in or flaring out

B2. 45 Degree Walking Bodyweight Lunge

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	2	AMRAP 40s	20						
4	3	AMRAP 40s	20						

- Step out at a 45 degree angle while keeping hips square
- Get low but do not let the back knee hit the ground

Rest before next superset: 60

C1. Speed / Clap Push-up

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	2	AMRAP 40s	20						
4	3	AMRAP 40s	20						

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

C2. Diagonal Plate Raise

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

1	3	AMRAP 40s	20						
2	3	AMRAP 40s	20						
3	2	AMRAP 40s	20						
4	3	AMRAP 40s	20						

- 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.

Rest before next superset: 60



Pre-season - Phase 2 - Strength



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

D1. Plank Step-up

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

1	3	AMRAP 40s	20								
2	3	AMRAP 40s	20								
3	2	AMRAP 40s	20								
4	3	AMRAP 40s	20								

- Maintain perfect alignment of shoulders hips and ankles
- Walk onto and off of the step as quickly as possible

D2. Scissor Jump for Height

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

1	3	AMRAP 40s	20								
2	3	AMRAP 40s	20								
3	2	AMRAP 40s	20								
4	3	AMRAP 40s	20								

- Aim for maximum height
- Feet should be shoulder width apart when landing.
- With minimal ground contact time, jump up again into the next scissor.



Pre-season - Phase 2 - Power



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

A1. Single Arm DB High Pull

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

1	3	AMRAP 30s	30																
2	4	AMRAP 30s	30																
3	5	AMRAP 30s	30																
4	5	AMRAP 30s	30																

- Switch arms half-way
- It's all in the hips.
- DB should follow a straight line trajectory upwards

A2. DB High Pull to Press

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

1	3	AMRAP 30s	30																
2	4	AMRAP 30s	30																
3	5	AMRAP 30s	30																
4	5	AMRAP 30s	30																

- Catch the weight at the shoulder in a semisupinated position
- Push the weight up as you stand up from a quarter squat position

A3. Squat to Press

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

1	3	AMRAP 30s	30																
2	4	AMRAP 30s	30																
3	5	AMRAP 30s	30																
4	5	AMRAP 30s	30																

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

B1. Backward DB Lunge

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

1	3	(8-10)	60																
2	0	0	0																
3	3	(10-12)	60																
4	0	0	0																

- 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. Russian Step-up

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

1	0	0	0																
2	3	(8-10)	60																
3	0	0	0																
4	3	(10-12)	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.



Pre-season - Phase 2 - Core 1



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

A1. Deadbug

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

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

- Maintain natural curve in the spine
- Move slowly with core constantly engaged

A2. Flat Lateral Flexion

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

1	3	(4-6)	0
2	3	(5-7)	0
3	3	(6-8)	0
4	3	(7-9)	0

- This position is most easily obtained with a partner sitting on your feet. I have also done it hooking my lower foot under a 60 pound dumbbell on the bench.
- Maintain constant tension in the obliques as you lower yourself toward the floor. Bring yourself up to parallel or above parallel as you are able.

A3. V-up

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

1	3	(8-10)	0
2	3	(9-11)	0
3	3	(10-12)	0
4	3	(12-14)	0

- Move under control with core engaged
- Aim hands to mid calf or above
- Move arms and legs simultaneously



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

A1. Pre-stretch Crunch with DB

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

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

- Feel a slight stretch in the abs at the initiation of the movement
- Contract the abs until the back is flat
- Hold the weight directly above your eyes and aim up for the sky as you contract

A2. One Arm One Leg Cable Row

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

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

- Keep hips level.
- Resist rotation of the torso and hips as you pull.
- This exercise may not feel difficult. You won't "feel the burn." That's ok. It's a total core
- exercise working on balance and core coordination.

A3. Kneeling Reverse Half Chop

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

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

- Knee closest to the cable column is bent
- Look at the weight as you pull it across your body



Pre-season - Phase 2 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	1	0	2	60
2	1	0	3	60
3	1	0	3	60
4	1	0	3	60

Rest before next superset: 60

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

B. Zig-Zag Sprint

1	1	0	2	60
2	1	0	2	60
3	1	0	3	60
4	1	0	3	60

Rest before next superset: 60

- *You should be using the jab step*

C. Figure 8 Sprint

1	1	0	2	60
2	1	0	2	60
3	1	0	2	60
4	1	0	3	60

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 2 Conditioning 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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A1. Shuttle with Throwing - Backhand

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

Rest before next superset: 0

- Distances are 10, 20, 30 yards

A2. Shuttle with Throwing - Forehand

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

Rest before next superset: 120

- Distances are 10, 20, 30 yards

B. Pull and Sprint Central Zone

1	1	0	2	60
2	1	0	4	60
3	1	0	4	60
4	1	0	6	60

Rest before next superset: 0

- Central Zone is 70yds or 64m in length.



Pre-season - Phase 2 Conditioning 1 - Beach!



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

1	1	0	2	60
2	1	0	3	60
3	1	0	3	60
4	1	0	3	60

Rest before next superset: 60

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

B. Zig-Zag Sprint

1	1	0	3	60
2	1	0	4	60
3	1	0	4	60
4	1	0	4	60

Rest before next superset: 60

- *You should be using the jab step*

C. Figure 8 Sprint

1	1	0	3	60
2	1	0	3	60
3	1	0	4	60
4	1	0	4	60

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 2
Conditioning 2 - Beach!



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. 150 Shuttle (6x 25m)

1	1	120	4,4	60
2	1	120	5,3	60
3	1	120	6,2	60
4	1	120	8,0	60

Rest before next superset: n/a



Pre-season - Phase 2 - SAQ 1



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

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

Rest before next superset: 120

- Like the Bound and Stick, but with an extra bound back to the starting point.
- Stick the landing as with the bound and stick

B. Heiden Bound

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

Rest before next superset: 120

C. 5-10-5 Pro-lateral Drill

1	2	120	1 each direction	0
2	2	120	1 each direction	0
3	2	120	1 each direction	0
4	2	120	1 each direction	0

Rest before next superset: 0

- Alternate starting directions each set.
- First five yards, hips should remain mostly forward.
- Second ten yards turn the hips but open early to change directions with maximal efficiency. Same thing for the last turn.



Pre-season - Phase 2 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Gallop

1	3	120	25m each leg	0
2	3	120	25m each leg	0
3	3	120	25m each leg	0
4	3	120	25m each leg	0

Rest before next superset: 120

- Repeatedly leap off the same leg as high and as far as possible
- Use your arms for momentum

B. Power Skip for Distance

1	3	60	25m	0
2	3	60	25m	0
3	3	60	25m	0
4	3	60	25m	0

Rest before next superset: 120

- Get full extension of the hip as you skip forward and up.
- Use your arms to add momentum

C. Forward Frog Jump

1	2	90	5	0
2	2	90	5	0
3	2	90	5	0
4	2	90	5	0

Rest before next superset: n/a

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



Pre-season - Phase 2
SAQ 1 - Beach!



week	sets	rest b/wn sets	reps	rest b/wn reps
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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 2
SAQ 2 - Beach!



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. 75m Shuttle (5x 15m)

1	2	120	4	60
2	2	120	4	60
3	2	120	4	60
4	2	120	4	60

Rest before next superset: n/a

- One rep is: run 5x between two cones 15m apart