

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

This is the third, and last, phase of preseason work. The main goals are cardiovascular conditioning and starting to incorporate some sport specific skills. We are cutting back the lifting to 2 days per week to allow more time for conditioning. In this way, this is a bit of a transition phase between preseason and in season. So if you're amount of playing is increasing, that's fine.

A good schedule for Phase 3 Preseason:

Day 1	Core Circuit 1, Jumping and Acceleration SAQ, Tabata Conditioning
Day 2	Lower
Day 3	Footwork SAQ + Disc Conditioning
Day 4	Core Circuit 2 + Upper
Day 5	Jumping and Acceleration SAQ + Tabata Conditioning
Day 6	Recovery 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, Jumping and Acceleration SAQ, Tabata Conditioning
Day 2	Lower
Day 3	Footwork SAQ + Disc Conditioning
Day 4	Core Circuit 2 + Upper
Day 5	Recovery Conditioning

4 days/hours per week

Day 1	Core Circuit 1, Jumping and Acceleration SAQ, Tabata Conditioning
Day 2	Lower
Day 3	Footwork SAQ + Disc Conditioning
Day 4	Core Circuit 2 + Upper

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

Day 1	Core Circuit 1 + Lower
Day 2	Footwork SAQ + Disc Conditioning
Day 3	Core Circuit 2 + Upper
Other	Find 15 minutes for a Tabata Conditioning 1-2 times per week.

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

Day 1	Core Circuit 1+ Lower
Day 2	Core Circuit 2 + Upper
Other	Find 15 minutes for a Tabata Conditioning 1-2 times per week.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A. High Pull from the Floor

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

1	3	5,5,5	180						
2	3	5,5,3	180						
3	2	5,3	180						
4	3	5,3,3	180						

- If mobility issues prevent you from easily getting in position, do these from a higher hang position.
- Lock elbows out at the start (to avoid jerking shoulders out of socket!)
- Hips back; weight starts close to your shins, chest over weight.
- Shoulders retracted. Neutral spine. All the usual good form stuff is crucial! Take your time, focus.
- Explode & cause the weight to come straight up. You should feel like you are "jumping" the weight up with your hips, not pulling with your arms. It is fine if your hips drop again as the weight comes up.

B1. 1 & 1/4 RFESS

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

1	3	(7-9)	120						
2	3	(6-8)	120						
3	2	(5-7)	120						
4	3	(7-9)	120						

- Get front thigh to parallel
- Quarter rep is at bottom
- Keep shoulders back, chest tall

B2. Weighted Hip Thrusts

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

1	3	(7-9)	120						
2	3	(6-8)	120						
3	2	(5-7)	120						
4	3	(7-9)	120						

- Weight rests approximately on hip flexors
- Place a sweatshirt or folded up yoga mat between your hips and the weight for added comfort
- Heels should be directly under the knees at the top position
- Focus on squeezing your glutes. Keep back straight, not arched.

C1. Accentuated Barbell RDL

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

1	3	(8-10)	75						
2	3	(7-9)	75						
3	2	(6-8)	75						
4	3	(8-10)	75						

- 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.

C2. Supine Band Hip Flexion

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

1	3	(8-10)	75						
2	3	(8-10)	75						
3	2	(8-10)	75						
4	3	(8-10)	75						

- Keep the opposite leg on the ground.
- Get the working leg past parallel and hold it there.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A. Squat Jumps

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

1	3	(10-12)	150						
2	3	(10-12)	150						
3	2	(10-12)	150						
4	3	(10-12)	150						

- Use no more than 30% of your body weight. Start lighter.
- Maintain a neutral spine
- Keep the bar in contact with your back (it should not bounce)
- Minimize ground contact time as you explode up as high as possible.

B1. One-Arm Semi-sup' Grip Incline DB Bench

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

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(6-8)	90						
4	3	(8-10)	90						

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

B2. Prone Inertia Flat Elbow Out Row

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

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(6-8)	90						
4	3	(8-10)	90						

- Initiate the motion from a full stop with weights on the floor
- Full retraction of shoulders at the top

C1. Stability Ball Incline DB Fly

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

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(6-8)	90						
4	3	(5-7)	90						

- Shoulders on stability ball
- Drop hips to create an incline
- Keep spine neutral, core engaged

C2. Single Arm Standing Cable Row

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

1	3	(8-10)	90						
2	3	(7-9)	90						
3	2	(7-9)	90						
4	3	(8-10)	90						

- Stand in a quarter squat position.
- Do all reps on one side, then the other.
- Engage the core to resist rotation.

C3. RRR Press

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

1	3	(6-8)	90						
2	3	(6-8)	90						
3	2	(8-10)	90						
4	3	(8-10)	90						

- 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 wt | reps

A1. Prone Same-Side Quadrupled Stability

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

1	3	8	0								
2	3	8	0								
3	3	10	0								
4	3	10	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. Side Plank with Hip Abduction

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								

- 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.

A3. Reverse Crunch

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

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

- Initiate movement from the lower abs
- Aim hips and feet straight up, not over the head.



Pre-season - Phase 3 - Core 2



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

A1. One Arm Carry

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

1	3	20m each arm	0
2	3	20m each arm	0
3	3	20m each arm	0
4	3	20m each arm	0

- Use a heavy dumbbell
- Walk 20 yards and back

A2. Side Medicine Ball Toss

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

- Hips face perpendicular to the wall or a partner and stay that way.
- Be close enough to the wall that the ball bounces back at you with some force or do this exercise with a partner who catches the med ball and throws it back.
- Use your core, not your arms to throw the ball.

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.



Pre-season - Phase 3 Conditioning 1



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

1	4	10s	20s	0
2	5	10s	20s	0
3	6	10s	20s	0
4	8	10s	20s	0

Rest before next superset: 4 mins

- *sprinting is preferably in a straight line but can also be done with shuttle runs*

B. Sprint

1	4	10s	20s	0
2	3	10s	20s	0
3	2	10s	20s	0
4	0	10s	20s	0

Rest before next superset: n/a

- *sprinting is preferably in a straight line but can also be done with shuttle runs*



Pre-season - Phase 3 Conditioning 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A1. Kill Drill - Outside Throws

1	2	partner's rep time	8 (4 each side)	0
2	3	partner's rep time	8 (4 each side)	0
3	3	partner's rep time	8 (4 each side)	0
4	4	partner's rep time	8 (4 each side)	0

- One person rests while the other runs.

Rest before next superset: 30s

A2. Marking and Pivoting

1	2	partner's rep time	2x 10-second stalls	0
2	2	partner's rep time	2x 10-second stalls	0
3	3	partner's rep time	2x 10-second stalls	0
4	3	partner's rep time	2x 10-second stalls	0

Rest before next superset: 30s

A3. Sprint Complex (see cues!)

1	2	partner's rep time	1	0
2	2	partner's rep time	1	0
3	2	partner's rep time	1	0
4	3	partner's rep time	1	0

- 10 low squat jumps,
- Sprint 10m,
- Sprint 15m,
- 5 clap jumps,
- Sprint 20m

Rest before next superset: n/a



Pre-season - Phase 3

Conditioning 3



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. 70% Sprint

1	(25-30)	30s	30s	0
2	(30-35)	30s	30s	0
3	(35-40)	30s	30s	0
4	(40-45)	30s	30s	0

Rest before next superset: n/a

- *Sprint 30 seconds and then rest 30 seconds*



Pre-season - Phase 3 - SAQ 1



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

A. Low Squat to Scissor Jump to Sprint

1	2	90	each leg landing fwd twice	45
2	2	90	each leg landing fwd twice	45
3	2	90	each leg landing fwd twice	45
4	2	90	each leg landing fwd twice	45

Rest before next superset: 120

- Concentrate on really getting the knees UP on the low squat jumps
- EXPLODE as high as possible on the split squat jump
- Land as softly as possible in a low split squat position and explode forward into a sprint

B. Power Skips for Distance

1	3	60	3 each leg	0
2	3	60	3 each leg	0
3	3	60	3 each leg	0
4	3	60	3 each leg	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. 3-step Approach Jumps

1	3	90	2 each leg	30
2	3	90	2 each leg	30
3	3	90	2 each leg	30
4	3	90	2 each leg	30

Rest before next superset: 0

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



Pre-season - Phase 3 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Jog to Jab Step to Cut

1	2	90	2 each direction	• <i>Cut for 10m</i> 30
2	2	90	2 each direction	30
3	2	90	2 each direction	30
4	2	90	2 each direction	30

Rest before next superset: 120

B. Jog to Waltz Step to Cut

1	2	90	2 each direction	• <i>Cut for 10m</i> 30
2	2	90	2 each direction	30
3	2	90	2 each direction	30
4	2	90	2 each direction	30

Rest before next superset: 120

C. 3 Cone Throw and Go Acceleration

1	3	120	12 (3 each throw, x4 directions)	pause to execute with focus
2	3	120	12 (3 each throw, x4 directions)	pause to execute with focus
3	3	120	12 (3 each throw, x4 directions)	pause to execute with focus
4	3	120	12 (3 each throw, x4 directions)	pause to execute with focus

Rest before next superset: 0