



In-season - Phase 1.1
Full 1 - Heavy



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

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

1	3	(4-6)	150						
2	3	(3-5)	150						
3	2	(3-5)	150						
4	3	(4-6)	150						

- Butt back, neutral spine, push through the heels
- Think about exploding out of the bottom of your squat

B. Deadlift

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

1	3	(4-6)	150						
2	3	(3-5)	150						
3	2	(3-5)	150						
4	3	(4-6)	150						

- Shoulders retracted.
- Spine neutral. Look at a spot on the floor about 5 feet in front of you.
- Get your hips back and chest over the bar
- Arms should be straight at the start of the lift
- Back remains flat as hips come forward and weight lifts up

C1. Barbell Bench Press

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

1	3	(4-6)	120						
2	3	(3-5)	120						
3	2	(3-5)	120						
4	3	(4-6)	120						

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

C2. Semi-supinated grip Pull-up

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

1	3	(4-6)	90						
2	3	(3-5)	90						
3	2	(3-5)	90						
4	3	(4-6)	90						

- "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.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Diagonal Squat and Reach

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

1	3	(10 -12)	60						
2	3	(9 -11)	60						
3	2	(8 -10)	60						
4	3	(10 -12)	60						

- Begin the repetition with your shoulders back and core engaged.
- Use a weight you can control through the entire range of motion.
- Aim for a spot on the floor outside the working leg
- Try to keep the nonworking leg off the ground between reps.
- Bring the upper body to a fully upright positions between repetitions

A2. Weighted Hip Thrust

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

1	3	(10 -12)	60						
2	3	(9 -11)	60						
3	2	(8 -10)	60						
4	3	(10 -12)	60						

- 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.

B1. Rotational Push-up

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

1	3	(10 -12)	60						
2	3	(9 -11)	60						
3	2	(8 -10)	60						
4	3	(10 -12)	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 push-up to increase difficulty

B2. One Arm One Leg Cable Row

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

1	3	(10 -12)	60						
2	3	(9 -11)	60						
3	2	(8 -10)	60						
4	3	(10 -12)	60						

- 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.

C1. Pallof Press and Hold

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

1	3	(10 -12)	60						
2	3	(9 -11)	60						
3	2	(8 -10)	60						
4	3	(10 -12)	60						

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

C2. Diagonal Plate Raise

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

1	3	(10 -12)	30						
2	3	(9 -11)	30						
3	2	(8 -10)	30						
4	3	(10 -12)	30						

- 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.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Plank Walk

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

1	3	5m and return	0						
2	3	6m and return	0						
3	2	7m and return	0						
4	3	8m and return	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.

A2. Side Plank with Hip Abduction

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

1	3	(8-10) each sid	0						
2	3	(9-11) each sid	0						
3	2	(10-12) each si	0						
4	3	(10-12) each si	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. Rowboat

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

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



In-season - Phase 1.1

Conditioning 1



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

1	1	0	10-16	40
2	1	0	12-18	40
3	1	0	14-20	40
4	1	0	16-22	40

Rest before next superset: n/a

- Run at about 75-80% of your full sprint speed for 20 seconds. Walk or rest for 40 seconds. This is one rep.
- The pace you are running should naturally have you landing on your forefoot.



In-season - Phase 1.1
Conditioning 2



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

1	1	0	5-8	40
2	1	0	6-9	40
3	1	0	7-10	40
4	1	0	8-11	40

Rest before next superset: n/a

- Run at about 75-80% of your full sprint speed for 20 seconds. Walk or rest for 40 seconds. This is one rep.
- The pace you are running should naturally have you landing on your forefoot.



In-season - Phase 1.1 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. One Foot Forward Hop into Marking Base

1	1	n/a	10 each foot	0
2	1	n/a	10 each foot	0
3	1	n/a	10 each foot	0
4	1	n/a	10 each foot	0

Rest before next superset: 30

- Hop forward off of one foot and land in your marking base.
- Hold for 2-5 seconds.
- Reset and repeat for 10 jumps off your left foot and 10 jumps off of your right foot.

B. Fast Feet Shuffle

1	4	60	10s in each direction	0
2	4	60	10s in each direction	0
3	4	60	10s in each direction	0
4	4	60	10s in each direction	0

Rest before next superset: 120

- Aim for as many ground contacts as possible
- Maintain a neutral spine position
- Weight should be over the midfoot or balls of the feet.

C. Fast Feet Shuffle

1	2	60	8 each direction	0
2	2	60	8 each direction	0
3	2	60	8 each direction	0
4	2	60	8 each direction	0

Rest before next superset: n/a

- Aim for as many ground contacts as possible
- Maintain a neutral spine position
- Weight should be over the midfoot or balls of the feet.



In-season - Phase 1.1 - SAQ 2



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Lateral Shuffle to Sprint

1	2	60	3 each direction	20
2	2	60	3 each direction	20
3	2	60	3 each direction	20
4	2	60	3 each direction	20

Rest before next superset: 120

- Alternate directions each rep,
- Stay low in the shuffle,
- Use a crossover step to turn your hips and orient yourself quickly in the direction of sprinting.

B. 3-Point Start

1	2	120	3 each foot leading	60
2	2	120	3 each foot leading	60
3	2	120	3 each foot leading	60
4	2	120	3 each foot leading	60

Rest before next superset: 120

- 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.

C. Low Squat Jump

1	2	60	10s	0
2	2	60	10s	0
3	2	60	10s	0
4	2	60	10s	0

Rest before next superset: n/a

- Get your butt low but chest up, maintaining a neutral spine.
- Stay low, with knee angle near 90 degrees.
- Think of lifting your knees quickly to your chest.
- Bounce with minimal ground contact time for the duration.



In-season - Phase 1.1 - Skills 1



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Flat Mark Shuffle - Forehand

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

Rest before next superset: n/a

- Set up three cones.
- The middle cone should be offset nearer the forehand side,
- such that you have further to cover when denying the backhand
- Focus on shuffling laterally along a flat mark plane.

B. Flat Mark Shuffle - Backhand

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

Rest before next superset: n/a

- Set up three cones.
- The middle cone should be offset nearer the backhand side,
- such that you have further to cover when denying the forehand
- Focus on shuffling laterally along a flat mark plane.



In-season - Phase 1.1 - Skills 2



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Stationary Reaching at Slow Pace

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

Rest before next superset: n/a

- Partner holds a disc and slowly fakes in each throwing lane
- Your goal is to stand in your athletic marking base

B. Reacting to Disc Fakes

1	5	30	10s	0
2	5	30	10s	0
3	5	30	10s	0
4	5	30	10s	0

Rest before next superset: 60

- Now reacting.
- Partner pivots out; you shuffle to one of outside cones.
- Reset each time before next rep.

C. Reacting - Live

1	3	60	10s	0
2	3	60	10s	0
3	3	60	10s	0
4	3	60	10s	0

Rest before next superset: n/a

- Your partner is now pivoting and faking quickly.
- You shuffle side to side while you are reaching.
- Work all the way through a 10 second stall count.