THE ULTIMATE ATHLETE PROJECT

by Ultimate Results





GET MORE SLEEP!

Schedules depending on training hours

A good schedule for the Taper

Day 1 Active rest (do something!) Go through one of the warmups if you don't know what to do.

Day 2 SAQ 1, Conditioning 1

Day 3 Lower, Core 1

Day 4 SAQ2, Conditioning 2

Day 5 Upper, Core 2

Day 6 tournament/practice

Day 7 tournament/practice

For those with time limitations...

5 days/hours per week

Day 1 Lower, Core 1

Day 2 SAQ 1, Conditioning 1

Day 3 Upper

Day 4 SAQ 2, Conditioning 2

Day 5 Extended warm-up/mobility work, Core 2

4 days/hours per week

Day 1 SAQ 1, Conditioning 1

Day 2 Lower, Core 1

Day 3 SAQ 2, Conditioning 2

Day 4 Upper, Core 2

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

Day 1 SAQ 1, Conditioning 1

Day 2 Lower, Core 1 Day 3 SAQ 2, Upper

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

Day 1 SAQ 1, Conditioning 1

Day 2 SAQ 2, Lower



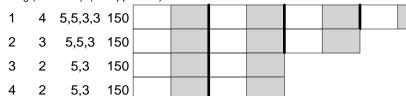
Taper - Phase 0 - Lower



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

A. High Pull from Hang

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



- Shoulders over bar.
- Hips back (like in a Romanian deadlift)
- Triple extension of ankles knees hips
- Keep elbows high to avoid having the bar hit you in the face

B1. Barbell Paused RFESS

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

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

- Back foot can be dorsiflexed or flat. whatever position is comfortable and stable is fine
- Pause at the bottom of the movement
- . Keep shoulders retracted, chest up, and a neutral spine
- Knee should track in line with the toes

B2. Low Squat to Scissor Jump

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

	, ,	, ,					
1	3	4	90				
2	3	4	90				
3	2	4	90				
4	1	4	90			•	

- 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.

B3. Accentuated Barbell RDL

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

_	•	,				
1	3	(8-10)	120			
2	3	(6-8)	120			
3	2	(5-7)	120			
1	1	(5-7)	120			

- 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.

C1. Stability Ball Hip Raise to Bridge

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

_		,				
1	3	(8-10)	60			
2	3	(8-10)	60			
3	2	(7-9)	60			
4	1	(7-9)	60			

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

C2. Wall Overhead ISO Squat

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

1	3	25s	60			
2	3	30s	60			
3	2	35s	60			
4	1	35s	60			

- Keep elbows locked out
- Knees near 90 degrees



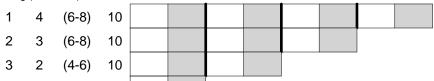
Taper - Phase 0 - Upper



				- 1							
week	sets	reps	rest	wt	reps	wt	reps	wt	reps	wt	reps

A1. Flat Barbell Bench

Timing (E-Is-C-IC): 4-0-1-0



- Shoulders flat on the bench.
- Keep shoulders retracted

A2. Speed / Clap Push-ups

10

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

(4-6)

_		, ,		 			
1	4	amrap	90				
2	3	amrap	90				
3	2	amrap	90				
4	1	amrap	90				

 Do as many pushups as possible. Be explosive! Do not pace yourself, go fast.

A3. 1/2 Typewriter Chin-up

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

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

- Maintain height during lateral motion
- Elbows in line with torso

B1. Stability Ball Incline DB Fly

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

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1	3	(8-10)	60				
2	3	(7-9)	60				
3	2	(6-8)	60				
1	1	(6-8)	60				

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

B2. Prone Flat Elbow Out DB Row

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

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1	3	(8-10)	60				
2	3	(7-9)	60				
3	2	(6-8)	60				
4	1	(6-8)	60				

 Think about squeezing your shoulder blades together at the top (retract the shoulders)

B3. Incline Y to T Raise

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

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1	3	(8-10)	60			
2	3	(7-9)	60			
3	2	(6-8)	60			
4	1	(6-8)	60			

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



Taper - Phase 0 - Core 1



week sets reps rest wt reps wt reps wt reps

A1. Stability Ball Ab Roll Out

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

	, ,	,			_		
1	3	(8-10)	0				
2	3	(6-8)	0				
3	3	(5-7)	0				
4	2	(6-8)	0				

- Engage the core and do not hyperextend the back
- Pause at the extended position

A2. Stability Ball DB Russian Twist

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

1	3	(8-10)	0			
2	3	(8-10)	0			
3	3	(8-10)	0			
4	2	(8-10)	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. Alt Leg Stability Ball Pull-In

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

· · · · · · · · · · · · · · · · · · ·									
1	3	(8-10)	0						
2	3	(6-8)	0						
3	3	(5-7)	0						
4	2	(6-8)	0						

- Left, right, both equals one rep.
- Return to a flat plank position every rep. Do not let the hips sag.
- Do as many reps as possible with both feet if this variation is too difficult.



Taper - Phase 0 - Core 2



wt reps wt reps week sets

A1. Pallof Press and Hold

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

1	3	3x 10s hold	0			
2	3	3x 12s hold	0			
3	3	3x 10s hold	0			
4	2	3x 10s hold	0			

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

A2. Low Cable Chop

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

	9 (= 10 0 10)1 0 0 10								
1	3	(10-12)	0						
2	3	(10-12)	0						
3	3	(8-10)	0						
	_	(0.40)	_						

- Keep arms straight
- Be powerful in the chop
- controlled returning the weight to the start

A3. Deadbug Leg-only Timing (E-Is-C-IC): 2-0-2-1

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

- Keep core engaged
- Attempt to keep the hips completely stationary while legs move.



Taper - Phase 0 Conditioning 1



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

A. 70% Sprint

1	(15-20)	30s	30s	0
2	(15-20)	30s	30s	0
3	(12-18)	30s	30s	0
4	(10-15)	30s	30s	0

Rest before next superset: n/a

• Sprint 30 seconds and then rest 30 seconds



Taper - Phase 0 Conditioning 2



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

A1. Shuttle with Throwing - Backhand

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

Rest before next superset: 0

Distances are 10, 20, 30 yards

A2. Shuttle with Throwing - Forehand

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

Rest before next superset: 120

Distances are 10, 20, 30 yards

B1. Skater Hops with cone touch

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

Rest before next superset: 60

- 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.

B2. Shuffle

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

Rest before next superset: 60

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



Taper - Phase 0 - SAQ 1



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

A. 5-10-5 Pro-lateral Drill

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

Rest before next superset: 120

- 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.

B. Zig-Zag Sprint

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

Rest before next superset: 0

You should be using the jab step







rest b/wn week sets sets

rest b/wn reps reps

A. Counter-movement Lateral Hops

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

Rest before next superset: 120

- Use your arms to generate height.
- Land softly between the cones.

B. 3-Point Start

1	4	60	15m	0
2	3	60	15m	0
3	3	60	15m	0
4	2	60	15m	0

Rest before next superset: 0

- 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.