

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



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.



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

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

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

- 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

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



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



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



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



Taper - Phase 0 - SAQ 2



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