

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

A good schedule for In-season Phase 2

Day 1	SAQ 1, Conditioning 1, Core 1
Day 2	Active rest (do something!) Go through one of the warmups if you don't know what to do.
Day 3	Upper, Core 2
Day 4	Lower
Day 5	SAQ 2, Conditioning 2
Day 6	tournament/practice
Day 7	tournament/practice

For those with time limitations...

5 days/hours per week

Day 1	Conditioning 1, Core 1
Day 2	SAQ 1
Day 3	Upper, Core 2
Day 4	Lower
Day 5	SAQ 2, Conditioning 2

4 days/hours per week

Day 1	Conditioning 1, Core 1
Day 2	Upper, Core 2
Day 3	Lower
Day 4	SAQ 2, Conditioning 2

3 days/hours per week

Ideally this would be MWF or Tuesday, Thursday, Saturday

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

2 days/hours per week

This is not going to get you far, but in case of emergency:

Day 1	SAQ 2, Conditioning 2
Day 2	Lower



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Front foot Elevated Paused Split Squat

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

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

- Push through the heel of your front foot
- Hips should move straight up and down
- Pause for 2 seconds at the bottom position
- Keep shoulders back and chest tall

A2. Split Squat Jump for Height

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

1	3	6 per leg	90						
2	3	6 per leg	90						
3	3	6 per leg	90						
4	3	6 per leg	90						

- Do reps PER LEG, ie 4 reps = 4 on each leg!
- Get low but do not let the back knee smash into the ground
- Jump as high as possible and switch which leg is forward mid-flight
- Arms can do whatever but using them as you would if running will likely feel most natural

B1. Weighted Hip Thrusts

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

1	3	(8-10)	30						
2	3	(7-9)	30						
3	3	(6-8)	60						
4	3	(5-7)	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.

B2. Goblet Squat

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

1	3	(8-10)	30						
2	3	(7-9)	30						
3	3	(6-8)	60						
4	3	(5-7)	60						

- Initiate the movement with hips going back
- Squat as deep as mobility allows while maintaining spine neutrality

C1. Russian Step-ups

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

1	3	(8-10)	30						
2	3	(8-10)	30						
3	3	(6-8)	30						
4	3	(6-8)	30						

- 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.

C2. Standing Hip Flexion

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

1	3	(6-8)	30						
2	3	(6-8)	30						
3	3	(8-10)	30						
4	3	(8-10)	30						

- Place foot on a box or bench that causes your knee to be close to 90 degrees.
- Keep your hips level for the duration of this exercise!
- Pull your leg straight up (it won't go very far) and hold for three seconds before lowering it back to the bench.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Paused Incline DB Bench Press

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

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

- During the pause at the bottom your pectorals should feel tension

A2. Speed / Clap Push-ups

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

1	3	(15-25)	90						
2	3	(15-25)	90						
3	3	(15-25)	90						
4	2	(15-25)	90						

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

B1. Wide Grip Pull-up

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

1	3	(8-10)	30						
2	3	(7-9)	30						
3	3	(6-8)	60						
4	3	(5-7)	60						

- Start with grip wider than shoulder width, palms facing toward you
- Squeeze shoulder blades together at the top

B2. Pullover

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

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

- Keep elbows at approximately the same angle throughout the movement
- As you lower the weight, you should feel a slight stretch in your lower pectoral muscles
- Squeeze your chest to initiate the movement and bring the weight above your face.
- Keep your hips up and core engaged for the duration of the set.
- At the end of your set, place the weight on the bench beside you or drop it to the floor after lowering it behind your head.

C1. Bow and Arrow

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

1	3	(7-9)	30						
2	3	(8-10)	30						
3	3	(9-11)	30						
4	3	(10-12)	30						

- If you imagine an archer, you will naturally do this exercise correctly.
- Stand up tall.
- Keep the elbow of the pulling arm up.
- Squeeze the shoulder blades together during the iso hold.

C2. Band Internal Rotations

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

1	3	(7-9)	30						
2	3	(8-10)	30						
3	3	(9-11)	30						
4	3	(10-12)	30						

- Keep elbow tight to the body.
- Keep shoulder retracted and chest up.
- Use a cable column if you have no bands. Alternatively you can use a light dumbbell and lie on your back.



week	sets	reps	rest	wt	reps	wt	reps	wt	reps
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A1. Inchworm

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

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

- Shoulders, hips, and ankles form a straight line at all times
- Walk your hands out, hold for two, walk back to a pushup position and hold for two.
- Put your feet against an immovable object as you perform this movement.

A2. Reverse Crunch

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

1	3	(6-8)	0						
2	3	(8-10)	0						
3	3	(10-12)	0						
4	3	(12-14)	0						

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

A3. Side Plank with Hip Abduction

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

1	3	(6-8)	0						
2	3	(8-10)	0						
3	3	(10-12)	0						
4	3	(12-14)	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.



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

A1. Kneeling Reverse Half Chop

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

1	3	(8-10)	0								
2	3	(9-11)	0								
3	3	(10-12)	0								
4	3	(11-13)	0								

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

A2. Kneeling Overhead Pallof Press

Timing (E-Is-C-IC): 10-1-2-1

1	3	20s	0								
2	3	25s	0								
3	3	30s	0								
4	3	35s	0								

- Knee closest to the cable column is bent
- Attempt to hold the cable handle straight above your head without leaning in either
- direction.

A3. Crunch and Reach

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

1	3	(9-11)	0								
2	3	(10-12)	0								
3	3	(11-13)	0								
4	3	(12-14)	0								

- maintain neutrality of lower spine by reaching UP instead of crunching toward your knees.



In-season - Phase 2 Conditioning 1



week	sets	rest b/wn sets	rest b/wn reps	reps
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A. Extended Pro-Lateral

1	3	90	1	n/a
2	3	90	1	n/a
3	3	90	1	n/a
4	3	90	1	n/a

Rest before next superset: 120

- Sprints of various lengths with changes of direction
- (see pdf file for exact distances each week)

B. Zig-Zag Sprint

1	3	90	1	n/a
2	3	90	1	n/a
3	3	90	1	n/a
4	3	90	1	n/a

Rest before next superset: n/a

- You should be using the jab step



In-season - Phase 2 Conditioning 2



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

1	n/a	n/a	2	90
2	n/a	n/a	2	90
3	n/a	n/a	2	90
4	n/a	n/a	2	90

Rest before next superset: 0

- Distances are 10, 20, 30 yards

B. Shuttle with Throwing - Forehand

1	n/a	n/a	2	90
2	n/a	n/a	2	90
3	n/a	n/a	2	90
4	n/a	n/a	2	90

Rest before next superset: 120

- Distances are 10, 20, 30 yards

C. Marking and Pivoting

1	n/a	n/a	2x 20s	60
2	n/a	n/a	2x 20s	60
3	n/a	n/a	2x 20s	60
4	n/a	n/a	2x 20s	60

Rest before next superset: n/a



In-season - Phase 2 - SAQ 1



week	sets	rest b/wn sets	reps	rest b/wn reps
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A. Low Squat to Scissor Jump to Sprint

1	6	60	1 each leg, 15m cut	0
2	6	60	1 each leg, 15m cut	0
3	6	60	1 each leg, 20m cut	0
4	6	60	1 each leg, 20m cut	0

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. Tuck Jump

1	2	90	6	0
2	2	90	6	0
3	2	90	6	0
4	2	90	6	0

Rest before next superset: 0

- Bring knees UP to the chest, not the chest down to the knees.
- Use your arms to increase your jump height
- Land softly and minimize ground contact time
- Attempt to land in the same spot from which you took off.



In-season - Phase 2 - SAQ 2



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

1	2 each direction	90	1, cut 15m	0
2	2 each direction	90	1, cut 15m	0
3	2 each direction	90	1, cut 20m	0
4	2 each direction	90	1, cut 20m	0

Rest before next superset: 120

- 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.

B. Waltz Agility to Cut

1	2 each direction	90	1, cut 15m	0
2	2 each direction	90	1, cut 15m	0
3	2 each direction	90	1, cut 20m	0
4	2 each direction	90	1, cut 20m	0

Rest before next superset: 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.