# THE ULTIMATE ATHLETE PROJECT

by Ultimate Results





#### **Objective**

This is the last Strength Focused phase with a bit of an emphasis on strength endurance.

#### Schedules depending on training hours

#### A good schedule for Off-season Phase 5

Day 1 Lower 1

Day 2 Upper 1, Core Circuit 1

Day 3 Conditioning 1

Day 4 Lower 2, Core 2

Day 5 Upper 2

Day 6 SAQ, Conditioning 2

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 Lower 1

Day 2 Upper 1, Core Circuit 1

Day 3 SAQ, Conditioning 2

Day 4 Lower 2, Core 2

Day 5 Upper 2

#### 4 days/hours per week

Day 1 Lower 1

Day 2 SAQ, Conditioning 2, Core Circuit 1 if time permits

Day 3 Lower 2, Core 2

Day 4 Upper 2

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

Day 1 Lower 1
Day 2 Upper 2

Day 3 Lower 2, Core 2

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

Day 1 Lower 1

Day 2 Upper 2

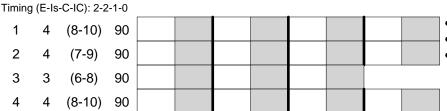


#### Off-season - Phase 5 - Lower 1



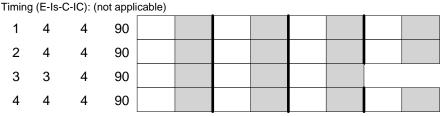
week sets reps rest wt reps wt reps wt reps wt reps

#### A1. Barbell Paused RFESS



- 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

#### A2. Split Squat Jump for Height



- 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. Barbell Single Leg SLDL**

Timing	(E-Is	-C-IC): 3-0	-1-0			_	
1	3	(8-10)	90				
2	3	(7-9)	90				
3	2	(6-8)	90				
1	3	(8-10)	an				

- Maintain a neutral spine. This is more important than how low
  you go!
- Start with the knee of the foot on the ground slightly bent and keep the same angle throughtout the movement.
- Lower the weight until you feel tension in the hamstring
- Hips should move back as you lower the weight.
- Contract the glute/hamstring to push your hip forward as you stand up.
- Do not touch the other leg to the ground at any time if you can help it
- Stepilagkswith one legither not let youther entire the ground
- Explosively step forward again using primarily the front leg
- Keep the back foot off the ground when you stand up again if possible
- Do all reps on one leg first and then the other

# B2. Backward DB Lunge

1 111111119	( 13	0 10). 5 0	1 2		_	_	
1	3	(8-10)	90				
2	3	(7-9)	90				
3	2	(6-8)	90				
4	3	(8-10)	90				

# C1. Stability Ball Hip Ext. to Lying Leg Curl

Timing	iming (E-Is-C-IC): 2-0-2-3												
1	3	(4-6)	90										
2	3	(4-6)	90										
3	2	(4-6)	90										
4	3	(4-6)	90										
						,		•					

- Use your glutes/hamstrings and keep the spine neutral (do not arch your back to get the hips up)
- Keep your hips up and envision a straight line between knees
  and shoulders.
- The exercise can be done with one leg at a time if two legs is not challenging

# C2. Romanian Rhythm Squat

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

	, -	/ (		 		
1	3	50	90			
2	3	50	90			
3	2	50	90			
4	3	50	90			

- Neutral spine, knees in line with toes
- Alternate ten reps of quarter squats with ten reps of quarter squats to up on your toes
- This means you will do 30 regular quarter squats and 20 quarter squats to up on toes total
- Choose a weight that would be approximately what you could use for regular back squats for 10-12 reps (This is an estimate to help you know where to start. Your final weight choice may vary)
- You will not go to failure on this exercise. Stay fast.



## Off-season - Phase 5 - Lower 2



week sets reps rest wt reps wt reps wt reps

### A1. Russian Step-ups

- Find a rhythm, be explosive, drive the knew up!
- Use the foot on the bench to initiate and drive the movement. Do not "bounce" off the foot landing on the ground.

#### A2. Squat to Press

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

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

- Find a rhythm and move quickly
- Aim for parallel in the squats
- The press should move continuously with momentum coming from the squat

### **B1. DB King Squat**

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

-	•	,			_		
1	3	(8-10)	90				
2	3	(8-10)	90				
3	2	(8-10)	90				
4	3	(8-10)	90				

- First part of the exercise is a pendulum RDL. Keep knee at about 10 degree bend. Get the back leg's thigh close to parallel.
- On one leg squat down getting the weight close to (but not touching) the ground. Attempt to keep the rest of the body frozen in the RDL position
- Keep your back flat and shoulders retracted through the whole exercises
- (Note that some of my demo reps are better than others. :-)

  Hopefully you get the idea. This one's new for me too. Good luck!)

**B2. 45 degrees Walking DB Lunge** Timing (E-Is-C-IC): 1-0-1-0

9	(0	0 .0) 0				
1	3	(8-10)	90			
2	3	(8-10)	90			
3	2	(8-10)	90			
4	3	(8-10)	90			

- Keep toes and hips forward. Lunge diagonal to the forward direction.
- It may become difficult to hold the dumbells. You can either think of this as grip strength training or use straps. Pretty sure you can get straps for less than \$15 at most sporting goods stores.



# Off-season - Phase 5 - Upper 1



week sets reps rest wt reps wt reps wt reps

### A1. Paused Incline DB Bench Press

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

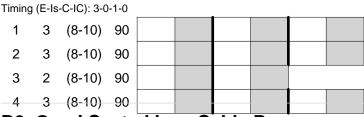
## A2. Speed / Clap Push-ups

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

1	3	AMRAP	120			
2	3	AMRAP	120			
3	2	AMRAP	120			
4	3	AMRAP	120			

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

# **B1. Low Incline to Flat Omni Semi-sup DB Press**



 8-10 reps of low incline db press followed immediately by 8-10 reps of flat db press

#### **B2. Omni Seated Low Cable Row**

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

9	, (= .0	0 .0). 2 0			_		
1	3	(8-10)	90				
2	3	(8-10)	90				
3	2	(8-10)	90				
4	3	(8-10)	90				

- retract (squeeze together) shoulder blades at the end of this motion
- 5 seconds between each type-elbows wide, palms up albows in, neutral grip



# Off-season - Phase 5 - Upper 2



week sets reps rest wt reps wt reps wt reps

#### A1. Low Incline Paused DB Row

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

1	3	(10-12) 90			
2	3	(10-12) 90			
3	2	(10-12) 90			
4	3	(10-12) 90			

 Really squeeze your shoulder blades together at the top as you hold for 2 counts

## A2. Flat DB Bench with Iso Hold

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

_	,	•			
1	3	(10-12) 90			
2	3	(10-12) 90			
3	2	(10-12) 90			
4	3	(10-12) 90			

- Reps with non-dominant arm first.
- Opposite arm holds at the 1/2 rep position until all reps are complete.
- Then rep with dominant arm while non-dominant arms holds the 1/2 rep postion.

#### **B1. Side Plank Cable Row**

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

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

- Maintain a solid side plank position
- Pull the cable and retract the shoulders as far back as possible.
   Think about squeezing the shoulder blades together.

## **B2. Rotational Push-up**

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

1	3	(8-10)	60			
2	3	(8-10)	60			
3	2	(8-10)	60			
4	3	(8-10)	60			

- Maintain perfect plank position throuhgout the movement
- Use weights light enough that you can keep arms straight during rotation
- Add a quarter rep at the bottom of the pushup to increase difficulty

# **B3. Plate Drop**

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

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1	3	12s	60				
2	3	12s	60				
3	2	12s	60				
4	3	12s	60				

• Drop and catch the weight



# Off-season - Phase 5 - Core 1



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	(6-8)	0			
2	3	(7-9)	0			
3	3	(8-10)	0			
4	3	(9-11)	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. Oblique Bridge

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

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

 Contract your obliques to raise your hip from the floor to a side plank position.

#### A3. Rowboat

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

9	(1-13	0 10). 2 1	- '	 	 	
1	3	(7-9)	0			
2	3	(8-10)	0			
3	3	(9-11)	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.



## Off-season - Phase 5 - Core 2



reps week sets

# A1. Pallof Press and Hold

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

1	3	10s	0			
2	3	12s	0			
3	3	15s	0			
4	3	18s	0			

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

# A2. Low Cable Chop

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

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

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

# **A3. Barbell to Body Weight Crunch** Timing (E-Is-C-IC): 1-0-1-0

9						
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
- Feet are under a bench for stability but avoid using your legs/hip



# Off-season - Phase 5 Conditioning 1



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

# A. 80% Sprint

1	(4-6)	40s walking	110m	0
2	(5-7)	40s walking	110m	0
3	(5-7)	40s walking	110m	0
4	(5-7)	40s walking	110m	0

Rest before next superset: 60

# B. 160 Shuttle (4x 40m)

1	3	90	4 x 40m	0
2	3	90	4 x 40m	0
3	3	90	4 x 40m	0
4	3	90	4 x 40m	0

Rest before next superset: 120

# C. 80% Sprint

1	(4-6)	40s walking	110m	0
2	(4-6)	40s walking	110m	0
3	(5-7)	40s walking	110m	0
4	(6-8)	40s walking	110m	0

Rest before next superset: 0



# Off-season - Phase 5 Conditioning 2



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

# A. Zig-Zag Sprint

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

Rest before next superset: 90

You should be using the jab step

# B. Forward, Back, Spin Sprint

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

Rest before next superset: 90

# C. Figure 8 Sprint

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

Rest before next superset: 0

- Attempt to cut on the inside foot rather than the outside foot (like in the iab step).
- To use the inside foot, you will likely slow down a bit before the cone and "switch your hips"



## Off-season - Phase 5 - SAQ



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

# A. Single Leg Line Hop

1	2	60	10m	0
2	2	60	10m	0
3	2	60	10m	0
4	2	60	10m	0

Rest before next superset: 120

- Focus on staying light and quick on your feet.
- Grount contact should be on the balls of your feet.

# **B.** Low Run to Sprint

1	3	90	3s,10m	0
2	3	90	3s,10m	0
3	3	90	3s,10m	0
4	3	90	3s,10m	0

Rest before next superset: 120

- Stay in the althetic position.
- Move quickly and lightly on the balls of your feet.
- Center of mass should remain at constant height (do not bob up and down)

# C. Jab Step Agility to Cut

1	2 each direction	90	10m jab step, cut 10m	0
2	2 each direction	90	10m jab step, cut 10m	0
3	2 each direction	90	10m jab step, cut 10m	0
4	2 each direction	90	10m jab step, cut 10m	0

Rest before next superset: 120

- Focus on good quality of movement.
- Move more quickly and more powerfully as you become more comforatable with the movement pattern.
- Work on a strong push off the outside foot.

# D. Waltz Agility to Cut

1	2 each direction	90	10m waltz, cut 10m	0
2	2 each direction	90	10m waltz, cut 10m	0
3	2 each direction	90	10m waltz, cut 10m	0
4	2 each direction	90	10m waltz, cut 10m	0

Rest before next superset: 0

- Focus on good quality of movement.
- Move more quickly and more powerfully as you become more comforatable with the movement pattern.
- Work on movement of the hips and a strong push off the inside foot.