

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Schedules depending on training hours

In this phase we are preparing for the harder work ahead, and becoming familiar with new exercises and techniques.

A good schedule for the Preparation Phase:

Day 1	Core Circuit 1 + Linear Conditioning
Day 2	Core Circuit 2 + Strength Day 1
Day 3	SAQ 2 + Lateral Conditioning
Day 4	Strength Day 2
Day 5	SAQ 1 + Linear Conditioning
Day 6	Core Circuit 1 + Lateral Conditioning

For those with time limitations:

5 days/hours per week alternating weekly with

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 1 + Linear Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Lateral Conditioning
Day 5	SAQ 1 + Linear Conditioning

5 days/hours per week

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 2 + Lateral Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Linear Conditioning
Day 5	SAQ 2 + Lateral Conditioning

4 days/hours per week alternating weekly with

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 1 + Linear Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Lateral Conditioning

4 days/hours per week

Day 1	Core Circuit 2 + Strength Day 1
Day 2	SAQ 2 + Lateral Conditioning
Day 3	Strength Day 2
Day 4	Core Circuit 1 + Linear Conditioning

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

Day 1	Core Circuit 1 + Strength Day 1
Day 2	Core Circuit 2 + Strength Day 2
Day 3	SAQ and Conditioning of your choice

2 days/hours per week - This is never ideal, but possibly if you're a busy college student in season

Day 1	Core Circuit 1 + Strength Day 1
Day 2	Core Circuit 2 + Strength Day 2