

THE ULTIMATE ATHLETE PROJECT

by Ultimate Results



Conditioning, Preparation Phase

In our preparatory conditioning we're going to start at the very beginning and build gradually. There is a linear day and a lateral day. The linear or lateral warmup should precede these workouts. You should do conditioning at least 3 times per week (up to five times per week if you want) alternating linear and lateral days. These workouts are short enough to do after a lifting session if necessary.

Week 1

Linear

Exercise	Work	Rest	Reps
Run at 80% sprint speed	20 seconds	40 seconds walking	8 to 10

Week 2

Linear

Exercise	Work	Rest	Reps
Run at 80% sprint speed	20 seconds	40 seconds walking	10 to 12

Week 3

Linear

Exercise	Work	Rest	Reps
Run at 80% sprint speed	20 seconds	40 seconds walking	12 to 14

Week 1

Lateral

Exercise	Work	Rest	Reps
Skater hops	30 seconds	90 seconds	3 to 4

Week 2

Lateral

Exercise	Work	Rest	Reps
Skater hops	30 seconds	90 seconds	4 to 5

Week 3

Lateral

Exercise	Work	Rest	Reps
Skater hops	30 seconds	90 seconds	5 to 6