

Sample Ultimate Workout

The program is going to be bodyweight based and this workout is just a starting point. Always be looking to add things that you feel you need and take things out that aren't working for you. That being said, you need to do something for at least a month to know if it going to work for you, so don't spend a few weeks on one thing, then switch because you aren't getting the desired results. Improving strength, speed, explosiveness and overall fitness does not happen overnight and takes dedicated focus towards reaching your goals.

Program 1. Bodyweight only. This program is designed to be done in the month or two prior to the beginning of your season, not mid-season.

- Each session starts with some sort of exercise to get your heart rate up (jog, jump rope, bike, etc..)

- Dynamic warmup (knee hugs to chest, quad pullbacks, inch worms, lunges, shuffles, high knees, butt kicks, frankensteins, drinking birds, etc..) You should be at least a bit sweaty and out of breath during and after your dynamic warmup.

Monday;

Plyos -

- *tuck jumps - 3 sets of 10
- * power skips - 3 sets of 20 yards
- * broad jumps - 3 sets of 20 yards
- * single leg bounding - 2 sets of 20 yards (2 each leg=4 total)
- * double leg bounding - 3 sets of 20 yards
- * standing jumps - 2 sets of 10 reps (jump up and try and touch a high point from a standstill position, rebounding and jumping back up each time as fast as possible)
- * calf jumps - 3 sets of 20
- * accelerations - 2 sets of 5 (begin sprinting at 3/4 speed and work up to 100%, as soon as you hit 100% and slow to 3/4, repeat)

Rest for 10-15 minutes

Conditioning -

* Miracle mile - on a track (if on a field, mark out a couple cones 100 yards apart) If on a track, you are going to sprint the straights and slowly jog the curves for 4 laps (1 mile) If you are using cones, sprint for 100 yards, slowly jog 100 yards.

Full stretch.

Tuesday;

Conditioning - A few options here.

- *Go for a brisk 20-25 minute run
- * Go for an interval run. Do a warmup jog of 2-3 minutes, then run as hard as you can for 15 seconds, slowly jog for 45 seconds. Repeat 6-10 times.
- * Hill sprints - Go find a big hill, set a goal and run up it for that number of times. Try and set your rest time to 2 minutes or less. A favorite of mine is a ladder downwards (4 reps, 3 reps, 2 reps, 1 rep, with a bit of extended reset between each set.)

Pushups; as many sets as it takes to get to 100

Situps; as many sets as it takes to get to 100 (full situps, row boats, v-ups, any ab exercise that makes you work hard. look up some more online)

Full stretch.

Wednesday;

Plyos - Same as Monday

Conditioning - 100 yard sprints x 10 (as little rest as possible. this is not going to increase your overall speed, it will work to improve your work capacity.)

Full stretch

Thursday;

Speed - Go through this twice. Get almost full recovery between each set and rep

- * 10 yard sprint x 4

- * 10 yard sprint to 5 yard sprint in opposite direction x 4

- * 20 yard sprint x 4

Strength -

- * bodyweight squats - 3 sets of 20

- * squat jumps - 3 sets of 10

- * pushups - 4 sets of 10

- * ab exercise - 4 sets of 20

- * lunges - 4 sets of 30 (15 each leg, walking forward)

Full stretch

Friday;

Plyos - Same as Monday

Conditioning - Repeat this circuit 5 times

- * 20 mtn climbers (10 each leg)

- * 50 yard sprint

- * 10 up downs (a burpee without the pushup)

- * 50 yard sprint

Full stretch.

Saturday or Sunday -

- Speed, same as Thursday

- Go for a moderately paced 20-25 minute run.

Full stretch both days.