

Freshmen
Off Season Movement/Power/Conditioning (Home)



DAY 1

DAY 2

DAY 3

DAY 4

PREP				PREP				PREP				PREP			
Foam Roll	Glutes, Hamstrings, Low Back, Upper Back, Lats, Hip Flexors, Quads, Adductors	x5 each		Foam Roll	Glutes, Hamstrings, Low Back, Upper Back, Lats, Hip Flexors, Quads, Groin	:20 each		Foam Roll	Glutes, Hamstrings, Low Back, Upper Back, Lats, Hip Flexors, Quads, Groin	:20 each		Foam Roll	Glutes, Hamstrings, Low Back, Upper Back, Lats, Hip Flexors, Quads, Adductors	x5 each	
Roller Stretch	Hamstring, Groin, Glute, Hip Flexor, 1/2 Quad, Lat, Pec	:20 each		Roller Stretch	Hamstring, Groin, Glute, Hip Flexor, 1/2 Quad, Lat, Pec	:20 each		Roller Stretch	Hamstring, Groin, Glute, Hip Flexor, 1/2 Quad, Lat, Pec	:20 each		Roller Stretch	Hamstring, Groin, Glute, Hip Flexor, 1/2 Quad, Lat, Pec	:20 each	
Mobility/ Activation	Spiderman, into Glute Stretch	x3 each		Mobility	3 Way Lunge	5 Each		Mobility	3 Way Lunge	5 Each		Mobility/ Activation	Spiderman, into Glute Stretch	x3 each	
	Wall Slide	x10			Leg Swings	5 Each			Leg Swings	5 Each			Wall Slide	x10	
					Toe Touch Squat w/ Rotation	x3/3			Toe Touch Squat w/ Rotation	x3/3					
				Activation	Standing Band Hip Flexor Lift	2x:5 each		Activation	Standing Band Hip Flexor Lift	2x:5 each					
					Band In and Outs	10 each			Band In and Outs	10 each					
Dynamic	Lateral Skip	Ladder:		Dynamic	Bear Crawl Forward	St. Leg Skip		Dynamic	Bear Crawl Forward	St. Leg Skip		Dynamic	Lateral Skip	Ladder:	
	Cross Over Skip	Icky Shuffle Forward			Bear Crawl Backward	Pogo Jumps Forward			Bear Crawl Backward	Pogo Jumps Forward			Cross Over Skip	Icky Shuffle Forward	
	Shuffle	Icky Shuffle Backward			Spiderman Crawl	Single Leg Pogo Jumps			Spiderman Crawl	Single Leg Pogo Jumps			Shuffle	Icky Shuffle Backward	
	Carrioca	Cross Over Forward			Foot Grab and Lean	Ankle Skips			Foot Grab and Lean	Ankle Skips			Carrioca	Cross Over Forward	
	Lateral Cross Behind	Cross Over Back			SLDL	Bounce Skips			SLDL	Bounce Skips			Lateral Cross Behind	Cross Over Back	
	Lateral Cross In Front	Skier Hop			St. Leg March	Bound/Bound/Sprint x2			St. Leg March	Bound/Bound/Sprint x2			Lateral Cross In Front	Skier Hop	
Movement/Power Training				Movement/Power Training				Movement/Power Training				Movement/Power Training			
Movement/Power Circuit	Cross Over Quick	x3 each		Speed Development	Lean/Fall/Run	x8		Speed Development	Lean/Fall/Run	x8		Movement/Power Circuit	Lateral Bound- 1-2 Quick	x2 each	
	Med Ball Step and Rotate Slap Shot Throw	x4 each									Med Ball Step and Rotate Slap Shot Throw		x4 each		
Plyometrics	1 Leg Medial/Lateral Hurdle Hop- Stick	x3 each		Plyometrics	2 Leg Hurdle Jump- Stick	x4		Plyometrics	1 Leg Linear Hurdle Hop- Stick	x3 each		Plyometrics	Diagonal Bound- Stick	x3 each	
Sled	Sled Cross Over March	Down/Back		Medball/Sled	Wall Slam	x4		Medball/Sled	Wall Slam	x4		Sled	Sled Cross Over March	Down/Back	
					Sled March (10 yards aggressive)	1 way			Sled March (10 yards aggressive)	1 way					
4 Laps				4 Laps				4 Laps				4 Laps			
Lift (See Sheet)				Lift (See Sheet)				Lift (See Sheet)				Lift (See Sheet)			
Conditioning				Conditioning				Conditioning				Conditioning			
Bike	Distance	Reps/ week	workrest	Run	Distance	Reps/ week	workrest	Run	Distance	Reps/ week	workrest	Bike	Distance	Reps/ week	workrest
Weeks 1/2/3	1mile (or 2:30 if not on our bikes)	2,3,4	1:1	Weeks 1/2/3/4	120 Shuttle (20 yards)	4,5,6,7	1:2	Week 1/4 BIKE	10/20 x8	2 sets	1:1	Weeks 1/2/3	1mile (or 2:30 if not on our bikes)	2,3,4	1:1
Weeks 4	3mile (or 7min if not on our bikes)	1	n/a	Weeks 5/6	160 Shuttle (20 yards)	4,5	1:2	Weeks 2/3	100 Shuttle (20 yards)	4,5	1:2	Weeks 4	3mile (or 7min if not on our bikes)	1	n/a
Weeks 5/6	.5mile (or :45 if not on our bikes)	4,5	1:2					Weeks 5/6	120 Shuttle (20 yards)	3,4	1:2	Weeks 5/6	.5mile (or :45 if not on our bikes)	4,5	1:2
Recovery				Recovery				Recovery				Recovery			
Nutrition/Hydration	Carb/Protein Drink, Meal w/in 2 hours, low carbs for fat loss, moderate carbs for wt. gain, protein centered, fruit/veggies for anti-inflammation			Nutrition/Hydration	Carb/Protein Drink, Meal w/in 2 hours, moderate carbs for fat loss, high carbs for wt. gain, protein centered, fruit/veggies for anti-inflammation			Nutrition/Hydration	Carb/Protein Drink, Meal w/in 2 hours, moderate carbs for fat loss, high carbs for wt. gain, protein centered, fruit/veggies for anti-inflammation			Nutrition/Hydration	Carb/Protein Drink, Meal w/in 2 hours, low carbs for fat loss, moderate carbs for wt. gain, protein centered, fruit/veggies for anti-inflammation		
Muscular	LAX Ball Trigger Points, Partner or Comfort Stretch			Muscular	Foam Roll, Roller Stretch			Muscular	Foam Roll, Roller Stretch			Muscular	LAX Ball Trigger Points, Partner or Comfort Stretch		
Metabolic/Nervous System	Contrast Shower			Metabolic/Nervous System	Feet Elevated Breathing, Cold Tub, Relaxing Music			Metabolic/Nervous System	Feet Elevated Breathing, Cold Tub, Relaxing Music			Metabolic/Nervous System	Contrast Shower		