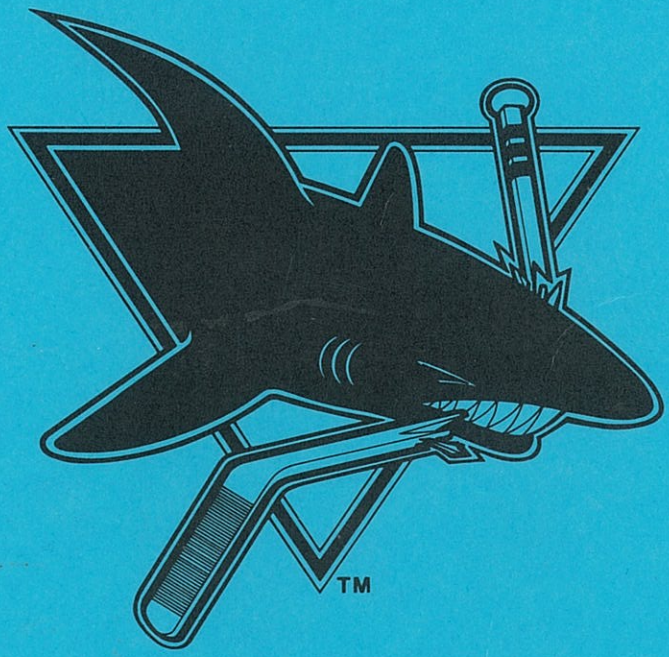
Steve Myrland
Myrland sports Training, LLC
2224 Pleasant View Road #6
Middleton, WI 53562



SAN JOSE SHARKS
OFF-SEASON
TRAINING PROGRAM

SAN JOSE SHARKS
OFF-SEASON
TRAINING PROGRAM

1994

by STEVE MYRLAND

Copyright © 1994 - San Jose Sharks

All rights reserved. No part of this book may be used or reproduced in any form or by any means, or stored in a database or retrieval system, without prior written permission of the author except in case of brief quotations in critical articles or reviews. Making copies of any part of this book for any purpose is a violation of the United States copyright laws.

For information, address:
Steve Myrland
c/o San Jose Sharks
525 West Santa Clara Street
San Jose, CA 95113

Photo credits: Don Smith; San Jose Sharks

I gratefully acknowledge the assistance and kindness of Vern Gambetta, of the Chicago White Sox, mentor and friend, for his advice on--and enthusiasm for--helping people train better.

Thanks, also to Jim Young for eleventh hour production assistance on an enormous scale.

This book is dedicated to the SHARKS; to Kellie; and to Kim, Paul and the gang at PASTA MOON.

Steve Myrland
Sunday, May 1, 1994
Toronto*

*On the eve of the first game of the second round of the Stanley Cup Playoffs.

NOTE:

This program is designed and intended for professional hockey players and is not appropriate for younger, developmental athletes; nor is it meant for use as a general fitness program. Those not accustomed to the physical demands of professional ice hockey could be injured attempting to follow this program.

ALSO NOTE:

Players recovering from injuries, or dealing with chronic, physically limiting conditions, should consult with the team physicians and trainers before beginning any off-season conditioning program to be certain they are not compromising their rehabilitation potential.

CONTENTS

INTRODUCTION		1
EQUIPMENT NEEDS		3-4
EXPLANATIONS:		
WARMING UP		5
CONDITIONING PROGRAMS :	sustained, extensive and intensive tempo;	6
	heart-rate goals and recovery;	7
	competition as conditioning;	8
CIRCUIT TRAINING		8
JUMP-SQUAT AND LEG-CIRCUIT PROGRESSIONS		9
WEEKLY TRAINING SCHEDULES AND STRENGTH TRAINING PROGRAMS:		
WEEK # 1		10-11
WEEK # 2		12-13
WEEK # 3		14-17
WEEK # 4		18-21
WEEK # 5		22-24
WEEK # 6		26-27
WEEK # 7		28-29
WEEK # 8		30-33
WEEK # 9		34-37
WEEK # 10		38-40
WEEK # 11		42-43
REST / PAUSE (Description)		45
WEEK # 12		46-47
WEEK # 13		48-49
WEEK # 14		50-51
SPEED - POWER - AGILITY (SPA 1 - 10) PROGRAMS:		
WARM-UP EXERCISES		52
SPA - 1		53
SPA - 2		54
SPA - 3		55
SPA - 4		56-57
SPA - 5		58
SPA - 6		59
SPA - 7		60
SPA - 8		61
SPA - 9		62
SPA - 10		63
EXERCISE CATALOG:		
G-curl & press 1 - 2 - 3 - 4		64-67
bent-over rows		68
single-arm dumbell rows		69
bar row-ups		70
forward lunge & twist		71
forward lunge		72
one-leg lunge		73
one-leg squat		74
duck-walk lunge		75
walking lunges		76
forward box step-ups		77
lateral box step-ups		78
one-leg tuck-jumps		79
jump-squats		80

CONTENTS (continued)

10 / 15 kg plate-x 1 - 2 - 3 - 4 - 5 - 6	80-86
3kg med-ball series	87-93
4kg med-ball full body-throw series	94-98
inclined plane series	99-102
8-count calisthenic	104
hanging leg-ups	106
suppleness series	107-115
stretching program	116-127
CHARTS AND RECORDS	
daily resting heart-rate & body weight record	128-129
1-25 rep maximum / percentage conversion charts	131
Conversion chart (pounds)	132-133
Conversion chart (kilos)	134-135

INTRODUCTION

This is a fourteen week training program designed to improve suppleness, strength, stamina, power, speed, and durability by emphasizing variety in the physical demands it imposes on the body. The idea is to maximize a player's ability to withstand the rigors of an extremely long and arduous season. The goal is a body that is fully *adaptable* to anything, rather than fully *adapted* to a few things. That is why the program uses simple equipment and stresses *structural* exercises (involving multiple muscle groups and joints, and requiring balance and control) rather than single-muscle, single-joint, isolation exercises.

Given the improbability of having regular training opportunities once the NHL season begins, off-season preparation becomes essential to your survival. Remember: every injury--however minor--has the potential to limit your playing career. This league is not designed with the health and long-term earning potential of players in mind; it is an unrelenting grind of practice, competition, and travel. Few players can afford to sit and watch games from the stands while their injuries heal and someone else takes their spot in the line-up. There is a certain inevitability to the bumps, bangs and bruises of playing hockey at this level; however, the majority of pulled muscles, the loss of speed and mobility, and the damage to joints that comes from failing to develop and maintain strength and suppleness are all conditions that should be seen by players as preventable. That is what the off-season is all about.

There are several mini "cycles" incorporated into the fourteen weeks of the program. Each is designed to add to your endurance, strength, and power to help you perform better--and last longer. I have "compartmentalized" the elements of the plan to make it easy to follow. You will find the schedule for each week (including the weight training programs) all together on facing pages. The conditioning programs are on the schedule page; the weight training workouts are on the opposite page; and the speed - power - agility programs are numbered (1-10) and on separate pages (see the contents page to find the one you need). Additionally, I have included an "exercise catalog" with explanations and photo-illustrations of many of the exercises (especially the "weird" ones) in the program.

I have also listed a few items of equipment I feel are essential, and included catalogs and information to help you locate these. It is assumed you will have access to an adequate weight-room (you'll need dumbells; barbells; chinning and dip bars; a bench; a squat rack; and a lat pull-down machine). Everything else you can find outside: a couple of hills to run up and down; a football or soccer field; a track; a concrete wall to bounce medicine-balls against; and, occasionally, a training partner. Be creative where you have to.

Finally, let me strongly recommend that you take a pencil along with you to the gym--whatever program you decide to follow--to accurately record the work you do. Write down the amount of weight you use and whether or not you are

successful in lifting it for the required number of repetitions; make a short note of how you feel each day; what time you trained, and anything else you can think of that may affect your training. *You cannot know if you are making progress unless you have numbers and notes to refer to when you try to evaluate your work.*

Please call me if you have questions, problems, or concerns. You can reach me by leaving a message on my voice-mail at the San Jose Arena. The number is: (408) 999 5891. I am at your service. Good luck.

Steve Myrland-

EQUIPMENT

(You're going to need a few things)

The following items are those which I consider *essential* to the success of the program. I have included the M-F ATHLETIC catalog, and listed the page and item numbers where applicable; and I have made suggestions on how to make; where to find; and how much to pay for things not available through M-F.

jump-rope (I like the new SUPER ROPE [plastic-coated cable, good handles and very fast] from M-F: page 23; item # 5086; 5087; or 5088 [be sure to buy the correct length]; price: $19.95)

two medicine-balls The ones to get are called CONVERTA-BALLS (M-F catalog, page 4; item #'s 2152 & 2153 [the 3kg and 4kg weights]; price: $64.95 and $79.95). These are bouncy and durable and they are a good size for the kind of work prescribed.

heart-rate monitor The POLAR "EDGE" seems a good choice, but you can find them with more "bells-and-whistles" if you want. (M-F catalog: page 21; item # 3140; price: $164.95

rubber tubing Any of the commercially available rubber exercise cords will work; The stronger the better (and safer). I like the VIPER, (M-F catalog: page 9; item # 3194; Price: $54.95); it's quality tubing with a good waist-belt.

resistance harness The SprintResistor. With it, you can drag an old truck-tire behind you for resisted running--if you can't find a good hill to run up (that could be a problem for the wheat farmers on the team, you know). (M-F catalog: page 8; item # 3180; price: $39.95)

two boxes (for step-ups and plyometric work) Make these (or have them made for you). Make them out of 3/4" plywood and 2x4's for bracing, and make them in the following dimensions: tops: all 24" x 24"; sides 24" long x 12" high for one box; and 24" long x 16" high for the other.

sand-tube(s) These are cheap, easy to make, and invaluable. Buy a *new* inner-tube [car-tire size] new tubes are cheap and *clean*). Cut the tube through on both sides of the valve-stem; fill it with sand until it weighs between 35 and 50 lbs; then tie it off with tape (like a sausage) so the sand is centered in the middle (but not packed too tightly: you want the tube to conform to your neck and shoulders); then roll the unfilled ends of the tube and tape them well to form the handles.

interval timing watch The one to get is the newest of the TIMEX IRONMAN TRIATHLON series, model # **70381** (about $55-60 [US]). It will take you awhile to learn how to use it, and it won't win you any fashion points (it's a big round, red-and-black thing), but it will let you time intervals of different lengths. So: you can set it to count down thirty-seconds and beep, then count down sixty seconds and beep, then count down three minutes and beep, then repeat the whole thing.....you get the picture. Most importantly, it lets you react to a beep signal which is easier and more efficient than having to constantly look at your watch (difficult when you're skipping rope), or train in front of a clock. You will use this timer almost every day (to time your circuits, in the weight-room, and your conditioning intervals). This model is just out and should be available at most department stores by the first of May.

soccer ball It's a great way to warm up--especially for people who have no soccer background (you work harder because, initially, you do more chasing the ball than juggling it). It is also an athletic skill requiring coordination of eyes, legs and feet--not unlike the game of hockey. You can buy a soccer ball at any sporting-goods store.

If you need a catalog:

M-F ATHLETIC
11 AMFLEX DRIVE
P.O. BOX 8090
CRANSTON, RI 02920-0090
1-800-556-7464

WARMING-UP

Often neglected, the warm-up is the easiest way to avoid injury in training and competition. The heat generated by a thorough warm-up allows your joints to adapt gradually to the demands you will make on them later, and makes muscle tissue supple, pliant and resistant to pulls and tears.

The exact nature of your warm-up depends, naturally, on the kind of work your body will be doing (lifting weights; sprinting; skating; bounding, etc.). The general rule of warm-up is to practice movements and activities similar to those you will be doing in training or competition, but, initially, at a much reduced intensity level, building toward the intensity to follow. Not only does this familiarize the body with the tasks at hand, it also allows the central nervous system to reacquaint itself with the reaction patterns of the activity as well. Your warm-up becomes a template for what is to follow. Practice your movements carefully, working always toward perfection. Skating carelessly, or shooting without regard to accuracy will not help you when the game begins; you will not have re-developed the "feel" for the game necessary to be at your best. In warming-up, you are programming yourself for the physical and mental challenges to follow. Focus.

The SUPPLENESS SERIES is used throughout the program as a general movement plan to prepare your body for work and re-establish range of motion. The series is always appropriate if you are unsure of your readiness to perform because it makes you move in many ways. It helps your body become adaptable, to many athletic situations, rather than adapted to only one or two. (Many training modes are unavoidably simple and repetitive in nature [running; biking; swimming, etc.], and they do not afford you the variety of movements needed to maintain athletic joint mobility.) Commit the SUPPLENESS SERIES to memory and practice it faithfully.

WARMING UP FOR STRENGTH TRAINING

Specific warm-up plans are suggested throughout the program, including the strength training plans; however, the weight-lifting programs do not include warm-up *sets*. Warm up for lifting by going through the suggested warm-up, followed by a few light-to-heavier sets of the main lift(s) of the day (always the first few lifts listed).

Often, the first warm-up set of the day feels heavy and your confidence can take a plunge before you really get working. To avoid this, choose a *light* weight and perform the exercise for ten repetitions; rest two to three minutes and repeat the same weight for five to seven *perfect* reps. The second set almost always feels easy, leaving you with a good, strong feel for the work you are about to do. From there, you can do a few more sets at progressively more weight to lead you to your first "work-set" of the day.

Avoid overworking in warming up for lifting. Limit your sets, reps, and weights to the minimum needed to get you safely into the work-out. Your goal is to feel fresh and strong when you get to your first work-set, not fatigued and weak.

CONDITIONING PROGRAMS

Conditioning work falls (generally) into three categories based on intensity or "tempo." The easiest way to define these tempo categories is by "target heart-rate" (THR). This is why a good heart-rate monitor is essential. The three categories of tempo are: sustained; extensive; and intensive.

Sustained tempo aerobic training is continuous effort work for a designated period of time in which your effort should get you to a target heart-rate of between 130 and 140 beats / minute. It's simple stuff, really: you warm-up, begin your work, get your heart beating at the required level, and keep it there for the prescribed time. The goal of sustained tempo training is the improvement of your aerobic fitness level, and general recovery. The off-season program calls for sustained tempo training once each week (every Sunday).

Extensive tempo training usually involves intervals of accelerated pace interspersed with intervals of relaxed, recovery pace, with a THR of 140 to 155 beats per minute. Your heart rate will vary, obviously, depending on the interval you are doing (increasing to the THR during the hard work, and decreasing on the recovery interval). This kind of work will improve your aerobic and anaerobic fitness levels, and is an especially good way to train for hockey in that it closely resembles the energy system demands made in a game. Having a good interval timing-watch (and a heart-rate monitor) makes interval training easy; without one, you are tied to the inconvenience of trying to see your watch while you are working (difficult, at best), and remembering which interval you are on (almost impossible when you get tired).

Intensive tempo is the kind of work that leaves you gasping for air and your muscles burning with lactic acid build-up. It involves full effort intervals that will drive you to a THR of 155 + beats per minute, followed by minimal recovery--or rest--intervals. Intensive tempo work requires much longer post-training recovery periods than either sustained or extensive training, so it is used sparingly throughout the program. It is designed to give you greater lactate tolerance, which, in turn, allows you to perform with greater efficiency at higher intensities for longer periods of time. It's not much fun, because it always entails a fair amount of discomfort, but.....well.....no "buts" about it: it's just not much fun. Be glad it doesn't last too long.

The method of training you employ (running; biking; rowing; skipping rope; swimming, etc.) when doing your conditioning is (generally) left up to you. Certain programs specify running or jumping rope, but wherever the program isn't specific, feel free to choose. Whatever you do, follow a few simple guidelines:

1) Use good equipment: You're paid enough to run in good shoes, ride a good bike, lift weights in a clean, safe environment, and jump on soft grass. Don't nickel and dime yourself to an injury.

2) Pay attention to your body and learn to correctly translate the signals you are getting from it. Learn the difference between the pain of fatigue, and the pain of injury. Injury pain is a clear and immediate signal to **STOP**.
3) Use in-line skates only for interval training. Hockey players do not skate aerobically--because the demands of moving efficiently and fast make skating an anaerobic activity. In-line skating for sustained tempo work will have you using poor technique for an extended period of time, which is to say: you will be practicing poor skating. Practice makes *permanent*--not perfect. So:
4) Practice perfection. Learn *how*: to lift weights; to run; to skip rope; to eat; to recover; to relax. Approach each challenge as a disciple of perfection. Compete with yourself and anyone else who's willing. Train to win.

HEART RATE: GOALS AND RECOVERY

Check your progress: Immediately following your conditioning program (within fifteen seconds), take your pulse for ten seconds and *write it down.* Take it, again, one minute later and *write it down.* Take it again two minutes later and *write it down.* Now: Perform a simple calculation of the percentage of your heart-rate recovery. Take the first number (P-1), and subtract the second number (P-2) from it; then divide difference (P-1 - P-2) by P-1. The number you get represents the percentage of your heart-rate recovery. You do the same calculation using the last number (P-3).

For example: Let's say you do a program of sprint intervals and you check your pulse within fifteen seconds of finishing to find your heart-rate (P-1) to be 28 beats per ten seconds; you wait one minute and check your pulse, again, to find it has recovered to 20 beats per ten seconds (P-2). You wait two more minutes and find your P-3 is 19 beats per ten seconds. Plug the numbers into the calculation
(**[P-1 - P-2] / P-1 = percent recovery**) to get:

28 - 20 = 8;
8 / 28 = .28

You have recovered by a factor of twenty-eight percent in your first minute of rest. Do the same calculation using P-3 and you get::

28 - 19 = 9;
9 / 28 = .32

You have recovered by a factor of thirty-two percent with three minutes of rest.

This is a quick way to monitor progress--or problems (if you find you are working hard but your recovery rates are going down instead of up, it may be a sign of over-training). It gives you a numerical value to help you evaluate yourself. Give it a try. I suggest logging your P-1, 2 and 3 values for each conditioning program (and the leg-circuit, as well) to get an over-view of your progress. What you will learn (if you take the time to do this) is how well you are progressing in conditioning yourself to work hard and recover quickly so you can work hard, again: you will learn what kind of shape you are in for playing hockey.

COMPETITION AS CONDITIONING

You *can* substitute competition for conditioning, provided you approach it with your training goals in mind. Golf will not move you closer to greater lactate tolerance, so don't substitute it for your sprint work-out. Games like soccer, basketball, and (obviously) hockey are good substitutes if you force yourself to really compete at the highest level of your ability when you play. It's probably a good idea to try other sports because you will not automatically be the best in the group you are playing with and that will force you to work harder to be competitive. (Many of you will be the "NHL guy" in whatever hockey rink you're in, and it will be easier to "float" and still be better than most.) Commit yourself to skating harder than anybody else in every hockey session you're in. Force yourself to chase every lost-cause fast-break when you play basketball, or sprint with the ball in soccer.

If you find yourself in a competition that may be fun, but is not a conditioning challenge, don't call it a day when the game ends; dig out your program and make sure you get some work done. Take advantage of training partners: they can help you generate enthusiasm for hard work when you might be thinking of taking it easy. You will almost always find people who will be eager to join you (because you're a pro, and they want to be). Eager young hopefuls will push you just because they will want to prove themselves in your eyes. Do yourself a favor and use all available energy to your advantage.

SOME THINGS WORTH NOTING

Circuit training:

A circuit is any series of exercises done "vertically"--or consecutively--(for time, or for reps). The strength training program for Week # 1 is a circuit: you do one set of each exercise for thirty seconds, with thirty seconds of rest between exercises; you just proceed down the list. You finish your training with a mini-circuit--the 3kg med-ball series--where you go through the list of med-ball exercises twice.

If your strength training program is not labeled a circuit, it can be done "horizontally" (where you do all your sets of the first exercise, before proceeding on to the next exercise on the list. For instance: the strength training in weeks three and four, and eight and nine, are all horizontal programs: you do all your sets of an exercise (or pair of exercises) before going on to the next exercise (or pair of exercises).

Whether you pair exercises or not is up to you. The horizontal programs are written to allow you to rest one muscle group while you work another (the

pairings are indicated by the shaded or un-shaded areas on the page). On Monday of Week # 3, you can alternate your sets of the 10kg plate-x series (1 - 2 - 3) with your sets of squats; then move on to do your one-leg lunges and 10kg plate-x 4; then move on to box step-ups and hanging leg-ups; then single-leg press and 10kg plate-x 5. You finish everything up with two *circuits* of the 3kg med-ball series. Pairing exercises does two things: 1) Saves time in the weight-room (there's a lot less dead-time between sets); and 2) makes you work your body in a more dynamic way than you would if you only worked one muscle group at a time. Obviously, I suggest you pair; Your sport is dynamic, so your training should be, too.

JUMP-SQUAT AND LEG-CIRCUIT PROGRESSIONS:

There are two exercise progressions within the program you should be aware of: Jump squats; and the leg circuit. The former is a simple progression of three sets of jump squats (the exercise is described in the Exercise Catalog) with one minute of rest between sets. The number of reps increases gradually over the course of the program (the full progression schedule is in the Exercise Catalog [page 80]). *If you make it* to three sets of thirty-three reps with one minute rests between sets.....you're in shape---for anything.

The latter is a circuit consisting of four exercises (squats; lunges; step-ups; and jump squats) with the number of sets, amount of rests between sets, and level of resistance changing (becoming more challenging) over the course of the program. You do the leg circuit once each week, exclusive of weeks # 1 and # 6. You go from doing it three times with no weight, and three minutes rest between each circuit in Week # 2, to five times, with a sand-tube for resistance, and no rest between circuits in Week # 14. It's short and sweet, and it will give you bigger, stronger, more durable and powerful legs. Guaranteed.

TRAINING SCHEDULE FOR WEEK # 1

Sunday

suppleness series
sustained tempo run (or bike, swim, jump-rope, row, etc.) for 30 minute
(target heart rate [THR]: 130 - 140 beats / minute)
stretch

Monday

weight circuit (general focus)
stretch

Tuesday

suppleness series
conditioning program; extensive tempo intervals:
90 seconds easy / 30 seconds hard x 10 reps
+ 10 minute cool down
stretch

Wednesday

speed - power - agility (SPA) # 1
stretch

Thursday

suppleness series
conditioning program; extensive tempo intervals:
45 easy / 15 hard x 20 (20 minutes, total);
+ 5 minute cool down
stretch

Friday

morning: weight circuit (general focus)
afternoon: SPA # 6
stretch

Saturday

suppleness series
stretch

MONDAY		FRIDAY	
focus: body circuit		*focus: body circuit*	
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*		*warm-up:* *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*	
circuit: *30 seconds on / 30 seconds off*	*one set* *weight / reps*	*circuit:* *30 seconds on / 30 seconds off*	*one set* *weight / reps*
10kg plate-x 1	10kg	10kg plate-x 1	10kg
10kg plate-x 2	10kg	10kg plate-x 2	10kg
dumbell bench press		incline dumbell bench press	
one-leg lunge	bwt	bent-over rows	
chins	bwt	10kg plate-x 3	10kg
10kg plate-x 3	10kg	push-ups	bwt
push-ups	bwt	chins	bwt
squat	bwt	10kg plate-x 5	bwt
bent-over row		dips	bwt
10kg plate-x 4	10kg	bar row-ups	bwt
G-curl & press 1		dumbell bench press	
G-curl & press 2		lat pull-down	
forward lunge & twist	bwt	one-leg squats	bwt
lat pull-down		G-curl & press 3	
10kg plate-x 5	10kg	G-curl & press 4	
jump-rope	bwt	squat	bwt
box step-ups	bwt	alt. forward lunge & twist	bwt
bar row-ups	bwt	box step-ups	bwt
10kg plate-x 6	10kg	jump-squats	bwt
jump-squats	bwt	leg press	
finish: 3kg med-ball series x 2		*finish: 3kg med-ball series x 2*	
overheads	*20*		
soccer throw	*20*		
chest pass	*20*		
front side-to-side toss	*20*		
single-side toss	*10 each side*		
back side-to-side toss	*20*		
back over-the-shoulder toss	*10 each side*		

TRAINING SCHEDULE FOR WEEK # 2

Sunday

suppleness series
sustained tempo aerobic training: 30 minutes (THR: 130 - 140)
stretch

Monday

morning: weight circuit (legs & back)
afternoon: conditioning program; extensive tempo intervals:
30 hard / 30 easy x 10 reps +10 minute cool-down
stretch

Tuesday

SPA # 2
stretch

Wednesday

body circuit (general)
stretch

Thursday

suppleness series
conditioning program; sprints:
6 x 100 meters (start every 50 seconds); rest 2 minutes;
8 x 80 meters (start every 40 seconds); rest 2 minutes;
10 x 60 meters (start every 30 seconds); rest 2 minutes;
12 x 40 meters (start every 20 seconds); rest 2 minutes;
5 minute recovery jog
stretch

Friday

morning: weight circuit (chest & shoulders)
jump squats: 3 x 10 reps; 1 minute rests between sets
afternoon: SPA # 3

Saturday

suppleness series
stretch

M O N D A Y		
focus: legs & back		
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*		
circuit: 30 on / 30 off x 2; *no rest between series'*	*set # one* *weight / reps*	*set # two* *weight / reps*
10kg plate-x 1 - 2 - 3	10kg	10kg
light squats (100 - 135 lbs)		
chins	bwt	bwt
duck-walk lunge	bwt	bwt
back extension	bwt	bwt
10kg plate-x 5 - 6	10kg	10kg
bent-over row		
one-leg lunge		
lat pull-down		
lateral bounds	bwt	bwt
finish: 3kg med-ball series x 2		

W E D N E S D A Y			
focus: body circuit			
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*			
circuit # 1: 30 on / 30 off x 2; *3 minutes rest between series'*	*set # one* *reps*	*set # two* *reps*	*set # three* *reps*
inclined plane series: front; left; back; right			
chins	bwt	bwt	
dips	bwt	bwt	
one-leg squats	bwt	bwt	
bar row-ups	bwt	bwt	
circuit # 2: legs; 3 sets; no *no weight; 3 minute rests*			
squat	20	20	20
forward lunge & twist	20	20	20
box step-ups	20	20	20
jump-squats	12	12	12

F R I D A Y	*circuit: 30 on / 30 off x 2; no rests*	
focus: chest & shoulders	*set # one*	*set # two*
warm-up: same as above	*weight / reps*	*weight / reps*
10kg plate-x 1 - 2 - 3		
dumbell bench press		
G-curl & press 1		
G-curl & press 2		
incline dumbell bench press		
G-curl & press 3		
G-curl & press 4		
dumbell pull-over		
triceps extensions		
finish: 3kg med-ball series		

TRAINING SCHEDULE FOR WEEK # 3

Sunday

suppleness series
sustained tempo aerobic training: 30 minutes (THR: 130 - 140)
stretch

Monday

weight training (legs)
stretch

Tuesday

morning: weight training (chest & shoulders)
jump squats: 3 x 12; 1 minute rests

afternoon: conditioning program; intensive tempo intervals:
3 x 50 m sprints; 3 x 80 m sprints
(1 minute rests between sprints)
rest 5 minutes;
1 x 300 m sprint;
rest 10 minutes;
1 x 800 m (in 3 minutes or less);
5 minute recovery jog
stretch

Wednesday

weight training (back)
stretch

MONDAY

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

Remember: You can alternate sets of the paired exercises (shaded or unshaded) to minimize workout times. For instance: Do your sets of the 10kg your plate-x series (1-2-3); then two sets of squats; another 10kg series; two sets of squats; your last 10kg series; your last set of squats. Then you can move on to the next pair of exercises. You work some muscles while resting others.

	set # one weight / reps	set # two weight / reps	set # three weight / reps	set # four weight / reps	set # five weight / reps
10kg plate-x 1 - 2 - 3	20		20		20
squat	8	6	5	5	5
one-leg lunge	8	8	8		
10kg plate-x 4	10	10	10		
box step-ups	6	6	6		
hanging leg-ups	15	15	15		
single-leg press	6	6	6		
10kg plate-x 5	10	10	10		

finish: 3kg med-ball series x 2

TUESDAY

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one weight / reps	set # two weight / reps	set # three weight / reps	set # four weight / reps	set # five weight / reps
10kg plate-x 1 - 2 - 3	20		20		20
dumbell bench press	8	6	5	5	5
G-curl & press 1	8	8	8		
G-curl & press 2	8	8	8		
10kg plate-x 4	10	10	10		
G-curl & press 3	8	8	8		
G-curl & press 4	8	8	8		
10kg plate-x 5	10	10	10		
weighted dips	6	6	6		
10kg plate-x 6	20		20		

WEDNESDAY

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one weight / reps	set # two weight / reps	set # three weight / reps	set # four weight / reps
10kg plate-x 1 - 2 - 3	20		20	
chins	8	8	8	8
back extensions	15	15	15	
dumbell pull-overs	8	8	8	
bent-over rows	8	6	5	5
10kg plate-x 4	15	15	15	
lat pull-downs	8	6	5	5
10kg plate-x 5	12	12	12	

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 3 (CONTINUED)

Thursday

weight training (legs)
stretch

Friday

morning: weight training (chest & shoulders)
afternoon: conditioning program; extensive tempo intervals:
jump-rope: (45 easy / 15 fast x 4) x 3 sets;
1 minute rests between sets
stretch

Saturday

weight training (back)
jump squats: 3 x 12; 1 minute rests
stretch

THURSDAY				
focus: legs				
warm-up: *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*				
	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	
10kg plate-x 1 - 2 - 3	20		20	
one-leg squats	10	10	10	
leg circuit: 3 sets; no weight; 2 minute rests				
squat	20	20	20	
forward lunge with twist	20	20	20	
box step-ups	20	20	20	
jump-squats	12	12	12	

FRIDAY				
focus: chest & shoulders				
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*				
	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	*set # four* *weight / reps*
10kg plate-x 1 - 2 - 3	20		20	
bench press	8	6	5	5
10kg plate-x 4	10	10	10	
incline dumbell bench press	8	8	8	
G-curl & press 1	8	8	8	
G-curl & press 2	8	8	8	
10kg plate-x 5	10	10	10	
dips	10	10	10	
G-curl & press 3	8	8	8	
G-curl & press 4	8	8	8	
dumbell pull-over	8	8	8	
finish: 3kg med-ball series x 2				

SATURDAY				
focus: back				
warm-up: *jump-rope: 3 minutes* *8-count cals: 10* *suppleness*				
	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	*set # four* *weight / reps*
10kg plate-x 1 - 2 - 3	20		20	
bent-over rows	8	6	5	5
weighted back extensions	10	10	10	
single-arm dumbell rows	6	6	6	
10kg plate-x 5	10	10	10	
bar row-ups	10	10	10	
10kg plate-x 6	10	10	10	
lat pull-downs	6	6	5	5

TRAINING SCHEDULE FOR WEEK # 4

Sunday

suppleness series
sustained tempo aerobic training: 30 minutes; (THR: 130-140)
stretching

Monday

morning: weight training (legs)
afternoon: conditioning program; extensive tempo intervals:
30 fast / 30 easy x 10 reps + 10 minute cool-down
stretch

Tuesday

weight training (chest & shoulders)
jump squats: 3 x 15; 1 minute rests
stretch

Wednesday

weight training (back)
stretch

M O N D A Y

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	*set # four* *weight / reps*	*set # five* *weight / reps*
10kg plate-x 1 - 2 - 3	20		20		20
squat	6	6	5	4	4
one-leg lunge	6	6	6		
10kg plate-x 4	12	12	12		
box step-ups	5	5	5		
hanging leg-ups	15	15	15		
single-leg press	5	5	5		
10kg plate-x 5	12	12	12		

finish: 3kg med-ball series x 2

T U E S D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	*set # four* *weight / reps*	*set # five* *weight / reps*
10kg plate-x 1 - 2 - 3	20		20		20
dumbell bench press	6	6	5	4	4
10kg plate-x 4	15	15	15		
incline dumbell bench press	6	6	6		
G-curl & press 1	6	6	6		
G-curl & press 2	6	6	6		
10kg plate-x 5	12	12	12		
weighted dips	6	6	6		
G-curl & press 4	6	6	6		
10kg plate-x 6	12	12	12		

W E D N E S D A Y

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one *weight / reps*	*set # two* *weight / reps*	*set # three* *weight / reps*	*set # four* *weight / reps*
10kg plate-x 1 - 2 - 3	20		20	
chins	10	10	10	10
back extensions	15	15	15	
dumbell pull-overs	5	5	5	
bent-over rows	6	5	5	4
10kg plate-x 4	15	15	15	
lat pull-downs	6	5	5	4
10kg plate-x 5	12	12	12	

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 4 (CONTINUED)

Thursday

weight training (legs)
stretch

Friday

morning: weight training (chest & shoulders)
afternoon: conditioning program; extensive tempo intervals:
jump-rope: (40 easy / 20 fast x 4 reps) x 4sets;
1 minute rests between sets;
stretch

Saturday

weight training (back)
stretch

THURSDAY

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one weight / reps	set # two weight / reps	set # three weight / reps
10kg plate-x 1 - 2 - 3	20		20
one-leg squats	10	10	10
leg circuit: 3 sets; no weight; 1 minute rests			
squat	20	20	20
forward lunge & twist	20	20	20
box step-ups	20	20	20
jump-squats	10	10	10

FRIDAY

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one weight / reps	set # two weight / reps	set # three weight / reps	set # four weight / reps
10kg plate-x 1 - 2 - 3	20		20	
bench press	6	5	5	3
10kg plate-x 4	12	12	12	
incline dumbell bench press	6	6	6	
G-curl & press 1	6	6	6	
G-curl & press 2	6	6	6	
10kg plate-x 5	12	12	12	
dips	12	12	12	
G-curl & press 3	6	6	6	
G-curl & press 4	6	6	6	
dumbell pull-overs	6	6	6	

finish: 3kg med-ball series x 2

SATURDAY

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness

	set # one weight / reps	set # two weight / reps	set # three weight / reps	set # four weight / reps
10kg plate-x 1 - 2 - 3	20		20	
bent-over rows	6	5	5	3
weighted back extensions	8	8	8	
single-arm dumbell rows	5	5	5	
10kg plate-x 5	12	12	12	
bar row-ups	12	12	12	
10kg plate-x 6	12	12	12	
lat pull-downs	6	5	5	3

TRAINING SCHEDULE FOR WEEK # 5

Sunday

suppleness series
sustained tempo aerobic training: 30 minutes (THR: 130 - 140)
stretch

Monday

morning: weight training (legs & back)
jump squats: 3 x 18; 1 minute rests
stretch

Tuesday

morning: weight circuit (chest & shoulders)
afternoon: conditioning program; intensive intervals:
4 x 40 m sprints; 2 x 80 m sprints (30 seconds rest between);
rest 5 minutes;
1 x 400 m;
rest 5 minutes;
1 x 800 m (3 minutes or less);
5 minute recovery jog
stretch

Wednesday

SPA # 4
stretch

Thursday

weight circuit (legs & back)
stretch

Friday

morning: weight training (chest & shoulders)
afternoon: conditioning program; extensive tempo intervals:
jump-rope: (40 easy / 20 fast x 4 reps) x 4 sets;
1 minute rests;
stretch

Saturday

SPA # 5
stretch

M O N D A Y

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	*set # two wgt / reps*	*set # three wgt / reps*	*set # four wgt / reps*	*set # five wgt / reps*
10kg plate-x 1 - 2 - 3	20			20	
squats	5	5	5	5	5
bent-over rows	5	5	5	5	
back extension	15	15	15		
10kg plate-x 5 - 6	20		20		
single-leg press	5	5	5	5	
lat pull-downs	5	5	5	5	5

finish: 3kg med-ball series x 2

T U E S D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 30 on / 30 off x 3;
3 minute rests between series'

	set # one wgt / reps	*set # two wgt / reps*	*set # three wgt / reps*
10kg plate-x 1 - 2 - 3			
dumbell bench press			
G-curl & press 1 - 2			
incline dumbell bench press			
G-curl & press 3 - 4			
bar row-ups			
push-ups			

(Thursday and Friday on the following page.)

THURSDAY

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit # 1: 3 times through; 3 minute rests between series	*set # one wgt / reps*	*set # two wgt / reps*	*set # three wgt / reps*
10kg plate-x 1 - 2	20	20	20
chins	failure	failure	failure
back extensions	15	15	15
bar row-ups	12	12	12
10kg plate-x 3	20	20	20
one-leg squats	10	10	10
circuit # 2: legs;3 sets;no weight; no rests			
squat	20	20	20
forward lunge & twist	20	20	20
box step-ups	20	20	20
jump-squats	12	12	12

FRIDAY

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	*set # two wgt / reps*	*set # three wgt / reps*	*set # four wgt / reps*	*set # five wgt / reps*
10kg plate-x 1 - 2	20			20	
bench press	5	5	5	5	5
dumbell pull-overs	5	5	5	5	
10kg plate-x 3 - 4	20		20		
dips	12	12	12		
triceps extension	6	6	6		

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 6

Sunday

suppleness series
sustained tempo aerobic training: 30 minutes (THR: 130 - 140)
stretch

Monday

morning: weight circuit (general)
afternoon: conditioning program; sprints:
6 x 100 m (20 seconds or less) x 2 sets;
30 seconds rest between sprints;
3 minutes rest between sets
+ 10 minute recovery jog
stretch

Tuesday

SPA # 7
stretch

Wednesday

suppleness series
jump squats: 3 x 18; 1 minute rests
stretch

Thursday

SPA # 8
stretch

Friday

morning: weight circuit (general)
afternoon: conditioning program; extensive tempo intervals:
(10 seconds sprint / 30 seconds jog x 6 reps) x 3 sets;
2 minutes rest between sets;
+ 10 minute recovery jog
stretch

Saturday

SPA # 6
stretch

MONDAY		FRIDAY	
focus: body circuit		*focus: body circuit*	
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*		*warm-up:* *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*	
circuit: *30 seconds on / 15 seconds off*	*one set wgt / reps*	*circuit:* *30 seconds on / 15 seconds off*	*one set wgt / reps*
10kg plate-x 1	10kg	10kg plate-x 1	10kg
10kg plate-x 2	10kg	10kg plate-x 2	10kg
dumbell bench press		incline dumbell bench press	
one-leg lunge	bwt	bent-over rows	
chins	bwt	10kg plate-x 3	10kg
10kg plate-x 3	10kg	push-ups	bwt
push-ups	bwt	chins	bwt
squat	bwt	10kg plate-x 5	bwt
bent-over row		dips	bwt
10kg plate-x 4	10kg	bar row-ups	bwt
G-curl & press 1		dumbell bench press	
G-curl & press 2		lat pull-down	
alt. forward lunge & twist	bwt	one-leg squats	bwt
lat pull-down		G-curl & press 3	
10kg plate-x 5	10kg	G-curl & press 4	
jump-rope	bwt	squat	bwt
box step-ups	bwt	alt. forward lunge & twist	bwt
bar row-ups	bwt	box step-ups	bwt
10kg plate-x 6	10kg	jump-squats	bwt
jump-squats	bwt	leg press	
finish: 3kg med-ball series x 2		*finish: 3kg med-ball series x 2*	

TRAINING SCHEDULE FOR WEEK # 7

Sunday

suppleness series
sustained tempo aerobic training: 40 minutes (THR: 130 -140)
stretch

Monday

morning: weight circuit (legs & back)
afternoon: conditioning program; extensive tempo intervals:
30 / 30's x 12 reps + 10 minute recovery
stretch

Tuesday

SPA # 9
stretch

Wednesday

body circuit (general)
stretch

Thursday

suppleness series
conditioning program; extensive tempo intervals:
(20 / 20's x 6 reps) x 3 sets; 1 minute rests between sets
stretch

Friday

morning: weight circuit (chest & shoulders)
jump squats: 3 x 21; 1 minute rests
afternoon: SPA # 10
stretch

Saturday

suppleness series
conditioning program; extensive tempo intervals:
(2 minutes run; 2 minutes off x 3 reps); x 2 sets
2 minute rests between sets;
+ 10 minute recovery jog
stretch

M O N D A Y		
focus: legs & back		
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*		
circuit program: *30 on / 30 off ; two series'*	*set # one* *weight / reps*	*set # two* *weight / reps*
10kg plate-x 1 - 2 - 3	10kg	10kg
light squats (135 - 155 lbs)		
chins	bwt	bwt
duck-walk lunge	bwt	bwt
back extension	bwt	bwt
10kg plate-x 4 - 5	10kg	10kg
bent-over row		
one-leg lunge		
lat pull-down		
lateral bounds	bwt	bwt
finish: 3kg med-ball series x 2		

W E D N E S D A Y			
focus: body circuit			
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*			
circuit: 30 on / 30 off x 2; *no rest between series'*	*set # one* *reps*	*set # two* *reps*	*set # three* *reps*
inclined plane series: front; left; back; right			
chins	bwt	bwt	
bar-dips	bwt	bwt	
one-leg squats	bwt	bwt	
bar row-ups	bwt	bwt	
circuit # 2: legs; 3 sets with the sand-tube; 2 minute rests			
squats	20	20	20
forward lunge	20	20	20
box step-ups	20	20	20
jump-squats	10	10	10

F R I D A Y	*circuit: 30 on / 30 off x 2; no rests*	
focus: chest & shoulders	*set # one*	*set # two*
warm-up: same as above	*weight / reps*	*weight / reps*
10kg plate-x 1 - 2 - 3		
dumbell bench press		
G-curl & press 1		
G-curl & press 2		
incline dumbell bench press		
G-curl & press 3		
G-curl & press 4		
dumbell pull-over		
triceps extensions		
finish: 3kg med-ball series x 2		

TRAINING SCHEDULE FOR WEEK # 8

Sunday

suppleness series
sustained tempo aerobic training: 40 minutes
stretch

Monday

weight training (legs)
stretch

Tuesday

weight training (chest & shoulders)
jump squats: 3 x 21; 1 minute rests
stretch

Wednesday

morning: weight training (back)
afternoon: conditioning program; intensive tempo intervals:
300 yard shuttle run (25 yards down, 25 yards back x 12 reps) x 3 sets;
2 minute rests between sets; (time these sets);
+ 10 minute recovery jog
stretch

M O N D A Y

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
squat	5	5	4	3	3
one-leg lunge	5	5	5		
15kg plate-x 4	12	12	12		
box step-ups	4	4	4		
hanging leg-ups	15	15	15		
single-leg press	4	4	4		
15kg plate-x 5	10	10	10		

finish: 3kg med-ball series x 2

T U E S D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
dumbell bench press	5	5	4	3	3
G-curl & press 1	5	5	5		
G-curl & press 2	5	5	5		
15kg plate-x 4	12	12	12		
G-curl & press 3	5	5	5		
G-curl & press 4	5	5	5		
15kg plate-x 5	10	10	10		
weighted dips	4	4	4		
15kg plate-x 6	12	12	12		

W E D N E S D A Y

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
chins	12	12	10	10	
back extensions	20	20	20		
dumbell pull-overs	5	5	5		
bent-over rows	5	4	4	3	3
15kg plate-x 4	12	12	12		
lat pull-downs	5	4	4	3	3
15kg plate-x 5	10	10	10		

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 8, CONTINUED

Thursday

weight training (legs)
stretch

Friday

morning: weight training (chest & shoulders)
afternoon: conditioning program; extensive tempo intervals:
(10 seconds sprint / 30 seconds jog; x 6 reps) x 3 sets;
2 minute rests between sets;
+ 10 minute recovery jog
stretch

Saturday

weight training (back)
jump squats: 3 x 21; 1 minute rests
stretch

T H U R S D A Y

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps
15kg plate-x 1 - 2 - 3 - 4	20	20	20
one-leg squats	10	10	10
single-leg press	6	6	6
leg circuit: 3 sets with the sand-tube, 1 minute rests			
squat	20	20	20
forward lunge	20	20	20
box step-ups	20	20	20
jump-squats	12	12	12

F R I D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
bench press	5	5	4	3	3
15kg plate-x 4	12	12	12		
incline dumbell bench press	5	5	5		
G-curl & press 1	5	5	5		
G-curl & press 2	5	5	5		
15kg plate-x 5	10	10	10		
dips	15	15	15		
G-curl & press 3	5	5	5		
G-curl & press 4	5	5	5		
dumbell pull-overs	5	5	5		

finish: 3kg med-ball series x 2

S A T U R D A Y

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
bent-over rows	5	5	4	3	3
weighted back extensions	6	6	6		
single-arm dumbell rows	5	5	4	3	3
15kg plate-x 5	10	10	10		
bar row-ups	15	15	15		
15kg plate-x 6	12	12	12		
lat pull-downs	5	5	4	3	3

TRAINING SCHEDULE FOR WEEK # 9

Sunday

suppleness series
sustained tempo aerobic training: 40 minutes
stretch

Monday

weight training (legs)
stretch

Tuesday

morning: weight training (chest & shoulders)
jump squats: 3 x 21; 1 minute rests

afternoon: conditioning program; sprints:
4 x 100 m sprints (15 seconds each);
30 second rests between sets; x 3 sets;
3 minutes rest between sets;
+ 10 minute recovery jog
stretch

Wednesday

weight training (back)
stretch

M O N D A Y

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
squat	3	3	3	3	3
one-leg lunge	5	5	5		
15kg plate-x 4	15	15	15		
box step-ups	3	3	3		
hanging leg-ups	20	20	20		
single-leg press	3	3	3		
15kg plate-x 5	10	10	10		

finish: 3kg med-ball series x 2

T U E S D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
dumbell bench press	3	3	3	3	3
G-curl & press 1	5	5	5		
G-curl & press 2	5	5	5		
15kg plate-x 4	15	15	15		
G-curl & press 3	5	5	5		
G-curl & press 4	5	5	5		
15kg plate-x 5	10	10	10		
weighted dips	3	3	3		
15kg plate-x 6	12		12		

W E D N E S D A Y

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
chins	15	12	10	8	
back extensions	20	20	20		
dumbell pull-overs	3	3	3	3	
bent-over rows	5	5	5	5	
15kg plate-x 4	15	15	15		
lat pull-downs	3	3	3	3	3
15kg plate-x 5	10	10	10		

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 9, CONTINUED

Thursday

weight training (legs)
stretch

Friday

morning: weight training (chest & shoulders)
afternoon: conditioning program; extensive tempo intervals:
30 / 30's x 12 reps;
+ 10 minute recovery
stretch

Saturday

morning: weight training (back)
afternoon: SPA # 1

THURSDAY

focus: legs

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps
15kg plate-x 1 - 2 - 3 - 4	20	20	20
one-leg squats	12	12	12
single-leg press	5	5	5
leg circuit: 3 sets with the sand-tube; no rests			
squat	20	20	20
forward lunge	20	20	20
box step-ups	20	20	20
jump-squats	12	12	12

FRIDAY

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
bench press	3	3	3	3	3
15kg plate-x 4	15	15	15		
incline dumbell bench press	3	3	3		
G-curl & press 1	5	5	5		
G-curl & press 2	5	5	5		
15kg plate-x 5	10	10	10		
dips	20	20	20		
G-curl & press 3	5	5	5		
G-curl & press 4	5	5	5		
dumbell pull-overs	5	5	5		

finish: 3kg med-ball series x 2

SATURDAY

focus: back

warm-up:
jump-rope: 3 minutes
8-count cals: 10
suppleness

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20		20		20
bent-over rows	3	3	3	3	3
weighted back extensions	5	5	5		
single-arm dumbell rows	5	5	5	5	5
15kg plate-x 4	15	15	15		
bar row-ups	15	15	15		
15kg plate-x 5	10	10	10		
lat pull-downs	5	5	5	5	5

TRAINING SCHEDULE FOR WEEK # 10

Sunday

suppleness series
sustained tempo aerobic training: 45 minutes
stretch

Monday

weight training (legs & back)
jump squats: 3 x 24; 1 minute rests
stretch

Tuesday

morning: weight training (chest & shoulders)
afternoon: conditioning program; intensive tempo intervals:
4 x 40 meters (30 second rests) +
2 x 80 meters (30 second rests); rest 5 minutes;
1 x 400 meters; rest 10 minutes;
1 x 800 meters (in 3 minutes);
5 minute recovery jog
stretch

Wednesday

SPA # 2
stretch

Thursday

weight training (legs & back)
stretch

Friday

weight training (chest & shoulders)
conditioning program; sprints:
6 x 100 meters in 15 seconds with 14 second rests; rest 2 minutes;
8 x 80 meters in 12 seconds with 11 second rests; rest 2 minutes;
10 x 60 meters in 10 seconds with 9 second rests; rest 2 minutes;
12 x 40 meters in 8 seconds with 7 second rests; rest 2 minutes;
+ 5 minute cool-down run
stretch

Saturday

SPA # 3
stretch

M O N D A Y

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	set # two wgt / reps	set # three wgt / reps	set # four wgt / reps	set # five wgt / reps
15kg plate-x 1 - 2 - 3	20			20	
squats	4	4	4	4	4
bent-over rows	4	4	4	4	4
single-leg press	4	4	4	4	
15kg plate-x 4 -5	12		12		12
back extensions	20	20	20		
lat pull-downs	4	4	4	4	4

finish: 3kg med-ball series x 2

T U E S D A Y

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 30 on / 30 off x 3; *3 minute rests between series*	*set # one wgt / reps*	*set # two wgt / reps*	*set # three wgt / reps*
15kg plate-x 1 - 2 - 3			
dumbell bench press			
G-curl & press 1 - 2			
incline dumbell bench press			
G-curl & press 3 - 4			
bar row-ups			
push-ups			

(Thursday and Friday on the following page)

THURSDAY

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit # 1: 3 times through; 3 minute rests between series	*set # one wgt / reps*	*set # two wgt / reps*	*set # three wgt / reps*	*set # four wgt / reps*	*set # five wgt / reps*
15kg plate-x 1 - 2	20	20	20		
chins	failure	failure	failure		
back extensions	20	20	20		
bar row-ups	15	15	15		
15kg plate-x 3	20	20	20		
one-leg squats	12	12	12		
circuit # 2: legs; 5 sets; no weight; 1 minute rests					
squats	20	20	20	20	20
forward lunge & twist	20	20	20	20	20
box step-ups	20	20	20	20	20
jump-squats	12	12	12	12	12

FRIDAY

focus: chest & shoulders

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

	set # one wgt / reps	*set # two wgt / reps*	*set # three wgt / reps*	*set # four wgt / reps*	*set # five wgt / reps*
15kg plate-x 1 - 2 - 3	20		20		20
bench press	4	4	4	4	4
dumbell pull-overs	4	4	4	4	
15kg plate-x 4	15	15	15		
bar dips	20	20	20		
triceps extension	5	5	5		

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 11

Sunday

suppleness series
sustained tempo aerobic training: 45 minutes
stretch

Monday

morning: weight circuit (general)
jump squats: 3 x 24; 1 minute rests

afternoon: conditioning program; extensive tempo intervals:
(2 minute run; 2 minute rest; x 3 reps) x 2 sets;
2 minutes rest between sets;
+10 minute recovery jog
stretch

Tuesday

SPA # 3
stretch

Wednesday

suppleness series
conditioning program; extensive intervals:
10 seconds sprint / 30 seconds jog x 12 minutes;
+ 10 minute recovery jog
stretch

Thursday

SPA # 4
stretch

Friday

weight training (general)
stretch

Saturday

SPA # 6
stretch

M O N D A Y		
focus: general		
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*		
circuit: 45 on / 30 off x two	*set # one wgt / reps*	*set # two wgt / reps*
15kg plate-x 1 - 2		
light squats (135 - 175 lbs)		
dumbell bench press		
lat pull-down		
G-curl & press 1 - 2		
weighted back extension		
15kg plate-x 3 - 4		
one-leg lunge		
incline dumbell bench press		
G-curl & press 3 - 4		
bent-over rows		
finish: *3kg med-ball series x two*		

F R I D A Y					
focus: general					
warm-up: *soccer-ball juggle: 5 minutes* *jump-rope: 3 minutes* *8-count cals: 10* *suppleness series*					
circuit # 1: 45 on / 30 off x 2 *3 minutes rest between series*	*set # one reps*	*set # two reps*	*set # three reps*	*set # four reps*	*set # five reps*
inclined plane series					
push-ups					
chins					
back extensions					
jump-rope					
dips					
bar row-ups					
one-leg squats					
circuit # 2: legs; *5 sets; no weight; no rests*					
squats	20	20	20	20	20
forward lunge	20	20	20	20	20
box step-ups	20	20	20	20	20
jump-squats	10	10	10	10	10

REST / PAUSE

The "rest / pause" method of weight-lifting is designed to increase both strength and muscular endurance. It is used in this program as a change of pace during the "down-load" weeks. Rest / pause is a short-but-sweet system of working your body at high volume and intensity. It is based on two elements: 1) Limited rest intervals (30 seconds); and 2) Working to *failure.*

It works like this:

Your week # 12 (Friday) program calls for you to do the bench press rest / pause: 3/10;minus 10 lbs / set. To do this you must:

1. Warm-up with a few sets, taking up to three minutes rest between them;
2. Choose a weight that will guarantee failure on or before three repetitions;
3. Complete the first set to failure (remember: failure must occur at three--or fewer--reps);
4. Use your thirty seconds of rest to remove ten pounds from the bar (five pounds per side);
5. Get back on the bench and complete the next set (original weight minus the ten pounds) going to failure, again (you may get only one or two reps--that's okay!);
6. Take another thirty seconds of rest and remove another ten pounds from the bar;
7. Complete your third set to failure (whatever the number of reps);
8. Continue working through your sets, removing ten pounds during your thirty seconds of rest until you can accomplish ten repetitions.

So: "BENCH-PRESS REST / PAUSE 5/10 minus 10 lbs / set" has a beginning failure point of five reps, and an undetermined number of work sets with progressively less and less weight, continuing until you can achieve ten reps. NOTE: You will be surprised at how little weight you will ultimately have on the bar when you finally make your ten repetitions. You will also know why the rest / pause method is used sparingly. Prepare yourself for some muscle soreness!

A rest / pause of 3/8 minus 10 lbs / set would mean an initial failure point of three reps (you'll need to use the REP MAX CHART to determine the weight you'll need for the first set), and a terminal goal of ten reps, with ten pounds less weight per set as you move through the program.

This method, obviously requires that you move all the way through your program without interruption. If you are doing lat pulls pest / pause, you could alternate sets with a lifting partner. The bench-press, however, should be completed by one lifter, before the next lifter begins (it just gets too complicated when you change weights to have more than one lifter working at a time). You can do the lat pull rest / pause without a spotter, but you must have a spotter when doing the bench press for obvious safety reasons. Beyond that, all you need to know about rest / pause is the number of reps you are to begin and end with; the amount of weight you remove between sets; and that every set you do is to *failure.*

Simple, huh? Effective, too: you'll see.

TRAINING SCHEDULE FOR WEEK # 12

Sunday

suppleness series
sustained tempo aerobic training: 45 minutes
stretch

Monday

morning: weight circuit (legs & back)
afternoon: conditioning program; extensive tempo intervals:
jump-rope: (30 easy / 30 fast x 4 reps) x 5 sets;
1 minute rests between sets;
stretch

Tuesday

SPA # 5
stretch

Wednesday

weight circuit (general)
stretch

Thursday

SPA # 2
stretch

Friday

morning: weight training (chest & shoulders)
jump squats; 3 x 27; 1 minute rests
afternoon: conditioning program; intensive tempo intervals:
5 x 400 meter sprints; 5 minute rests between sprints;
+ 10 minute recovery jog
stretch

Saturday

SPA # 6
stretch

M O N D A Y

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 30 on; 30 off; x three	*set # one wgt / reps*	*set # two wgt / reps*	*set # three wgt / reps*
15kg plate-x 1 - 2 - 3			
light squats (135 - 175 lbs)			
walking lunge			
weighted back extension			
15 kg plate-x 4 - 5			
bent-over rows			
one-leg lunge			

lat pull-down: rest / pause 3/10; minus one plate / set

starting weight:
ending weight:
total sets:

finish: 3kg med-ball series x 2

W E D N E S D A Y

focus: body circuit

warm-up: same as above

circuit # 1: 30 on / 30 off x 3 3 minute rests between series	*set # one reps*	*set # two reps*	*set # three reps*	*set # four reps*	*set # five reps*
inclined plane series:					
push-ups					
chins					
dips					
one-leg squats					
bar row-ups					
circuit # 2: legs					
5 sets with the sand-tube; 2 minute rests					
squat	20	20	20	20	20
forward lunge	20	20	20	20	20
box step-ups	20	20	20	20	20
jump-squats	12	12	12	12	12

F R I D A Y

focus: chest & shoulders

warm-up: same as above

bench press: rest / pause 3 / 10; minus 10 lbs / set

starting weight:
ending weight:
total sets:

circuit: 30 on / 30 off x 2 3 minutes rest between series	*set # one wgt / reps*	*set # two wgt / reps*
15kg plate-x 1 - 2 - 3		
G-curl & press 1		
G-curl & press 2		
triceps extensions		
G-curl & press 3		
G-curl & press 4		

finish: 3kg med-ball series x 2

TRAINING SCHEDULE FOR WEEK # 13

Sunday

suppleness series
sustained tempo aerobic training: 45 minutes
stretch

Monday

morning: weight circuit (general)
jump squats: 3 x 30; 1 minute rests

afternoon: conditioning program; intensive tempo intervals:
100 m (in 15 seconds); rest 1 minute;
200 m (in 32 seconds); rest 2 minutes;
300 m (in 52 seconds); rest 3 minutes;
400 m (in 70 seconds); rest 4 minutes;
100 m (in 15 seconds);
rest 10 minutes;
1 x 800 m (in 3 minutes);
+ 10 minute recovery jog
stretch

Tuesday

SPA # 7
stretch

Wednesday

suppleness series
conditioning program; extensive tempo intervals:
30 / 30's x 15 reps + 10 minute recovery jog
stretch

Thursday

SPA # 8
stretch

Friday

weight circuit (general)
stretch

Saturday

SPA # 6
stretch

M O N D A Y

focus: general

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 45 on / 30 off x 2;	*set # one*	*set # two*
3 minutes rest between sets	*wgt / reps*	*wgt / reps*
15kg plate-x 1 - 2		
light squats (135 - 175 lbs)		
dumbell bench press		
lat pull-down		
G-curl & press 1 - 2		
weighted back extension		
15kg plate-x 3 - 4		
one-leg lunge		
incline dumbell bench press		
G-curl & press 3 - 4		
bent-over rows		

finish: 3kg med-ball series x 2

F R I D A Y

focus: body circuit

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 45 on / 30 off x 2;	*set # one*	*set # two*	*set # three*	*set # four*	*set # five*
3 minutes rest between series	*reps*	*reps*	*reps*	*reps*	*reps*
inclined plane series					
push-ups					
chins					
back extensions					
jump-rope					
dips					
bar row-ups					
one-leg squats					
circuit # 2: legs;					
5 sets with the sand-tube; 1 minute rests					
squats	20	20	20	20	20
forward lunge	20	20	20	20	20
box step-ups	20	20	20	20	20
jump-squats	12	12	12	12	12

TRAINING SCHEDULE FOR WEEK # 14

Sunday

suppleness series
sustained tempo aerobic training: 45 minutes
stretch

Monday

weight circuit (general)
jump squats: 3 x 33; 1 minute rests
conditioning program; extensive tempo intervals:
(20 / 20's x 6 reps) x 3 sets;
1 minute rests between sets;
+ 10 minute recovery
stretch

Tuesday

SPA # 9
stretch

Wednesday

weight circuit (general)
stretch

Thursday

SPA # 10
stretch

Friday

morning: weight circuit (general)
afternoon: conditioning program; intensive tempo intervals:
5 x 40 m sprints (30 seconds rest between)
4 x 60 m sprints (30 seconds rest between); 5 minutes rest
3 x 80 m sprints (30 seconds rest between)
2 x 100 m sprints (30 seconds rest between); 5 minutes rest
1 x 800 m run (in 3 minutes);
10 minute recovery jog
stretch

Saturday

suppleness series
stretch

M O N D A Y

focus: legs & back

warm-up:
soccer-ball juggle: 5 minutes
jump-rope: 3 minutes
8-count cals: 10
suppleness series

circuit: 30 on / 30 off x 3	*set # one*	*set # two*	*set # three*
3 minutes rest between series	*wgt / reps*	*wgt / reps*	*wgt / reps*
15kg plate-x 1 - 2 - 3			
light squats (135 - 175 lbs)			
walking lunges			
weighted back extension			
15 kg plate-x 4 - 5			
bent-over rows			
one-leg lunge			

lat pull-down: rest / pause *starting weight:*
3/10; minus one plate / set *ending weight:*
total sets:

finish: 3kg med-ball series x 2

W E D N E S D A Y

focus: body circuit

warm-up: same as above

circuit: 30 on / 30 off x 3;	*set # one*	*set # two*	*set # three*	*set # four*	*set # five*
3 minutes rest between series	*reps*	*reps*	*reps*	*reps*	*reps*
inclined plane series:					
push-ups					
chins					
dips					
one-leg squats					
bar row-ups					
circuit # 2: legs					
5 sets with the sand-tube; no rests					
squat	20	20	20	20	20
forward lunge	20	20	20	20	20
box step-ups	20	20	20	20	20
jump-squats	12	12	12	12	12

F R I D A Y

focus: chest & shoulders

warm-up: same as above

bench press: rest / pause starting weight:
3 / 10; minus 10 lbs / set ending weight:
total sets:

circuit: 30 on / 30 off x 2	*set # one*	*set # two*
3 minutes rest between series	*wgt / reps*	*wgt / reps*
15kg plate-x 1 - 2 - 3		
G-curl & press 1		
G-curl & press 2		
triceps extensions		
G-curl & press 3		
G-curl & press 4		

finish: 3kg med-ball series x 2

SPEED - POWER - AGILITY: WARM-UP EXERCISES

(Various drills are specified as warm-ups for each of the ten SPA programs)

TRIANGLES: Start at one corner of a football or soccer field; jog down the side- line and along the end-line, then turn and run toward the opposite corner (to form the triangle) accelerating gradually into a 75 - 85 % sprint. Do six full triangles.

CARIOCA SIDE-STEP: This is a lateral cross-over step. You run side-ways, alternately crossing each leg in front of, then behind the other. Exaggerate the turn of the hips to the left when you are moving to the left side and crossing your right leg over your left, and to the right when you move to the right and your left leg crosses your right. Do three sets in each direction and go at least thirty yards per set.

HIGH SKIPS: This is simply skipping forward, but trying to get as much height out of each skip. Exaggerate the lift of your forward knee on each skip. Skip for thirty to forty yards. Do four to five sets.

RUN-RUN-BOUND: This is a rhythmic exercise: every third step will be a forceful bound for distance. Take a five to ten yard approach run, then begin to count: step - step - bound! step - step - bound! step - step - bound! until you have done three bounds off each leg. Do four sets and check your overall distance.

LOW LATERAL SHUFFLE: Lower your center of gravity and shuffle laterally to your right for thirty yards; return to the left; then once more to the right and left (two times in each direction per set); x 3 sets. Be sure to stay low and keep your shoulders facing forward and parallel to the ground.

TWO-LEGGED LATERAL JUMPS: These are simple side-to-side jumps off both feet. The exercise looks like a skier working around moguls. Bend your knees on each landing. 3 x 30 seconds

WALKING LUNGES: Put your hands on your hips and take a giant step with your right foot; now, lower yourself and begin walking in exaggerated low, long strides. 3 x 12 strides.

SPEED - POWER - AGILITY # 1

warm-up: suppleness series
triangles
carioca side-step
high skips
run-run-bound
stretch

FROG-JUMPS (for maximum distance): From a full squat, spring forward, landing on both feet; do five jumps per set, and measure your best distance; x 5 sets

80 YARD ACCELERATIONS: Begin in a relaxed sprint with good running mechanics and gradually accelerate to a full sprint; x 6 sprints

80 YARD BACKWARD ACCELERATIONS; x 6 sprints

ONE-LEGGED BOUNDS: This is like running on one leg. You begin with a short (ten yard) acceleration, and then you bound off one foot five consecutive times. Try for maximum distance with each bound and measure your best set. You do five bounds per set; x 3 sets with each leg

JUMP-ROPE SPRINTS: Skip rope as fast as you can for 30 seconds, then rest for 1-2 minutes; repeat; do 5 sets

SKATER'S CIRCLES: Stand with your feet together and lower yourself until your knees are at 90 degrees; stride out-back-in-up to "draw" a giant circle with your toe. Do 3 sets of circles for 20-30 seconds / leg. (You can stand on a foam block to challenge [and develop] your balance, more.)

STRETCH

SPEED - POWER - AGILITY # 2

warm-up: suppleness series
low, lateral shuffle
carioca side-step
two-legged lateral jumps
walking lunges
stretch

LATERAL BOUNDS: Bound from side-to-side keeping your center of gravity low and your shoulders parallel to the ground on each bound. 4 x 30 seconds

5 - 10 - 5 LATERAL AGILITY: Measure a ten yard line and mark the ends and the center. Stand in the center of the line with your shoulders parallel to it. Begin by shuffling to your right and touching the right end-point of the line; shuffle back to your left and touch the left end-point of the line; return to the center and touch the center-point; shuffle back to your left and touch the left end-point; shuffle all the way to the right to touch the right end-point; return to the center to touch the center-point. x 4 sets

AGILITY REACTION DRILL: (This is best done with a partner, but you can manage on your own if you have to.)

With a partner: Start on your back; when your partner says "go" you scramble to your feet and sprint about five yards in any direction your partner indicates; your partner then indicates a new direction and you turn that way and sprint for twenty yards. x 8 reps

Alone: Start on your back, holding a football; throw the ball up as high as you can, scramble to your feet and sprint forward about five yards; when the ball lands, sprint for twenty yards in the direction of its first bounce; On your next rep, your initial sprint will be to the left; On your third rep, to the right; On your fourth rep, backward. x 2 each direction

FORWARD ZIG-ZAG BOUNDS: This is like a skater's bound. 12 bounds (6 on each foot) x 5 sets and go for maximum distance with each bound.

SKATER'S STRIDE & LIFT: Stand with your feet together and lower yourself until your knees are bent to 90 degrees; stride your right leg out (1); bring it back to the center and stride out with your left leg (2); count 1 - 2 - 3 - 4 - 5, and on the fifth count you hold your position (fully extended stride leg, weight on the leg beneath you) and you lift the stride foot up about 4 inches and hold it for three seconds; then you resume striding, counting 1 - 2 - 3 - 4 - 5, and repeat the lift on the other side. Stay low, not letting your head, shoulders, or waist rise. Check yourself with a partner or a mirror: don't let your head and shoulders bob up and down with each stride. 5 strides and a lift is one rep; do 50 strides (or 5 reps / side). 3 x 50 strides (5 x 5 strides + 1 lift / side).

STRETCH

SPEED - POWER - AGILITY # 3

warm-up: suppleness series
triangles
carioca side-step
high skips
run-run-bound

DOWNHILL SPRINTS: Begin at the top of a long (at least 50 yards), gently sloped hill and accelerate into a full sprint by the mid-point of the hill. Try to go faster than you are "comfortably" able to go. Be careful: you will probably crash from time to time so choose a nice grassy hill. x 5 sprints

ONE-LEG TUCK JUMPS (see the exercise catalog): 8-12 reps per side x 2 sets

4KG MED-BALL FULL BODY-THROW SERIES (see the exercise catalog):
soccer throw x 10;
stride & throw x 10;
one bounce throw x 10
backwards throw x 10
squat and throw x 10

LATERAL STEP-UPS: Stand with a 16" box to your left; step up onto the box with your right foot and hop up and to the right to land with your left foot on the box and your right foot on the ground to the right of the box; repeat to the left. Get full extension from each of your step-ups. 4 x 20 (10 / foot)

SKATER'S KICKS: Stand with your feet together and lower yourself until your knees are bent to 90 degrees; begin by kicking your left foot straight forward; then kick it back behind you; then forward, again; then back, again; and continue for 30 seconds; repeat on the other side. Do 3 sets of 30 seconds / side, and stay low and balanced, with your shoulders parallel to the ground at all times. (To further develop your balance, you can do this while standing on a foam block.)

STRETCH

SPEED - POWER - AGILITY # 4

warm-up: suppleness series
low, lateral shuffle
carioca side-step
two-legged lateral jumps
walking lunges
stretch

5 - DOT DRILL: This is a fast-foot drill, requiring a five-dot pattern on a firm, but forgiving, surface (a wrestling mat works well). Paint your dots to form a one-yard square, with the fifth dot in the center of the square.

1 2

5

3 4

The drill has five parts. Practice the parts separately until you have them memorized.

A. Begin with your left foot on 3 and your right on 4; jump both feet to 5; then jump so that your left foot is on 1, and your right foot is on 2; mirror that by doing the whole thing backwards (this brings you back to the starting position); That is one rep; you have to do five.
B. This is the same as part "A" except that you make a turn at the top and bottom (you always jump forward); turn to the right when you get to 1 & 2; the left when you get back to 3 & 4; Do five reps.
C. This part is all done on your right foot. Begin with your right foot on 4 and hop counter-clockwise: 4-5-2-1-5-3-4; Do that five times.
D. This is the same as part "C" but with your left foot. Begin with your left foot on 4 and do the same counter-clockwise pattern five times.
E. Jump with both feet in the same direction and pattern as in parts "C" and "D". Do five reps.

NOTE: Time yourself in completing the drill (fifty to fifty-five seconds is excellent; 55-60 seconds is good) and be sure to hit the dots (don't just come close). Do the whole drill two times.

SPEED - POWER - AGILITY # 4, CONTINUED

BACKWARD ZIG-ZAG BOUNDS: 12 bounds / set (6 / foot) x 5 sets

"TRETIAKS": Holding a soccer ball, facing a wall; squat down to a full crouch and begin to alternately kick each leg out to the side while bouncing the ball off the wall (or you can do this with a partner and play catch with the ball). Never let yourself out of the full crouch position (the lower you stay, the harder it is.) 4 x 20 seconds

RESISTED LATERAL BOUNDS (you will need a strong piece of rubber tubing [at least 7-8 feet long] for this): Attach one end of the rubber tubing to a post or fence and the other to a belt around your waist. You will do four sets, for 30 seconds each (one in each direction). Begin by putting the attachment of the tubing to the belt at your back; your first set is facing forward: You bound from side-to-side against the resistance of the rubber tubing. Stay low and bound as far to each side as possible. Next: bring the attachment to your right side. You do the same lateral bounding movement, but now the resistance is against your right leg (and your left leg is assisted in the recovery). Next: bring the attachment to your front and repeat the lateral bounds with resistance from your front. Finish by bringing the attachment to your left side and repeating the resisted / assisted lateral bounds on that side.

SKATER'S KICKS: 3 x 30 seconds / side

STRETCH

SPEED - POWER - AGILITY # 5

warm-up: suppleness series
triangles
carioca side-step
high skips
run-run-bound
stretch

DOWNHILL SPRINTS: x 5 sprints

LONG BOUNDS: Accelerate along a ten-yard approach to a starting point and then do four consecutive forward bounds (two / foot) for maximum distance. x 4 sets

TWO-FOOTED SIDE-TO-SIDE TUCK-JUMPS: Place a cone on a soft flat surface. Begin with the cone on your right side. Jump both feet up and to the right to clear the cone and land on the right side of it; jump immediately back to the left side. Bring both feet up under your body at the top of each jump. 4 x 20 seconds

4KG MED-BALL FULL BODY-THROW SERIES: 1 x 10 each

ONE-LEG TUCK-JUMPS: 3 x 8 / side

SKATER'S CIRCLES: 2 x 30 seconds / side

STRETCH

SPEED - POWER - AGILITY # 6:
FAST FEET WITH A JUMP-ROPE

warm-up: suppleness series
jump-rope x 3 minutes
stretch

These "minute-on / minute-off" intervals require acceleration, coordination and control. This is a good program to do with a partner: you do your interval while your partner rests; you rest while your partner does his next interval, and so on. Get good at accelerating and decelerating with the rope; keep score (who misses most) and compete with each other. Each interval lasts for one minute, but they are broken into sub-intervals of fast skipping and easy, recovery skipping. Here are the intervals and sub-intervals:

60 easy; 1 minute rest

30 fast / 30 easy; 1 minute rest

20 fast / 20 easy / 20 fast; 1 minute rest

15 easy / 15 fast x 2; 1 minute rest

10 easy / 10 fast x 3; 1 minute rest

5 easy / 5 fast x 6; 1 minute rest

15 easy / 15 fast x 2; 1 minute rest

30 easy / 30 fast; 1 minute rest

60 fast; 1 minute rest

3 minute recovery skip

STRETCH

SPEED - POWER - AGILITY # 7

warm-up: suppleness series
triangles
carioca side-step
high skips
run-run-bound
stretch

JUMP-JUMP-SPRINT (from a 16" box): Begin by standing on the box; *step* off the box to land with both feet and do two forward jumps immediately, followed by a 15 yard sprint. x 10 reps

TWO-FOOTED " + " JUMPS: Stand on a soft, flat surface and jump forward with both feet (land on both feet); then jump backwards to your starting position; then jump laterally to your right; then back; then straight backwards; then forwards to the starting position; then laterally to your left; then back. (You jump out and back from the center of the " + " to all its points.) Do two full cycles of the " + " per set; x 5 sets

4KG MED-BALL FULL BODY-THROW SERIES: x 10 each throw

UPHILL TWO-FOOTED FROG-JUMPS: Stand with your feet together at the base of a gently angled hill. Jump forward up the hill; land on both feet and immediately jump again. 5 x 5 jumps.

SKATER'S KICKS: 3 x 20 seconds / side

STRETCH

SPEED - POWER - AGILITY # 8

warm-up: suppleness series
low, lateral shuffle
carioca side-step
two-legged lateral jumps
walking lunges
stretch

FRONT, BACK & SIDE HILL SPRINTS: Start at the base of a fairly steep grassy hill (about forty yards long). Begin with a forward sprint to the top, and an easy walk back to the bottom. Next: turn so the hill is to your right and "sprint" back to the top by moving laterally, crossing your left leg over your right; walk back tot he bottom. Next, turn your back to the hill and sprint backwards to the top (reach back as far as you can with your heels on each stride); walk back to the bottom. Finish by turning so that you are sprinting laterally to your left up the hill, crossing your right leg over your left as you go; walk back to the bottom. 3 x all directions

4KG MED-BALL FULL BODY-THROW SERIES: 1 x 10 each throw

LONG BOUNDS: Accelerate along a ten-yard approach to a starting point and then do four consecutive forward bounds (two / foot) for maximum distance. x 4 sets

80 YARD ACCELERATIONS: x 6 sprints

80 YARD BACKWARD ACCELERATIONS: x 6 sprints

SKATER'S STRIDE & LIFT: 3 x 50 strides (5 x 5 strides & 1 lift / side)

STRETCH

SPEED - POWER - AGILITY # 9

warm-up: suppleness series
soccer-ball juggle x 5 minutes
carioca side-step
run-run-bound
stretch

TWO-LEGGED FROG JUMPS: five jumps / set x 5 sets

ONE-LEGGED BOUNDS: five bounds per leg x 4 sets

4KG MED-BALL FULL BODY THROW SERIES: 1 x 10, each

TWO-LEGGED " + " JUMPS: 2 full cycles per set x 5 sets

PENALTY-KILL REACTION DRILL: (you need a partner and a ball for this drill; a soccer ball is good; a med-ball is even better [3-4kg]) Your partner holds the ball and stands about twelve feet away, facing you; your partner signals "go" by rolling the ball in any direction; you react, sprint to the ball, retrieve it, give it back to your partner, and return to your original position. Stay in a low, ready-position to better react to the direction of the ball. (Your partner can fake to throw you out of position.)The drill is timed: the first time you do it, go for 30 seconds per set, x 5 sets, with 30 second rests in between. (You should work up to 5-7 sets of 45 seconds on / 30 seconds off.

SKATERS KICKS: 3 x 30 seconds / side

STRETCH

SPEED - POWER - AGILITY # 10

warm-up: suppleness series
soccer ball juggle x 5 minutes
low-lateral shuffle
carioca side-step
stretch

DOWNHILL SPRINTS: x 7 sprints

SEVEN-STEP RESISTED SPRINTS: Use a steep hill, or a harness and weight (an old tire--or two--works well) for resistance. Start on your stomach; at a signal from a partner, scramble up and sprint forward for seven steps. Return to the starting position and repeat the seven-step sprint, but side-ways, this time; repeat backwards, and then to the other side to complete your set. Take plenty of rest between sets. Make your seven steps the most powerful possible. Do 3 sets.

4KG MED-BALL FULL BODY-THROW SERIES: 1 X 10, each

SPEED HOPS: Place a cone on a soft, flat surface. Begin by jumping with both feet forward and backward over the cone as fast as you can for 30 seconds; rest and repeat the jumps laterally this time (side-to-side) for another 30 seconds. Work for maximum quickness and speed. Do 3 sets x 30 seconds forward; and 3 x 30 seconds laterally.

HIGH-HOPS WITH LONG-JUMP: On a soft, flat surface place three cones in a line, about a yard apart, and a fourth cone in the same line, but about four to five feet from the other three. Face the line of cones from the first of the three, and jump for maximum height over the first, second, and third cones, then for maximum distance over the last cone. Rest and repeat the jumps laterally (first to the right; then to the left), and finally backward to complete the set. Remember: maximum height for three jumps, then maximum linear distance. Do 3 complete circuits (front; side; side; back).

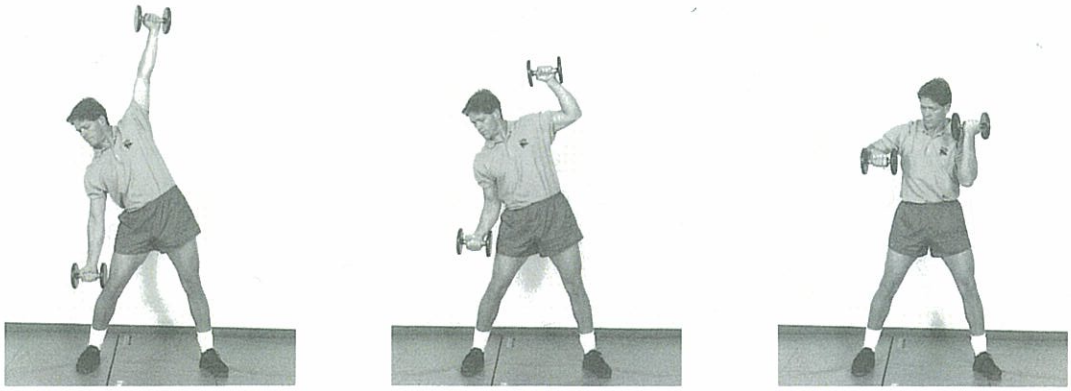
STRETCH

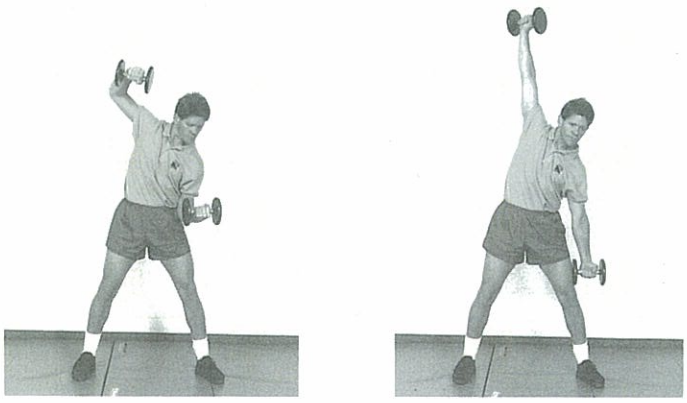
E X E R C I S E C A T A L O G

(An explanation of some [not all] the exercises in the program.)

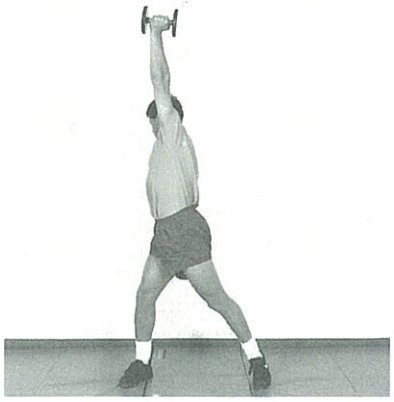
GAMBETTA curl & press series (G-curl & press 1 - 2 - 3 - 4)
These four exercises are intended to involve many muscle groups (arms, shoulders and mid-section) at once. They are complicated, so you should start with light dumbells and learn to perform the movements well before increasing the weight. Be deliberate and graceful in all these movements, rather than jerky and fast.

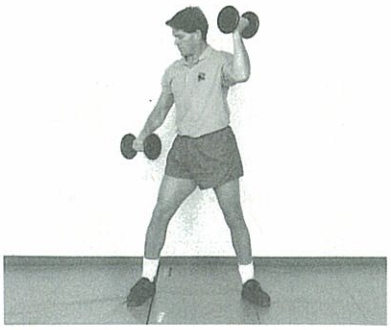
G-curl & press 1: Take a fairly wide stance with a dumbell in each hand; curl the right dumbell up to your chest with an underhand grip, then reverse your grip by rolling the dumbell inward, and press it straight overhead. Reverse the motion with the right hand while you begin the curl & press with the left. One dumbell is going up while the other is coming down. Be as fluid as you can be and involve your mid-section in every press.



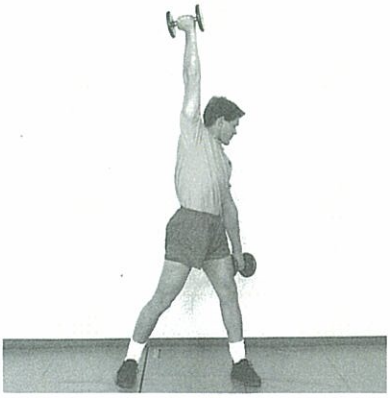


G-curl & press 2: Same stance as above; curl the right dumbell up to your chest with an overhand grip, then reverse the grip by rolling the dumbell outward and press it straight overhead. Reverse the motion with the right hand while you begin the curl & press with the left. Once again, you want to be fluid as possible and involve your mid-section on each rep.

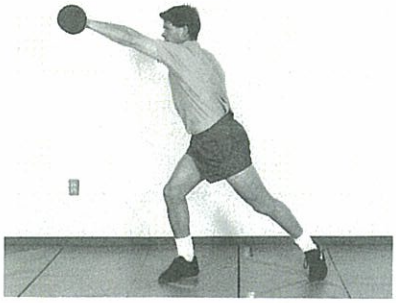


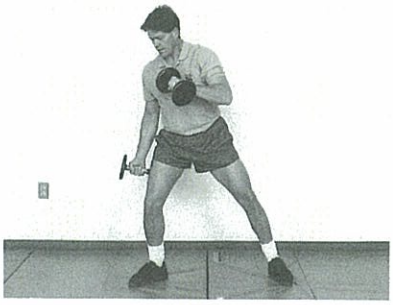


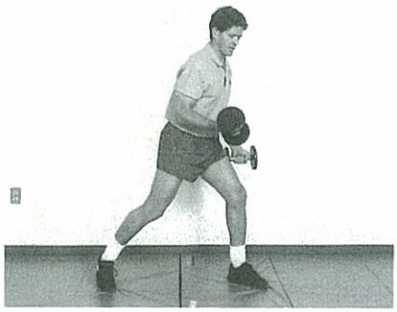


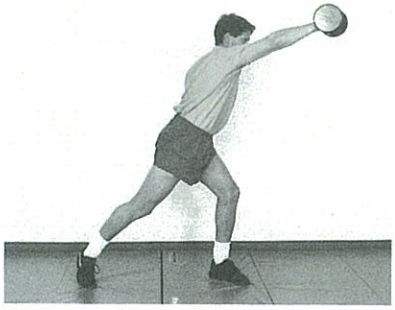


G-curl & press 3: Take a slightly wider stance; underhand curl the right dumbell up to the left side of your chest, then reverse the grip and press the dumbell away from you while you rotate fully to the left at the hips. Reverse the motion with the right hand as you begin with the left and rotate, now, from left to right. (The press phase of this movement looks like a punch thrown across your body.)

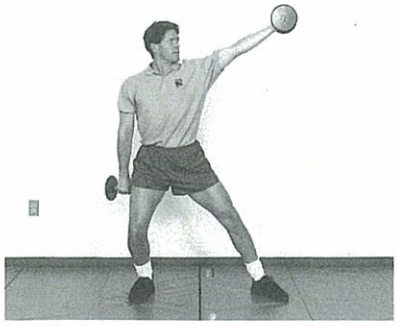


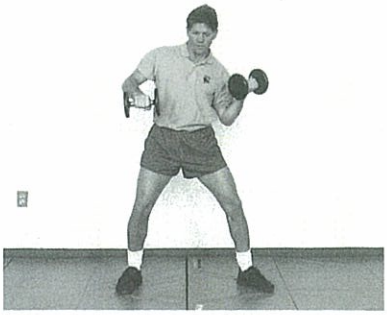




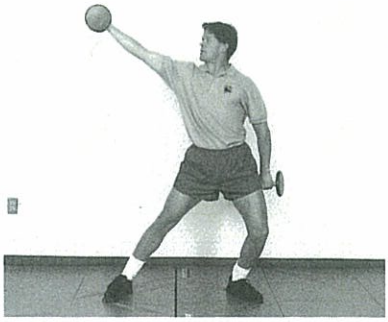


G-curl & press 4: Same stance as G-curl & press 3; this is an overhand curl to your right shoulder with your right hand, then an outward rotation of the dumbell as you press it up and away to your right side. (You will be leaning away from the dumbell for balance.) Reverse the movement with the right hand as you begin with the left.





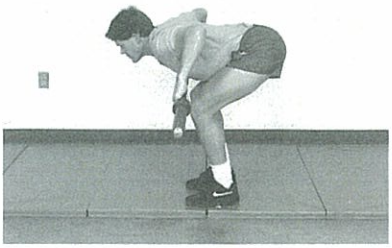




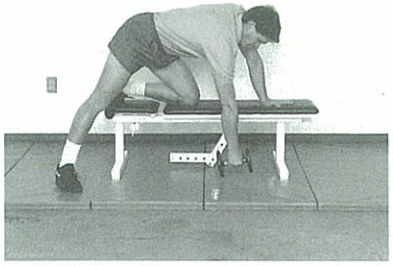
ROWING EXERCISES

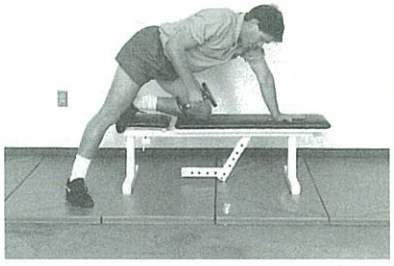
Bent-over row: Take a slightly wide stance over a barbell and bend over (bending at your waist and knees) and take a very **wide** grip on the bar (I prefer a "thumbs-over" grip on rowing exercises [chins, bar row-ups, etc.], rather than a "thumbs-under" grip, but this is your choice). All you are going to do, now, is row the bar from the floor up to your chest, but you have to keep your back in a straight line all the while you're doing the work. (Practice with a broom-stick: place it along your spine so it touches your head, between your shoulders, and just below your waist; you should be able to bend forward without losing that three-point contact with the stick. Practice this, and practice the bent-over row with a spotter telling you whether your back is straight (good), rounded or arched (not good).)

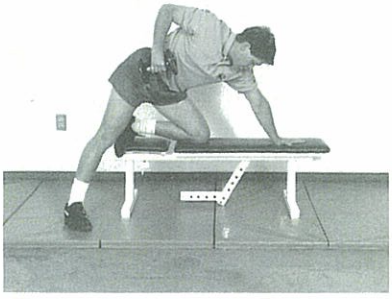




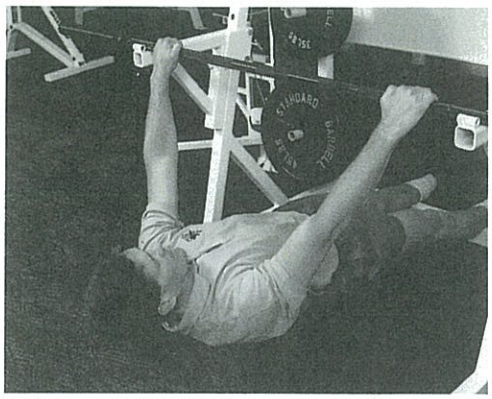
Single-arm dumbell row: Set one dumbell on the floor beside a flat bench. Put your left knee on the bench and bend over to take the dumbell with your right hand in a "hammer" (thumb pointed up) grip. Now, you row the dumbell up and back, leading with your shoulder and following through with your arm (the dumbell moves past your hip). You will look a bit like you're trying to start a power mower. Finish all your reps with your right hand, then repeat the work with your left.

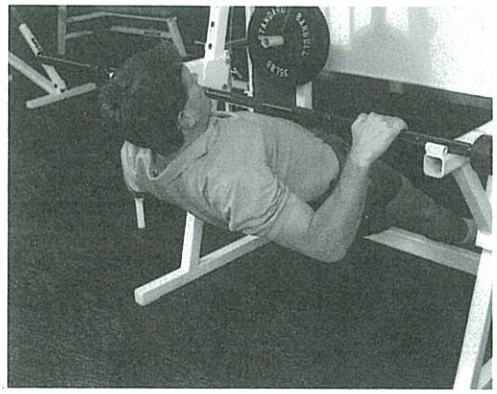






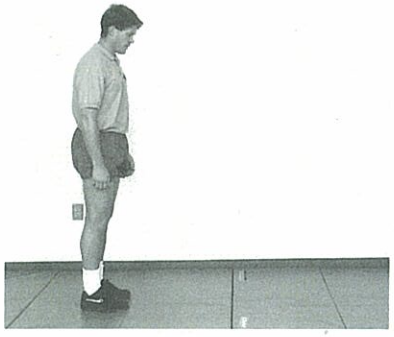
Bar row-ups: Set a bar in a low position (between two and three feet off the floor) on a squat or power rack. Lie on your back beneath the bar (and press your feet against something, if possible, to avoid sliding). Take hold of the bar with a very wide grip; now, make your whole body into a straight line from your heels to your head, and row yourself up to the bar. (You want the bar to touch mid-chest on each rep, so adjust your position accordingly.) Lower yourself fully each time before beginning your next rep.

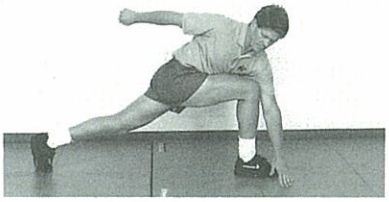




LUNGES, SQUATS AND STEP-UPS

FORWARD LUNGE & TWIST: This is a non-weighted lunge. Stand, feet together; take a giant step forward with your right leg and twist your upper body to touch your left hand to the ground in front and to the right of your right foot; push back to the starting position and repeat to the left side.

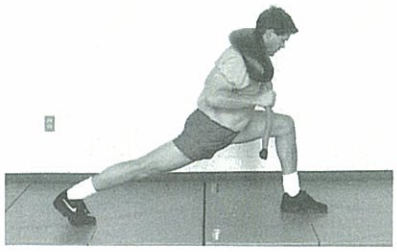




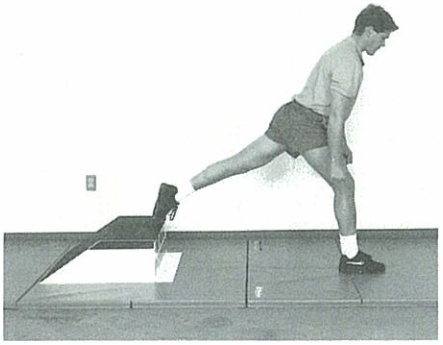


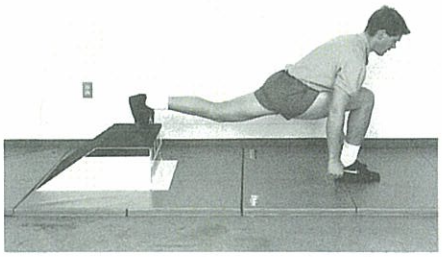


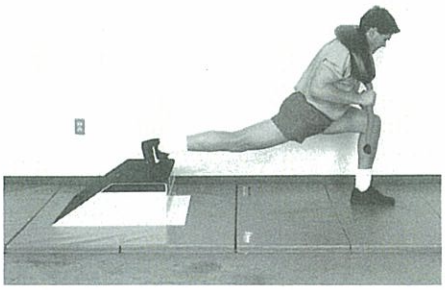
FORWARD LUNGE: This is the same exercise but without the twist. Leaving the twist part out allows you to add weight, in the form of a barbell or sand-tube over your shoulders, or a pair of dumbells. Remember three things about this exercise: 1) your back (push-off) leg extends fully, so it ends up straight (you don't touch your knee to the floor); 2) the knee of your forward leg never goes beyond the toe of your forward foot; 3) you keep your chin over your forward knee (this keeps you from arching and compressing your lower back.



ONE-LEG LUNGE: Put your left toe up on a box or bench (about two feet high) and move (hop) your other foot forward; lower and raise yourself over your forward foot, doing all your reps on your right side, then switching your feet around and doing the work on the left side. Keep your upper body forward (just like in the forward lunge) to keep from straining your lower back.

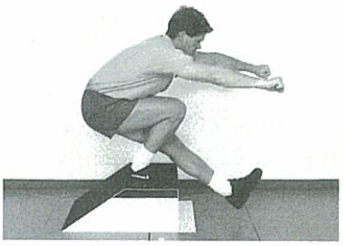






ONE-LEG SQUAT: Stand on one foot with the weight on your heel; extend your other leg and lift the foot; extend both arms forward, also for balance; now, lower yourself (keeping your heel down) until you reach at least a ninety degree angle or less at the knee. Do all your reps on one leg, then repeat on the other. (Generally, this is a non-weighted exercise, but you can use a sand-tube for resistance. You can also do this squat standing on a foam block to add an extra balance challenge.)





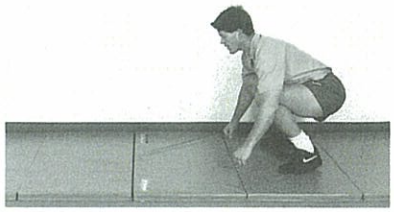
DUCK-WALK LUNGE: This is a simple zig-zag walk, but you have to stay *low* (your knee just off the ground) and take *big* steps.

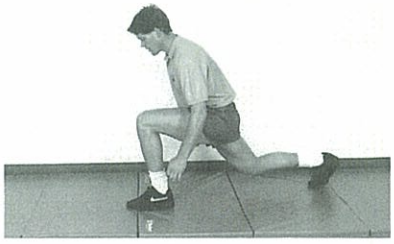


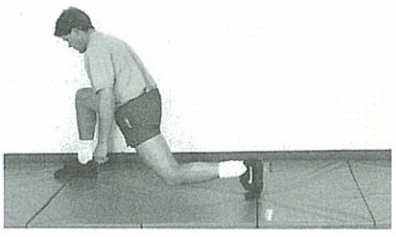




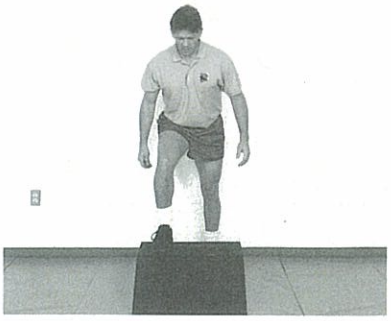
WALKING LUNGE: These are simply a series of giant steps across the floor (you cover distance--just like in the duck-walk lunge).

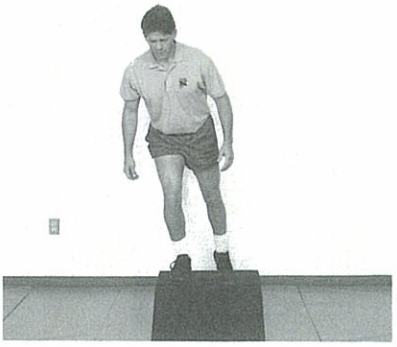




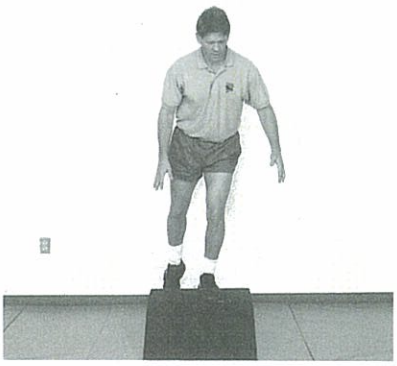


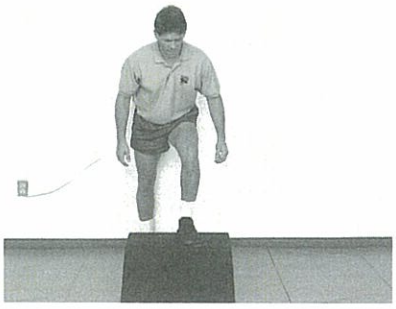
FORWARD BOX STEP-UPS: This exercise can be done weighted or non-weighted. Simply step up onto a box or bench (sixteen to twenty-four inches high is about right). Make sure you put your full foot onto the top of the box and then step up, fully extending your leg (even hopping a little). You change feet on the top of the box, then lower your first foot to the floor and do your next rep on the other foot (the one you left on top of the box).



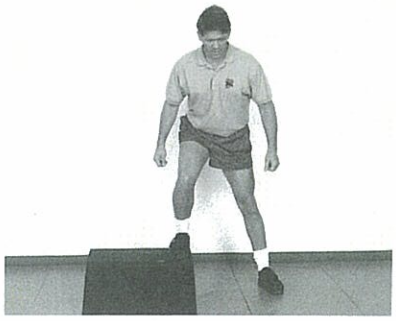


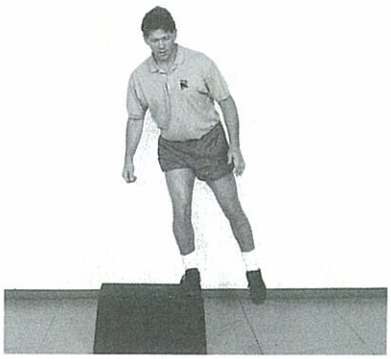


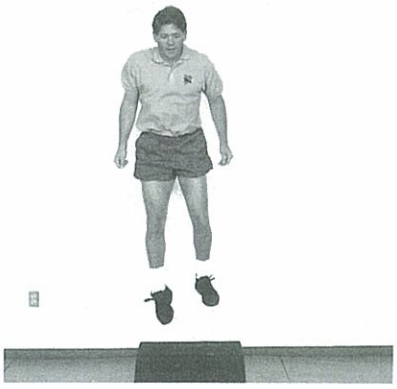


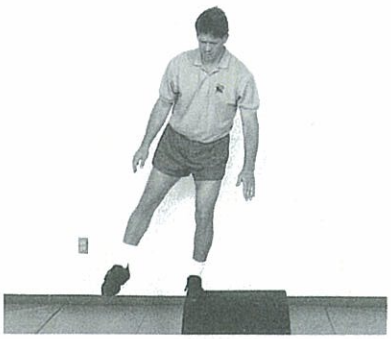


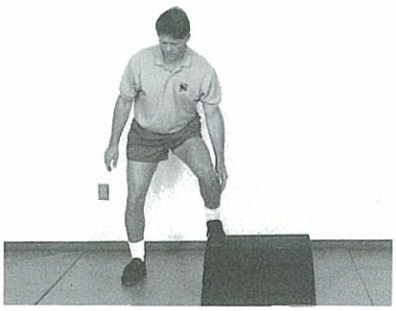
LATERAL BOX STEP-UPS: This is the same as the forward step-up except you travel laterally across the top of the box with every step (and so, work the inside and outside of the thighs a bit more).



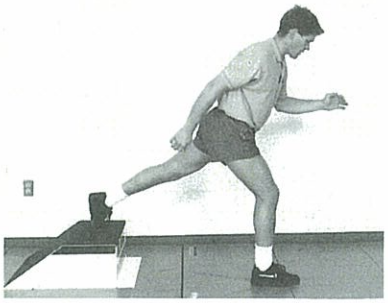








ONE-LEG TUCK-JUMPS: Put your left toe up on a box or bench (about two feet high) and hop your right foot forward a bit to give you a balanced stance. Lower yourself into a full one-leg lunge position and extend your right arm forward and your left arm backward; then jump straight up (keeping your toe on the bench) and drive your right arm backward, and your left arm forward, and kick your right heel up (this is the "tuck" part of the jump) beneath you; land and repeat. Do all your reps on one foot, then reverse your stance and complete all your reps on the other.







JUMP SQUATS: Lower yourself into a full squat and spring up as high as you can; land and immediately begin the next rep. This is a simple exercise; it is used as a part of the leg circuit, and also as a part of a progression done on non-leg circuit days. The progression works like this: You do three sets of a given number of repetitions of the jump squat, with only one minute rest between sets. We start at ten reps, and progress through the fourteen weeks, adding reps from time to time. If you actually make it to the point where you manage to get three sets of 33 reps with one minute rests between, you will have made it to the elite level of condition--and your vertical jump (and on-ice speed) will have been improved significantly. The progression through the program looks like this:

Week	# 2: 3 x 10	# 9: 3 x 21
	# 3: 3 x 12	# 10: 3 x 24
	# 4: 3 x 15	# 11: 3 x 24
	# 5: 3 x 18	# 12: 3 x 27
	# 6: 3 x 18	# 13: 3 x 30
	# 7: 3 x 21	# 14: 3 x 33
	# 8: 3 x 21	

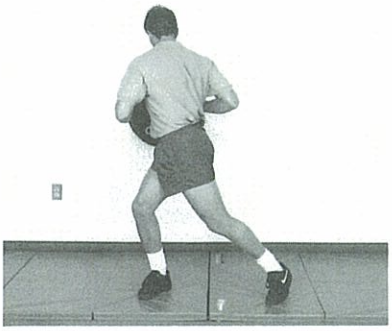


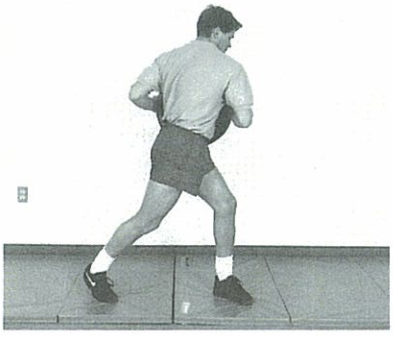


10KG / 15KG PLATE-X SERIES

10KG PLATE-X 1 (SHORT-ARM TWISTS): Take a shoulder-width stance and bend your knees slightly; hold the plate close to your torso and twist from side to side, unlocking and locking your hips on each rep. (Twenty reps = ten / side)

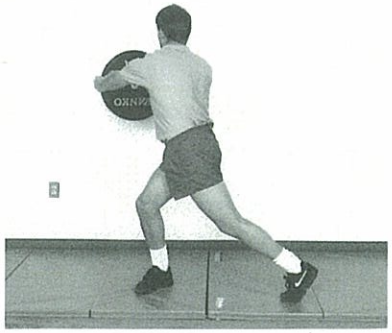


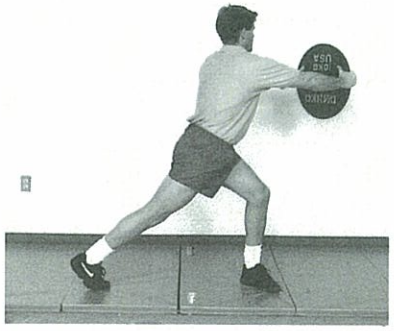




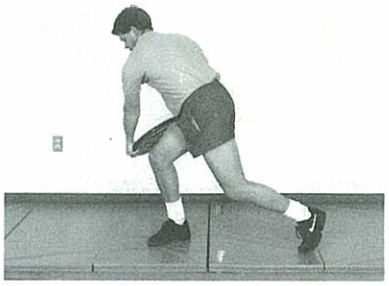
10KG PLATE-X 2 (LONG-ARM TWISTS): This is the same twist, but you hold the plate at arm's length.

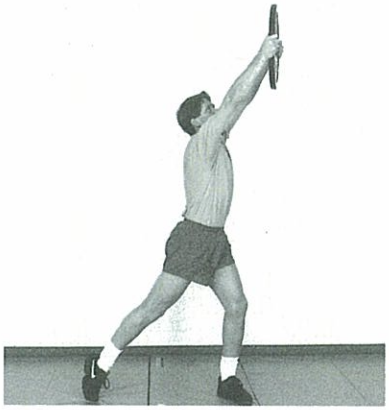






10KG PLATE-X 3 (DIAGONAL SWINGS): Take a wide stance; bend and twist until the plate is below and behind your right knee, then twist back to the left, lifting and extending the plate above and to the left of your head. Get full extension of the arms and legs at the finish. (Twenty reps = ten / side)



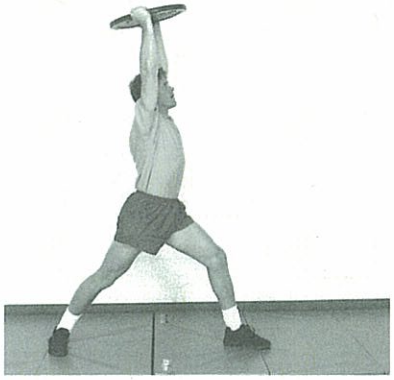


10KG PLATE-X 4 (VERTICAL CHOPS): Take a wide stance and lift the plate over your head; then, swing your arms and bend at the waist bringing the plate down and between your legs; return the plate over your head to begin the next "chop." Make your torso do the work, here; your arms are mostly along for the ride.

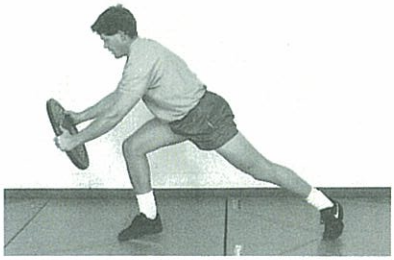




10KG PLATE-X 5 (ALTERNATING GIANT CIRCLES): Take a wide stance; begin with the plate fully over your head; keeping your arms extended, swing the plate in a circular arc down and to the left; then to the right (below your knees), and then to the right and up to the starting point, again. Your next rep begins in the opposite direction. Be sure to bend your knees and rotate your hips on each rep. (Ten reps = five circles in each direction)

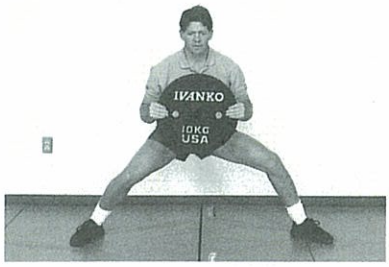


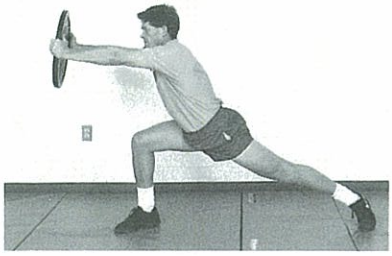


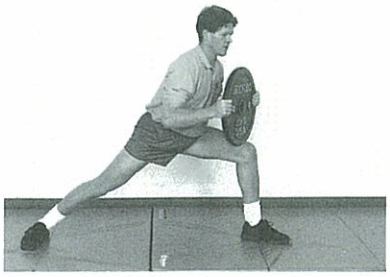


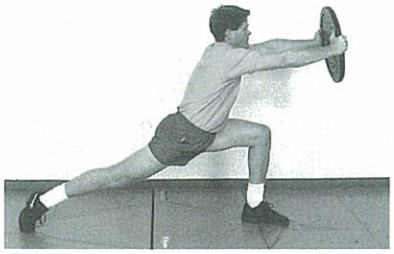


10KG PLATE-X 6 (SKATER'S LUNGE-TWIST-AND-PUSH): Take an extra-wide stance, toes pointing outward, holding the plate close to your torso; Now, you move out toward your right foot, twisting your chest in the direction of your right toe and pushing the plate straight away from your chest at the end of the lunge. (Your forward leg is bent at the knee; your rear (push-off) leg is fully extended.) Then: you twist back to the left side, pushing the plate away from your chest at the end of the lunge. (Ten reps = five lunges to each side)



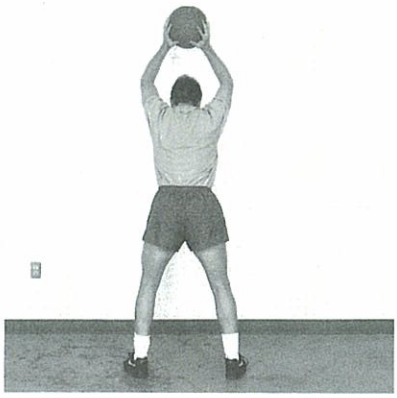


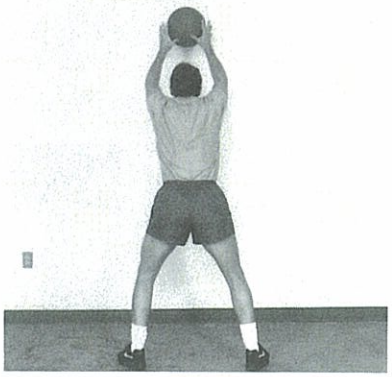




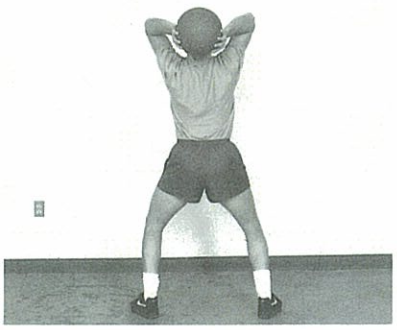
THE 3KG MEDICINE-BALL SERIES

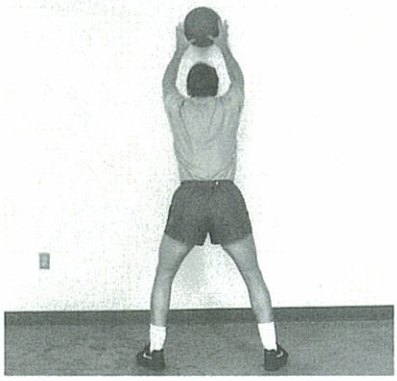
OVERHEAD THROW: Stand one arm's-length from the wall; hold the ball directly over-head and throw it with both hands as hard as you can, catching with both hands and immediately throwing it again. Make the ball bounce as fast as you can; try not to let your elbows bend much. You do twenty repetitions (bounces).



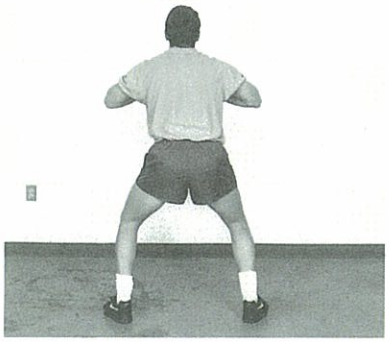


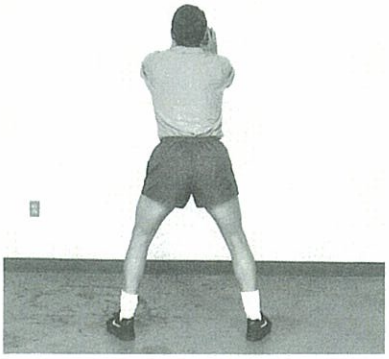
SOCCER THROW: Stand square to the wall, one arm's length away from it; hold the ball behind your head with your elbows bent and throw it as hard as you can, using your triceps as well as your abdominal muscles; catch it overhead; bring it behind your head and throw it again. Do twenty reps.



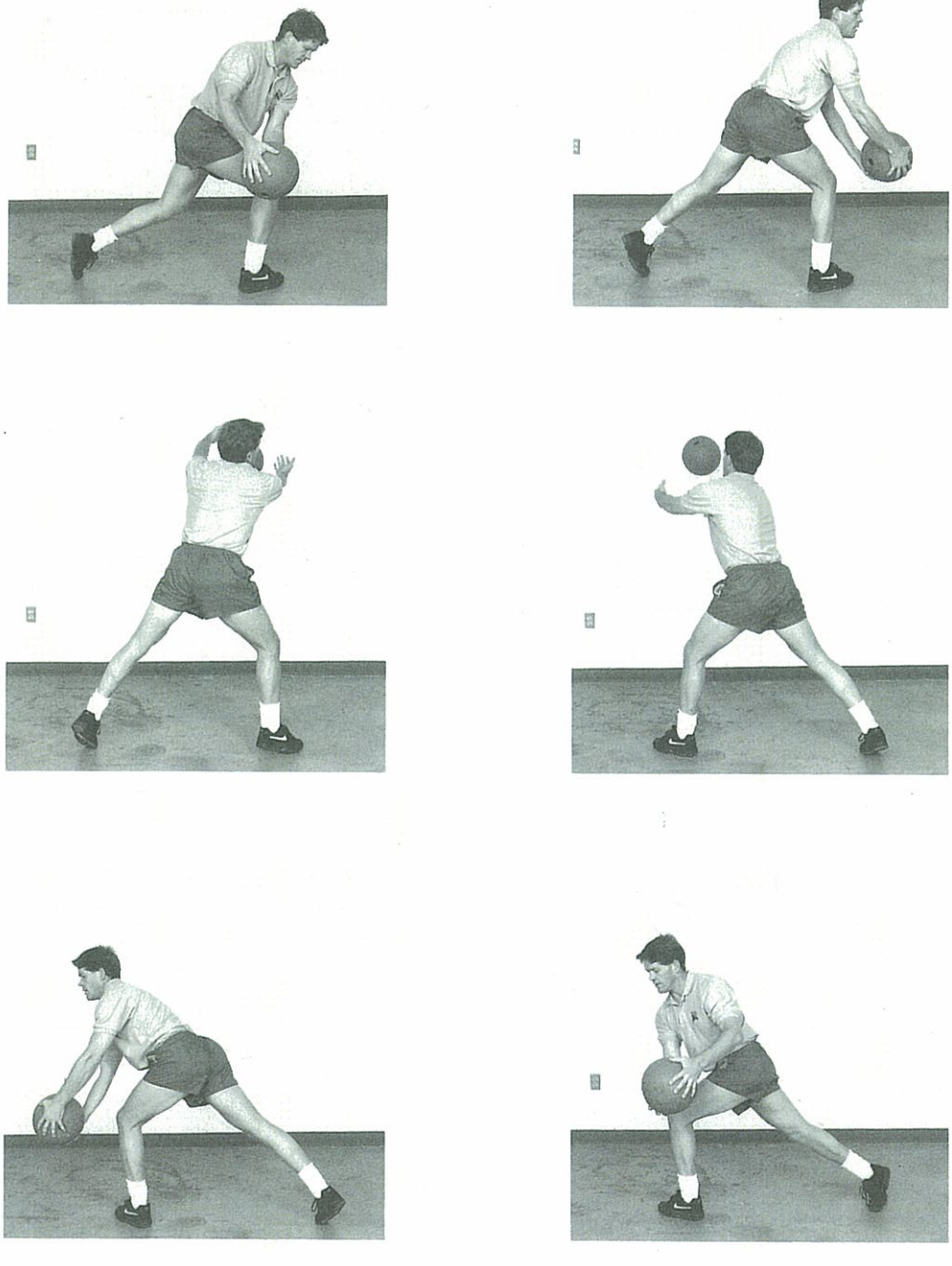


CHEST PASS: Stand one-and-a-half arm's lengths from the wall; hold the ball at your chest and push it away as hard as you can, bouncing it off the wall about head-high, then catching it in front of your chest and pushing it away, again. Do twenty reps as fast as you can.

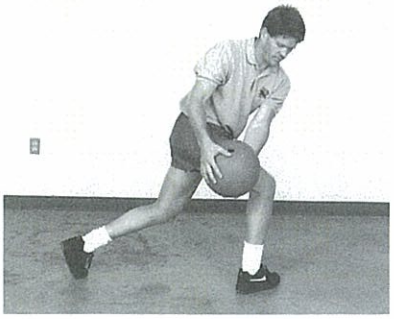


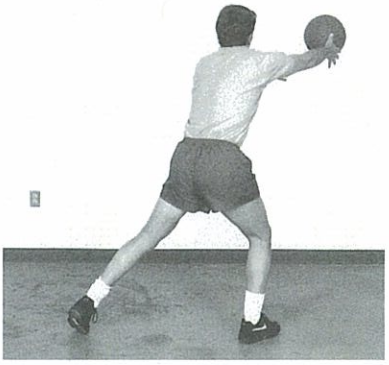


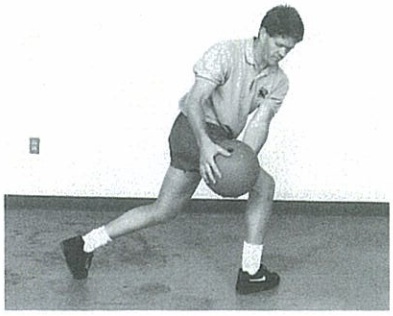
SIDE-TO-SIDE TOSS: Stand two arm's lengths from the wall with a wide stance, feet parallel to the wall; hold the ball at your waist in front. Rotate to the right, bending your knees and using all the mobility of your hips, then rotate back to the left fast and throw the ball against the wall. Catch it as you continue rotating to the left as far as you can, then throw it the other way. Throw it *hard;* ten reps to each side.



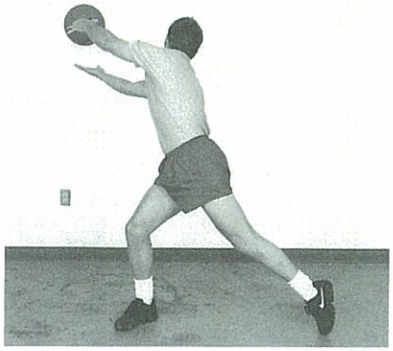
SINGLE-SIDE TOSS: This is the same as the side-to-side toss, only cut in half: you throw from one side, only. Throw hard, and rotate as fully as possible on each throw. Do ten on each side.



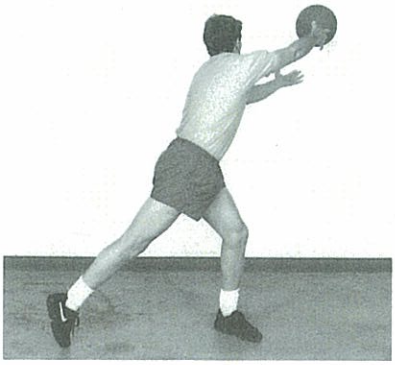




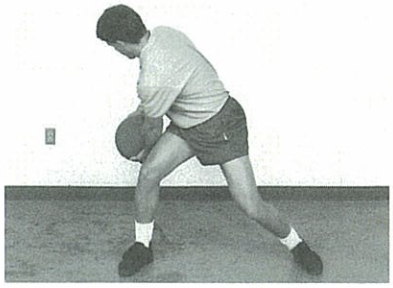
REVERSE SIDE-TO-SIDE TOSS: Face away from the wall, two arm's lengths away from it with a wide stance. Rotate to the right and throw the ball against the wall behind you; catch it, and rotate fully to the other side and repeat. Throw it high enough to catch it easily without interrupting your rotation to the other side. Throw it hard, but keep your feet square to the wall. Do twenty (ten throws each way).

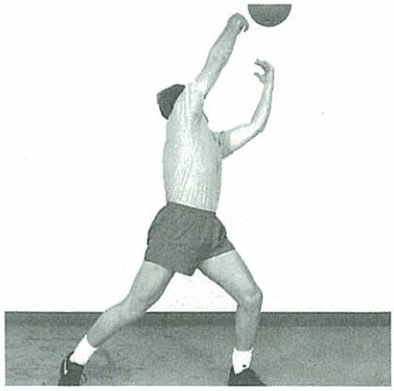






REVERSE OVER-THE-SHOULDER TOSS:
This is similar in set-up to the reverse side-to-side toss, but here you toss the ball up and over your shoulder, catch it, lower it while you rotate to throw it, again, to the same side. Do ten reps on each side and throw it hard.

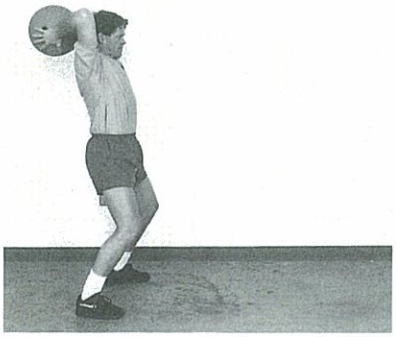


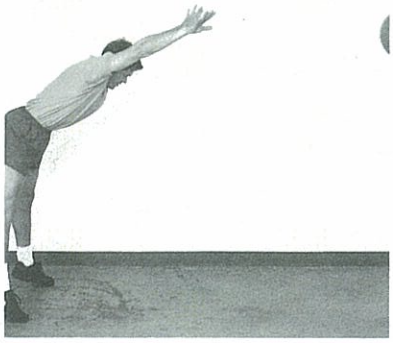


4KG MED-BALL FULL BODY-THROW SERIES

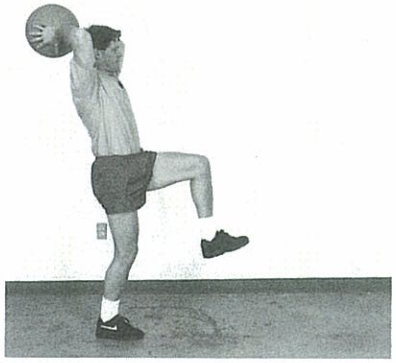
Think of these throws as being like a shot-put or discuss throw: put everything you have into each throw. Compete with yourself to throw the ball more forcefully each time.

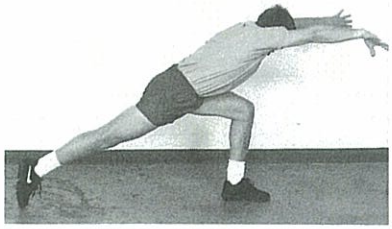
STANDING SOCCER THROW: Take a slightly wide stance and hold the med-ball over your head; Reach back with your arms and throw the ball as forcefully as you can (if you are throwing against a wall); or as far as you can (if you are throwing to a partner. Don't lose your balance, and don't move your feet.



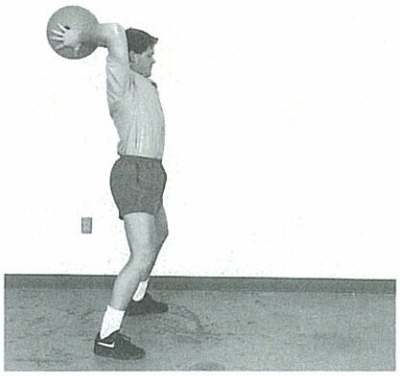


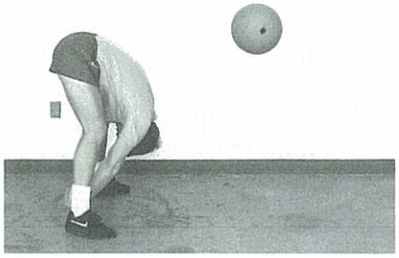
STRIDE & THROW: This is similar to the soccer throw but you add a big forward stride with each of these throws. Lift the stride-leg and hold your balance for a moment before initiating the throw. Alternate the leg you stride with on each throw.



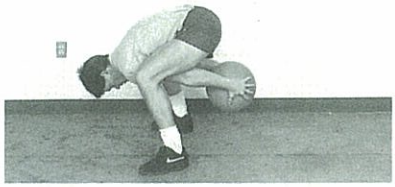


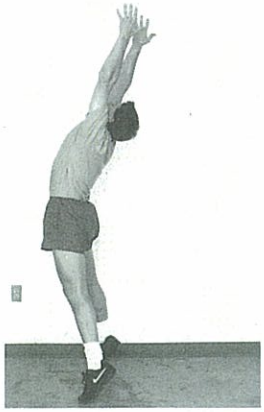
STANDING FORWARD BOUNCE: Take a slightly wide stance and hold the med-ball over your head; slam the ball forward and down to make it bounce as high as possible. Keep your balance, and don't move your feet.





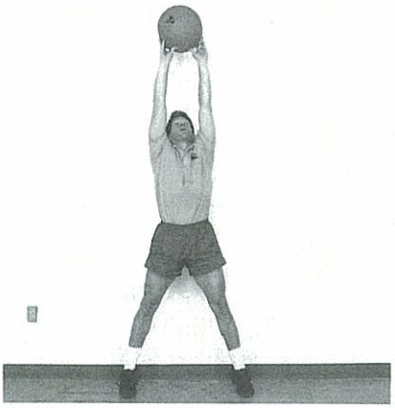
BACKWARDS THROW: Take a wide stance and hold the ball in front of you at your waist; bend your knees and lower the ball to "load" the throw, and then explode upward to throw the ball backward, over your head as far as you can.





SQUAT THROW: Take a slightly wide stance and hold the ball in front of your chest; lower yourself into a full crouch and then explode upward with your legs and arms to throw the ball straight up as high as possible. (You can leave your feet and jump with the effort of the throw.)

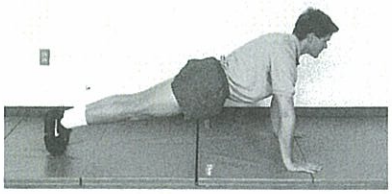




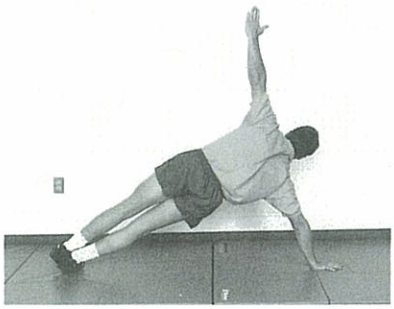
INCLINED PLANE SERIES

This is an abdominal, and body stabilization series; you work for quality, first, then quantity (time). Do this on a soft surface.

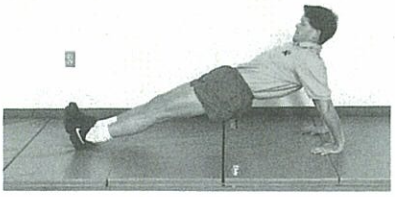
Front: Start in the "up" position of a standard push-up (body in a straight line from heels to head, arms extended and pushing from the shoulders) and just stay there, in that *perfect* position for at least thirty seconds. That is the front inclined plane.



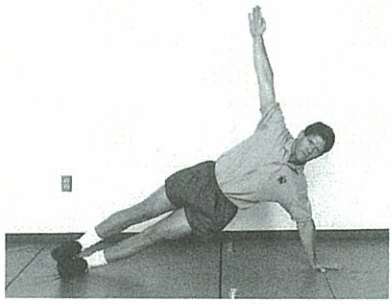
Side: Roll out so your right hand is still on the ground (fingers pointing away from your feet) directly beneath your shoulder; your right foot is touching the ground along its outside edge, and your left foot is riding on the inside edge; you can extend your left arm straight up, or let it lie along your left side. Don't let your mid-section sag; the challenge is always to maintain a strong, straight line from feet to head.



Back: You roll onto your back (this time your fingers point toward your feet) and lift your middle up to form the straight line, again (you shouldn't be able to see your knees in this position; if you can, you're sagging).



Side: Finish the series by rolling onto your left side and doing the same thing you did on your right.

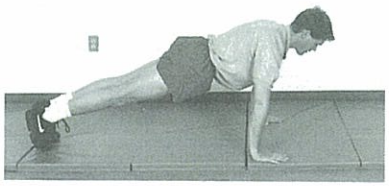


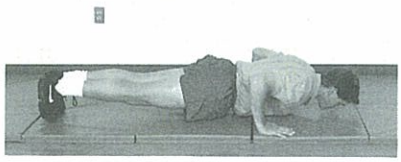
ODDS AND ENDS

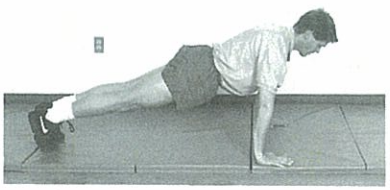
EIGHT- COUNT CALISTHENIC: This is an excellent exercise for warming up because it involves the whole body at once and produces a good amount of heat in a small amount of time. It's a simple calisthenic but it has eight parts, so it takes a few slow reps to get the hang of it. Count it to yourself while you do it.

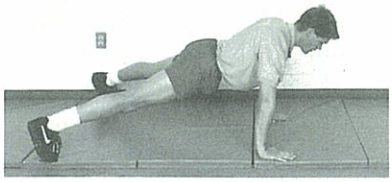
1. Drop into a full squat; hands on the floor just outside your feet;
2. Jump both feet back;
3. Do the "down" stroke of a push-up;
4. Do the "up" stroke;
5. Jump your feet into a wide straddle;
6. Jump them back in;
7. Jump both feet up between your hands;
8. Stand-up;

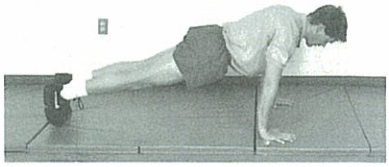


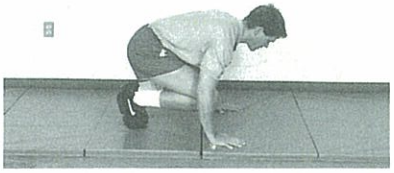


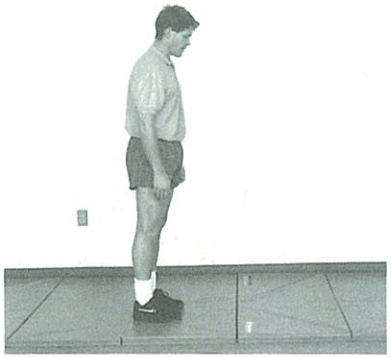












HANGING LEG-UPS: Jump up and grab hold of a chinning bar; lift your knees up toward your nose. (You can also keep your legs straight, and lift your toes toward the ceiling [more of a challenge.])

SUPPLENESS SERIES

(THE ZOO)

This is a general, full-body warm-up. Learn it; do it; make it a habit.

Begin with these simple joint movements:

TWISTS: Shoulder-width stance; rotate gently through the hips, knees slightly bent, extending your arms on each twist.

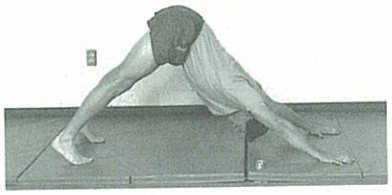
ARM SWINGS: Forward; backward; and across your front.

NECK ROTATIONS: Gently rotate your head in circles to the right, then to the left.

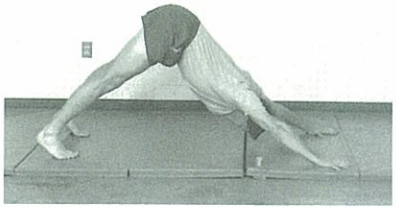
TRUNK ROTATIONS: Put your hands on your hips and lean forward; rotate your upper body in circles to the right, then left, in big gentle movements.

KNEE ROTATIONS: Put your hands on your (bent) knees and rotate your knees in easy, circular movements.

DOWNWARD DOG: Hands and feet about shoulder-width on the floor, middle finger pointing straight ahead. Raise your hips, taking them up and back until you form a straight line from your fingers to your hips; make your legs as straight as you (comfortably) can.

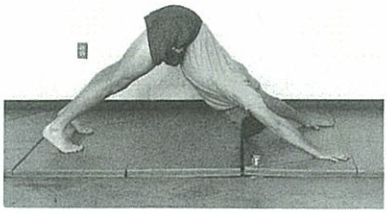


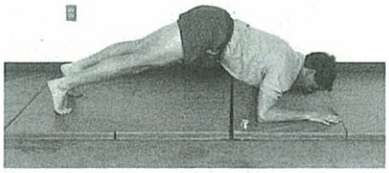
LUNGES: From downward dog, lunge your left foot as far forward (inside your hands) as you (comfortably) can; return to downward dog; then lunge your right foot forward. Repeat ten times per leg, always returning to the full downward dog position between reps.

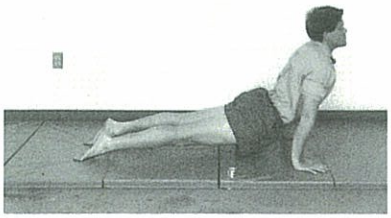




TIGERS: From downward dog, lower your elbows to the floor as your move your upper body down, forward, and finally up through your hands; take your hips back and up to return to downward dog. Repeat ten to fifteen times. Finish flat on your stomach with your hands just outside your shoulders to be ready for cobra.

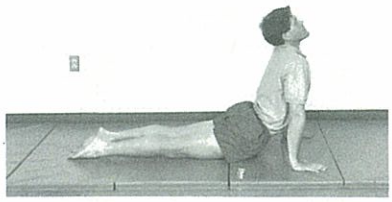




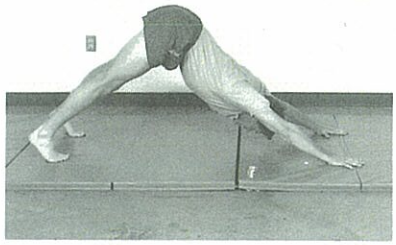


COBRA: Lie on your front and make your thigh muscles strong and hard, then bring your chest up and forward, away from your feet, lifting with your shoulders and making your stomach and hip flexors long. Don't go so far as to feel pain or compression in your lower back. Lower yourself back to your starting position and repeat ten times, finishing in the downward dog position ready for wide-leg jumps.

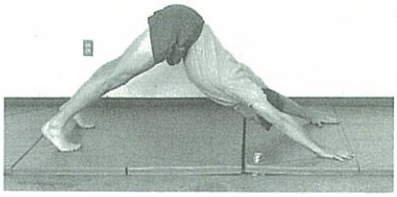




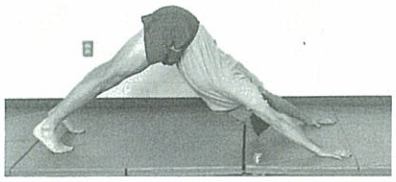
WIDE-LEG JUMPS: From downward dog, jump both feet out and as far forward as you (comfortably) can. Keep your knees slightly bent to avoid hyper-extension. Jump back to full downward dog, then repeat. Do ten to fifteen repetitions and finish in downward dog to prepare for pigeon.

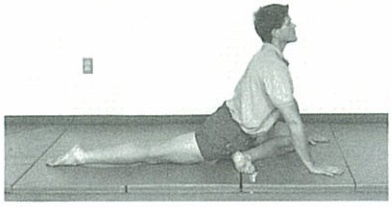


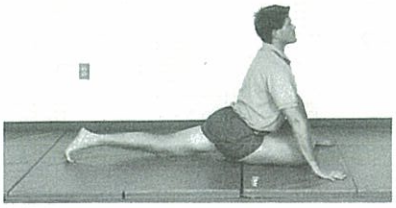


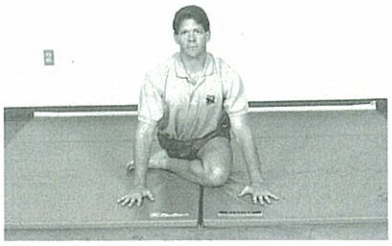


PIGEON: From downward dog, bring your left knee forward *and put it on the ground* so that your left thigh is pointing straight ahead, your knee is just behind, and just inside of your left hand, and your left foot is swung slightly over to your right. Stay centered; don't sit over on your left side. Try to take your right hip forward and down and your left hips backward and down without altering your upper body position. You should feel this position in your hips. Return to downward dog, and then repeat on the right side. Do both sides two to four times. Finish flat on your stomach to be ready for frog.

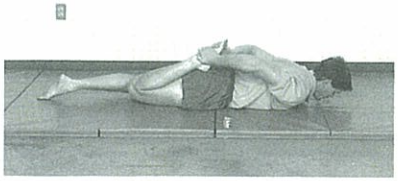


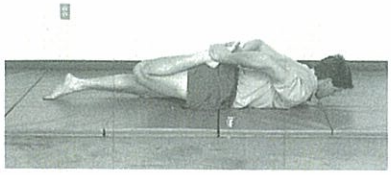






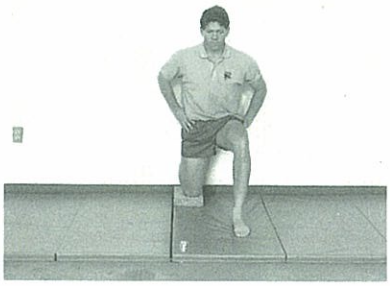
FROG: On your stomach, reach back with both hands and grab your right foot. Keeping your knees together, pull your right heel downward toward your right hip. You should feel the front of your thigh and hip getting longer. If you can: lift your right knee about two or three inches straight up as you pull on your foot and press your right hip into the floor. Repeat on the left side. Do both sides three to four times, holding the position longer each time. Finish by lifting your hips up and back to return to downward dog; then jump both your feet up between your hands and stand.





FROG-AGAINST-THE-WALL: Place a foam block (or thickly-folded towel) near the base of a wall (about five inches away *); put one knee on the towel and place the foot of that leg up the wall; put your other foot flat on the floor in front of you and slowly raise your upper body. Check to be sure your front leg forms a ninety degree angle at the knee (your lower leg should be straight up-and-down). You improve the stretch by moving your hips toward the wall--not your shoulders. Don't compress your lower back by leaning backwards.

* NOTE: The closer your knee is to the wall, the more intense this stretch is.



STRETCHING PROGRAM

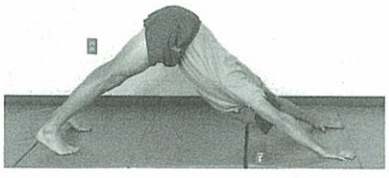
SUN SALUTE SERIES:



stand and reach;



bend; hands to the floor;



jump both feet back; downward dog

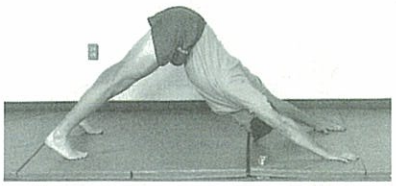


right leg forward; lunge

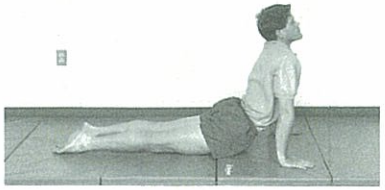


change feet and repeat on the left

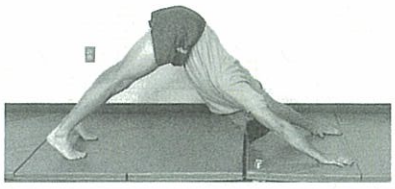




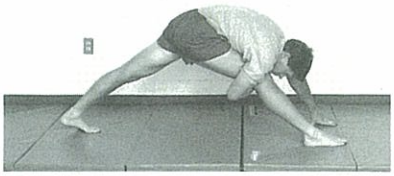
both feet back; downward dog



come forward and down; 5 cobra



downward dog



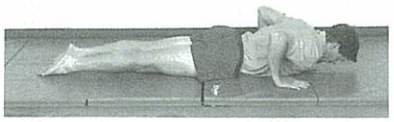
right foot forward; wrap the right thigh; chin on your knee; work to straighten your right leg

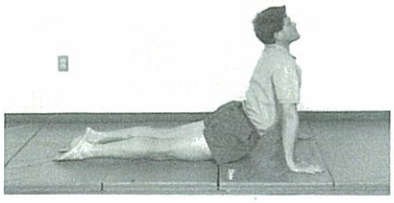


repeat on the left side

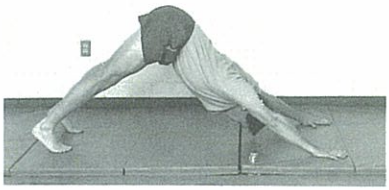


downward dog

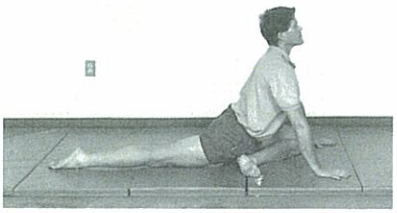




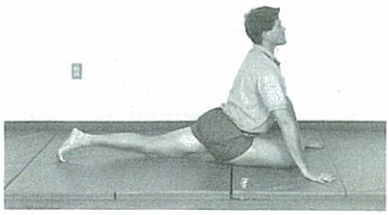
forward and down; 5 cobra



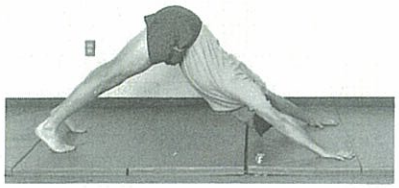
downward dog



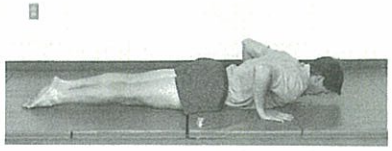
left knee forward and down; pigeon

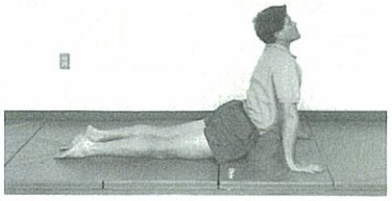


repeat on the right side

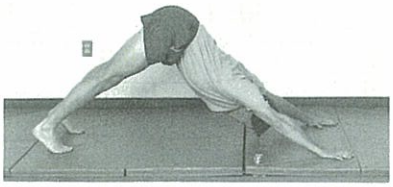


downward dog

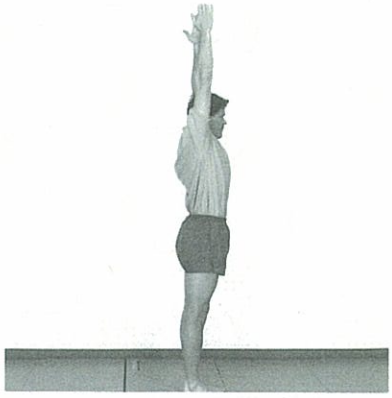




forward and down; 5 cobra



downward dog



jump feet forward and stand

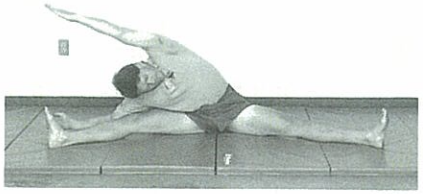
EXTENDED LATERAL BEND: Jump your feet wide; turn your left foot all the way out, and your right foot distinctly in; lower yourself until your left leg forms a ninety degree angle at the knee; lean over to your left *without letting your right hip rotate forward* and reach. Repeat to the right side.



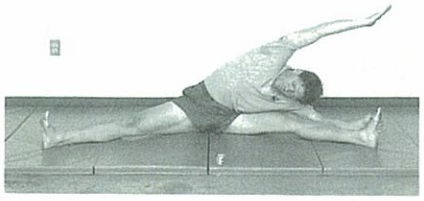
STANDING WIDE-LEG FORWARD BEND: Jump your feet out, toes straight ahead; bend at the waist, keeping your back flat.



SEATED WIDE-LEG FORWARD BEND; RIGHT



LEFT

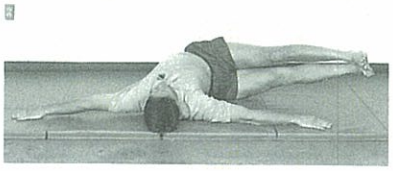


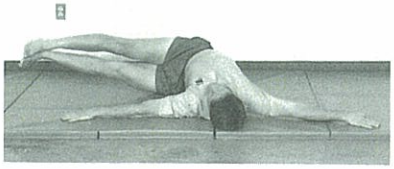
SEATED WIDE-LEG FORWARD BEND; MIDDLE



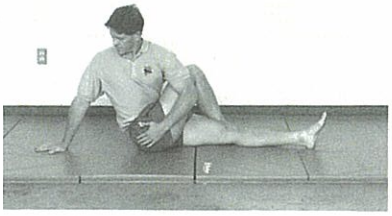
SUPINE TWIST: On your back, arms out, palms down, legs straight up; rotate your legs to the right and left without allowing your shoulders to lift off the floor and making sure to keep your feet even with each (don't let one leg "shorten" as you move).



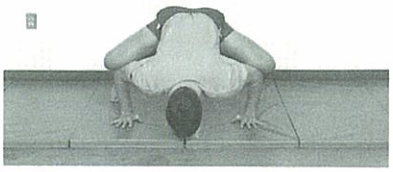




PRETZEL: Right foot over left knee; left elbow to the outside of the right knee; twist, keeping your hip balanced and down



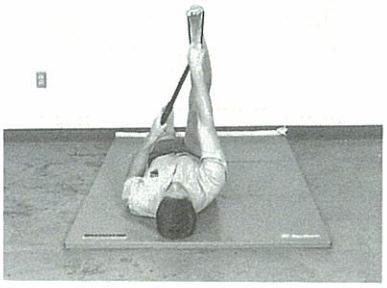
CATCHER'S LEAN: From a crouch, put your hands on the floor twelve inches ahead of your toes; lean forward letting your elbows carry your knees out to stretch the groin



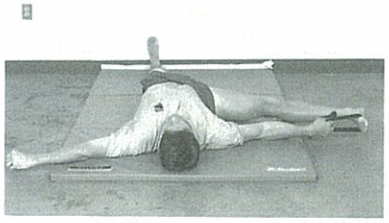
HAND BALANCE: Lift your feet off the floor and balance on your hands



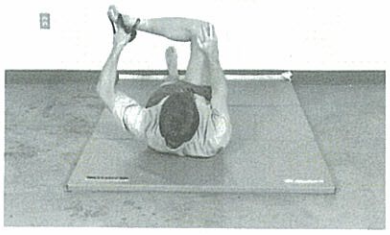
BELTED LEG # 1: Press one foot into a wall to keep the leg flat on the floor; loop the belt over the other toe and raise the leg, straightening to stretch the hamstring



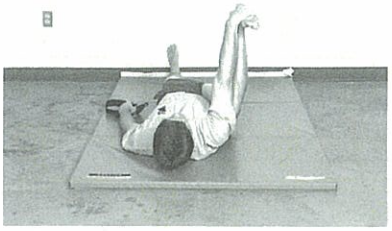
BELTED LEG # 2: Take the leg out to the side



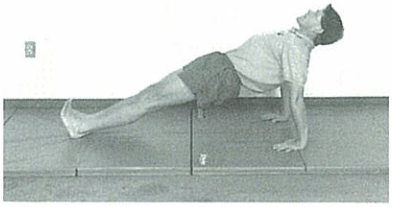
BELTED LEG # 3: Rotate the foot inward and make sure your thigh is straight up and down with your knee bent at ninety degrees; loop the belt over the ankle to form a handle and pull on the belt as you block the knee with your other hand to further rotate the leg at the hip



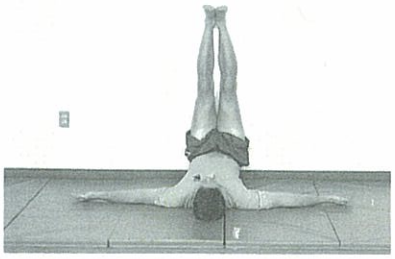
INSTEP PULL-DOWN: Reach up with your near-side arm to grab the inside of your foot; pull your foot straight down without allowing your knee to wander out to the side



REVERSE INCLINED PLANE: Keep your back broad, and lift your chest to open the shoulders



RECOVERY: Turn the lights down, and the radio off. Put your legs up against a wall, using a folded blanket for a bolster to elevate your hips; your arms are out at your sides and your eyes are gently closed; relax. Clear your mind by concentrating on your breathing. Roll onto your right side after you have been in the position for awhile (this keeps your heart on top). Don't stay in this position if your feet fall asleep.



RESTING HEART-RATE & BODY WEIGHT RECORD

The chart at right is provided to encourage you to make two good habits:

1) Take your resting heart-rate each morning *before you get out of bed*; find your pulse and count the beats for fifteen seconds; multiply the number you get by four; and record that number for the corresponding day on the chart. Monitoring your heart-rate will give you notice if your training program is achieving the desired results (heart-rate is consistently lower) or if you are in trouble (heart-rate is consistently elevated).

2) Record your body weight each day (before you train) to have an idea of where your training (or lack of training) is taking you.

DATE:	HEART-RATE:	WEIGHT:
May-22		
May-23		
May-24		
May-25		
May-26		
May-27		
May-28		
May-29		
May-30		
May-31		
Jun-01		
Jun-02		
Jun-03		
Jun-04		
Jun-05		
Jun-06		
Jun-07		
Jun-08		
Jun-09		
Jun-10		
Jun-11		
Jun-12		
Jun-13		
Jun-14		
Jun-15		
Jun-16		
Jun-17		
Jun-18		
Jun-19		
Jun-20		
Jun-21		
Jun-22		
Jun-23		
Jun-24		
Jun-25		
Jun-26		
Jun-27		
Jun-28		
Jun-29		
Jun-30		
Jul-01		
Jul-02		
Jul-03		
Jul-04		
Jul-05		
Jul-06		
Jul-07		
Jul-08		
Jul-09		
Jul-10		
Jul-11		

DATE:	HEART-RATE:	WEIGHT:
Jul-12		
Jul-13		
Jul-14		
Jul-15		
Jul-16		
Jul-17		
Jul-18		
Jul-19		
Jul-20		
Jul-21		
Jul-22		
Jul-23		
Jul-24		
Jul-25		
Jul-26		
Jul-27		
Jul-28		
Jul-29		
Jul-30		
Jul-31		
Aug-01		
Aug-02		
Aug-03		
Aug-04		
Aug-05		
Aug-06		
Aug-07		
Aug-08		
Aug-09		
Aug-10		
Aug-11		
Aug-12		
Aug-13		
Aug-14		
Aug-15		
Aug-16		
Aug-17		
Aug-18		
Aug-19		
Aug-20		
Aug-21		
Aug-22		
Aug-23		
Aug-24		
Aug-25		
Aug-26		
Aug-27		
Aug-28		
Aug-29		
Aug-30		
Aug-31		

1-25 REP MAXIMUM / PERCENTAGE CONVERSION CHARTS

These charts re intended as tools to help you plan the intensity of your weight training sessions. In weight-training, "intensity" is defined as the amount of resistance (weight) you are working against. These charts help you estimate your one rep maximum (the most weight you can lift for one repetition), as well as give you a good idea of the weights you should use during your work-outs--whatever the number of reps prescribed.*

Here are some examples to help you understand how to use the charts:

Suppose you attempt to bench press your body-weight as many times as you can (you weigh 180 lbs) and you manage to get twelve reps before failing. Find the column at the top of the chart representing the "12 REPS" range, and follow it straight down until you get to the weight closest to 180 (179). Now: follow the horizontal line all the way to the left of "179" and you will arrive at the number "255" in the "one repetition maximum" column. This represents a fairly good estimate of your one-rep max strength in this exercise.

Now, suppose your workout calls for you to do five sets of the bench press exercise at the following rep levels: 5 - 5 - 4 - 3 - 3 (as week # 8's Friday session does). You need to know how much weight you should put on the bar to give you the most benefit from the workout. To do this, you re-locate your one-rep max in the left-hand column (already determined to be 255 lbs),and then follow the horizontal line to the right of that number until you get to the column representing the "5-6 reps" range. There, you find the number "217" which you would probably round downward to 215 for your first set of five; then (maybe) upward to 220 for your second set; then you follow the same process to find the amount of weight you should use for your set of three to four reps and you get "230". So: you now have an estimate of the weights you will need to use (exclusive of warm-up sets) for your day's bench press program; you will start with 215 lbs for five reps; then 220 lbs for five reps; then 230 lbs for 4 reps; then 235 lbs for three reps; and then 235 + for your last set of three reps (depending on your success and energy level).

Remember: the chart is used to give you a fair estimate of the weight you should use. The more you use it, the better you will be able to adapt it to your own strength levels. See if you consistently lift more or less than the chart calls for in any repetition range, then allow for this observed tendency when you load the bar.

It is best to base your estimates on the failure points of your last sets in your previous work-out. This allows for the cumulative fatigue of all your sets and guarantees a conservative estimate for your next workout. (You can assume your true one-rep max to be slightly higher than the one indicated by the chart if you estimate it based on the last set of the day.)

* The charts will not be of much use whenever you are doing a timed interval as you do in many of the weight circuits; choose very conservatively in these cases. (The charts *can* help you choose the *first* set of your "rest / pause" workouts.)

1-25 REP MAXIMUM / PERCENTAGE CONVERSION CHART (IN POUNDS)									
one-repetition maximum	25 reps 55%	20 reps 60%	15 reps 65%	12 reps 70%	10 reps 75%	7-8 reps 80%	5-6 reps 85%	3-4 reps 90%	1-2 reps 95%
75	41	45	49	53	56	60	64	68	71
80	44	48	52	56	60	64	68	72	76
85	47	51	55	60	64	68	72	77	81
90	50	54	59	63	68	72	77	81	86
95	52	57	62	67	71	76	81	86	90
100	55	60	65	70	75	80	85	90	95
105	58	63	68	74	79	84	89	95	100
110	61	66	72	77	83	88	94	99	105
115	63	69	75	81	86	92	98	104	109
120	66	72	78	84	90	96	102	108	114
125	69	75	81	88	94	100	106	113	119
130	72	78	85	91	98	104	111	117	124
135	74	81	88	95	101	108	115	122	128
140	77	84	91	98	105	112	119	126	133
145	80	87	94	102	109	116	123	131	138
150	83	90	98	105	113	120	128	135	143
155	85	93	101	109	116	124	132	140	147
160	88	96	104	112	120	128	136	144	152
165	91	99	107	116	124	132	140	149	157
170	94	102	111	119	128	136	145	153	162
175	96	105	114	123	131	140	149	158	166
180	99	108	117	126	135	144	153	162	171
185	102	111	120	130	139	148	157	167	176
190	105	114	124	133	143	152	162	171	181
195	107	117	127	137	146	156	166	176	185
200	110	120	130	140	150	160	170	180	190
205	113	123	133	144	154	164	174	185	195
210	116	126	137	147	158	168	179	189	200
215	118	129	140	151	161	172	183	194	204
220	121	132	143	154	165	176	187	198	209
225	124	135	146	158	169	180	191	203	214
230	127	138	150	161	173	184	196	207	219
235	129	141	153	165	176	188	200	212	223
240	132	144	156	168	180	192	204	216	228
245	135	147	159	172	184	196	208	221	233
250	138	150	163	175	188	200	213	225	238
255	140	153	166	179	191	204	217	230	242
260	143	156	169	182	195	208	221	234	247
265	146	159	172	186	199	212	225	239	252
270	149	162	176	189	203	216	230	243	257
275	151	165	179	193	206	220	234	248	261
280	154	168	182	196	210	224	238	252	266
285	157	171	185	200	214	228	242	257	271
290	160	174	189	203	218	232	247	261	276
295	162	177	192	207	221	236	251	266	280

1-25 REP MAXIMUM / PERCENTAGE CONVERSION CHART (IN POUNDS)									
one-repetition maximum	25 reps 55%	20 reps 60%	15 reps 65%	12 reps 70%	10 reps 75%	7-8 reps 80%	5-6 reps 85%	3-4 reps 90%	1-2 reps 95%
300	165	180	195	210	225	240	255	270	285
305	168	183	198	214	229	244	259	275	290
310	171	186	202	217	233	248	264	279	295
315	173	189	205	221	236	252	268	284	299
320	176	192	208	224	240	256	272	288	304
325	179	195	211	228	244	260	276	293	309
330	182	198	215	231	248	264	281	297	314
335	184	201	218	235	251	268	285	302	318
340	187	204	221	238	255	272	289	306	323
345	190	207	224	242	259	276	293	311	328
350	193	210	228	245	263	280	298	315	333
355	195	213	231	249	266	284	302	320	337
360	198	216	234	252	270	288	306	324	342
365	201	219	237	256	274	292	310	329	347
370	204	222	241	259	278	296	315	333	352
375	206	225	244	263	281	300	319	338	356
380	209	228	247	266	285	304	323	342	361
385	212	231	250	270	289	308	327	347	366
390	215	234	254	273	293	312	332	351	371
395	217	237	257	277	296	316	336	356	375
400	220	240	260	280	300	320	340	360	380
405	223	243	263	284	304	324	344	365	385
410	226	246	267	287	308	328	349	369	390
415	228	249	270	291	311	332	353	374	394
420	231	252	273	294	315	336	357	378	399
425	234	255	276	298	319	340	361	383	404
430	237	258	280	301	323	344	366	387	409
435	239	261	283	305	326	348	370	392	413
440	242	264	286	308	330	352	374	396	418
445	245	267	289	312	334	356	378	401	423
450	248	270	293	315	338	360	383	405	428
455	250	273	296	319	341	364	387	410	432
460	253	276	299	322	345	368	391	414	437
465	256	279	302	326	349	372	395	419	442
470	259	282	306	329	353	376	400	423	447
475	261	285	309	333	356	380	404	428	451
480	264	288	312	336	360	384	408	432	456
485	267	291	315	340	364	388	412	437	461
490	270	294	319	343	368	392	417	441	466
495	272	297	322	347	371	396	421	446	470
500	275	300	325	350	375	400	425	450	475
505	278	303	328	354	379	404	429	455	480
510	281	306	332	357	383	408	434	459	485
515	283	309	335	361	386	412	438	464	489
520	286	312	338	364	390	416	442	468	494
525	289	315	341	368	394	420	446	473	499
530	292	318	345	371	398	424	451	477	504

1-25 REP MAXIMUM / PERCENTAGE CONVERSION CHART (IN KILOGRAMS)									
one-repetition maximum	25 reps 55%	20 reps 60%	15 reps 65%	12 reps 70%	10 reps 75%	7-8 reps 80%	5-6 reps 85%	3-4 reps 90%	1-2 reps 95%
33	18	20	22	23	25	27	28	30	32
36	20	21	23	25	27	29	30	32	34
38	21	23	25	27	28	30	32	34	36
40	22	24	26	28	30	32	34	36	38
42	23	25	28	30	32	34	36	38	40
45	25	27	29	31	33	36	38	40	42
47	26	28	30	33	35	38	40	42	45
49	27	29	32	34	37	39	42	44	47
51	28	31	33	36	39	41	44	46	49
54	29	32	35	38	40	43	46	48	51
56	31	33	36	39	42	45	47	50	53
58	32	35	38	41	44	46	49	52	55
60	33	36	39	42	45	48	51	54	57
63	34	38	41	44	47	50	53	56	59
65	36	39	42	45	49	52	55	58	61
67	37	40	44	47	50	54	57	60	64
69	38	42	45	48	52	55	59	62	66
71	39	43	46	50	54	57	61	64	68
74	41	44	48	52	55	59	63	66	70
76	42	46	49	53	57	61	65	68	72
78	43	47	51	55	59	63	66	70	74
80	44	48	52	56	60	64	68	72	76
83	45	50	54	58	62	66	70	74	78
85	47	51	55	59	64	68	72	76	81
87	48	52	57	61	65	70	74	78	83
89	49	54	58	63	67	71	76	80	85
92	50	55	59	64	69	73	78	82	87
94	52	56	61	66	70	75	80	84	89
96	53	58	62	67	72	77	82	86	91
98	54	59	64	69	74	79	83	88	93
100	55	60	65	70	75	80	85	90	95
103	56	62	67	72	77	82	87	92	98
105	58	63	68	73	79	84	89	94	100
107	59	64	70	75	80	86	91	96	102
109	60	66	71	77	82	88	93	98	104
112	61	67	73	78	84	89	95	100	106
114	63	68	74	80	85	91	97	102	108
116	64	70	75	81	87	93	99	104	110
118	65	71	77	83	89	95	101	106	112
121	66	72	78	84	90	96	102	108	115
123	68	74	80	86	92	98	104	110	117
125	69	75	81	88	94	100	106	113	119
127	70	76	83	89	95	102	108	115	121
129	71	78	84	91	97	104	110	117	123
132	72	79	86	92	99	105	112	119	125
134	74	80	87	94	100	107	114	121	127

1-25 REP MAXIMUM / PERCENTAGE CONVERSION CHART (IN KILOGRAMS)									
one-repetition maximum	25 reps 55%	20 reps 60%	15 reps 65%	12 reps 70%	10 reps 75%	7-8 reps 80%	5-6 reps 85%	3-4 reps 90%	1-2 reps 95%
136	75	82	89	95	102	109	116	123	129
138	76	83	90	97	104	111	118	125	131
141	77	84	91	98	105	113	120	127	134
143	79	86	93	100	107	114	121	129	136
145	80	87	94	102	109	116	123	131	138
147	81	88	96	103	110	118	125	133	140
150	82	90	97	105	112	120	127	135	142
152	83	91	99	106	114	121	129	137	144
154	85	92	100	108	116	123	131	139	146
156	86	94	102	109	117	125	133	141	148
158	87	95	103	111	119	127	135	143	151
161	88	96	104	113	121	129	137	145	153
163	90	98	106	114	122	130	139	147	155
165	91	99	107	116	124	132	140	149	157
167	92	100	109	117	126	134	142	151	159
170	93	102	110	119	127	136	144	153	161
172	95	103	112	120	129	138	146	155	163
174	96	104	113	122	131	139	148	157	165
176	97	106	115	123	132	141	150	159	168
179	98	107	116	125	134	143	152	161	170
181	99	108	118	127	136	145	154	163	172
183	101	110	119	128	137	146	156	165	174
185	102	111	120	130	139	148	157	167	176
188	103	113	122	131	141	150	159	169	178
190	104	114	123	133	142	152	161	171	180
192	106	115	125	134	144	154	163	173	182
194	107	117	126	136	146	155	165	175	184
196	108	118	128	138	147	157	167	177	187
199	109	119	129	139	149	159	169	179	189
201	110	121	131	141	151	161	171	181	191
203	112	122	132	142	152	163	173	183	193
205	113	123	133	144	154	164	175	185	195
208	114	125	135	145	156	166	176	187	197
210	115	126	136	147	157	168	178	189	199
212	117	127	138	148	159	170	180	191	201
214	118	129	139	150	161	171	182	193	204
217	119	130	141	152	162	173	184	195	206
219	120	131	142	153	164	175	186	197	208
221	122	133	144	155	166	177	188	199	210
223	123	134	145	156	167	179	190	201	212
225	124	135	147	158	169	180	192	203	214
228	125	137	148	159	171	182	194	205	216
230	126	138	149	161	172	184	195	207	218
232	128	139	151	163	174	186	197	209	221
234	129	141	152	164	176	188	199	211	223
237	130	142	154	166	177	189	201	213	225
239	131	143	155	167	179	191	203	215	227