

THE FOUR SEASONS

“YEAR-ROUND TRAINING PROGRAM”

OFF SEASON

-*IMPROVE* body condition

-By following an off season program, you should come into pre-season at a high fitness level

FOCUS ON:

Flexibility
Agility/Balance
Skill Training

Strength

3 to 5 times/week
total body program

Endurance

3 to 5 aerobic/anaerobic
sessions/week

PRE SEASON

-*REFINE* fitness skills necessary for upcoming season

FOCUS ON:

Flexibility Training

Skill Training

Strength Training

3 to 5 sessions/week of an abbreviated but intense program

Endurance

3 to 5 sessions/week of 40-60 minutes of continuous aerobic/anaerobic exercise

IN SEASON

-*MAINTAIN* skills and fitness level throughout the entire season

FOCUS ON:

Flexibility training

Stretch before and after each workout and/or game

Strength Training

1 to 2 sessions/week
20-60 minutes
intense program

Endurance Training

2 sessions/week
20-30 minutes of continuous aerobic exercise

POST SEASON

-*RECOVER* from the rigors of the season

FOCUS ON:

Rest and Recovery

Rehab and heal nagging injuries.

NO formal training schedule

If Anything:

Light Jogging
(6-10 miles/week)
Daily flexibility workout
NO heavy weight training



Dr. Michael Schutte
Missoula, Montana
1-800-823-2663
montanaortho.com

