

POST-SEASON TEMPLATE

Purpose

The objective of a Post-Season program is to **recover** from the rigors of the sport season, avoid over training, and rehab from injuries sustained during the previous sport in-season. Light aerobic exercise/conditioning, sport specific drills, and light weight training can be performed during the recovery week, but the exercise should be at an easier intensity. A week off from any exercise may be appropriate if the athlete is injured or over trained from the previous sport season.

Warm-Up

Continue to warm-up before light aerobic exercise, practice or resistance exercises for 10 minutes.

Sport Specific Exercises

- NO CONDITIONING at practice or gym except for light aerobic exercise.
- Skill related drills for the next sport in-season at practice.

Resistance Exercises

Perform 3 x 15-20 reps with 60 seconds rest between sets if any resistance exercise is to be performed.

- Rehab- may include specific exercises for injury.
- Easy Lifting; 2-3 x a week. Core resistance exercises only.
- No exercise is appropriate if athlete is over trained or exhausted from the previous sport season.

Aerobic- 3-5 days per week

Perform a light aerobic exercise with a Cool-Down and Stretch.

Example: 20-30 minutes on the bike, 80-90 RPM, easy effort. Stretching is performed at the end.

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