

PRE-SEASON TEMPLATE

Workout

These workouts will focus on increasing/improving power, agility and sports related skills. This program is to be performed 3-4 times per week with **decreased volume/resistance and increased speed/intensity** of the exercises.

One week of active rest should be performed between the Off-Season and Pre-Season workouts.

Performing the below activities in proper sequence is important:

1. Warm-Up
2. Sport Specific Exercises/Conditioning
3. Resistance Training
4. Trunk Exercises
5. Cool Down.

Warm-Up: A warm-up for 10 minutes will be performed before workouts

Sports Specific Exercises: The majority of the athletes' time and energy is spent in this portion of the program.

- Landing Drills/ Plyometrics
- Sport specific agility exercises
- Sport specific drills and skill work
- Practice for sport

Resistance Exercises Coaches can switch exercises every four weeks for variety.

Resistance with Pre-Season lifting needs to be light enough to perform all the desired repetitions quick and explosively.

Power Cleans and Olympic lifts should be performed before other resistance training exercises, if used.

Depending on the sport, athletes can lift lower body 2 days/week and upper body 2 days/week.

- Weeks 1-3; 3 x 8-10 reps with 90 sec rest between sets
- Weeks 4-6; 3 x 6-8 reps with 2 min rest between sets

Core Lower Body Exercises- perform 2 days a week

- Olympic Lifts/Power Lifting (Perform first before other weight lifting): 3 x 5-7 reps – Power Cleans, Hang Cleans, Snatch (Optional- Choose 1 exercise if athlete knows how to perform correctly)
- Quadriceps/Lower extremity exercise examples: Squats, Leg Press, Hip Sled, Step-ups, Lunges (Pick 2 exercises)
- Hamstring/Glute exercise examples: Hamstring Curls, Stiff Legged Dead Lift, Thera-ball Bridges and Curls (Pick 1 exercise)
- Hip Abduction exercise examples: Theraband Defensive Slides, Pulley Hip Abduction, Seated Machine Hip Abduction (Pick 1 exercise)
- Calf exercise examples: Standing Calf Raise with Dumbbells/Barbell, Standing Calf Raise Machine, Seated Calf Raise Machine, Calf Raises on the Leg Press (Pick 1 exercise)

Core Upper Body Exercises- perform 2 days a week

- Chest/Triceps: Bench Press with Dumbbells/Barbell, Incline Press with Dumbbells/Barbell, Push-ups, Triceps Press, Chest Fly (Pick 1 exercise)
- Lats/Upper Back: Lat Pulldown, Narrow Grip Lat Pulldown, Straight Arm Lat Pulldown (Pick 1 exercise)
- Rhomboids/Upper Back/Biceps: Machine Rows, Dumbbell Rows, Reverse Fly, Bicep Curls (Pick 1 exercise)
- Rotator Cuff External Rotation : 3 x 15-20 reps – perform with either pulleys, bands, or sidelying
- Supraspinatus/Deltoids: Scaption or Frontal Dumbbell Raises to 90 degrees shoulder flexion, and thumbs up

Trunk Stabilization Exercises (examples)

Perform 2 x 30-45 reps on each of the following exercises

- Crunches on floor or Swiss Ball
- Hip extension on Swiss Ball
- Oblique Crunches on floor or Swiss Ball
- Plank position holds on floor or Swiss Ball 2 X 30-45 seconds

Aerobic/Anaerobic Conditioning

- Time and frequency are dependent upon the sport

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