

TOP Fitness Strength & Conditioning

Phase 1 – High School Post Season



Name _____

Day 1

Day 2

Warm-Up / Plyo / Speed

1. Soft Tissue – 5mins	3. Movement Preparation	Dynamic Warm-Up	7. Linear/Lateral Speed	Soft Tissue – 5mins	In-Place Movement Prep – 5mins	Dynamic Warm-Up
1. Foam Roll: Glutes x :30ea	1. BW Squat x 10	1. High Knees	1	1. Foam Roll: Glutes x :30ea	1. BW Squat x 10	1. High Knees
2. Foam Roll: TFL/IT Quads x :30ea	2. Fwd Lunge x 5/side	2. Carioca	2	2. Foam Roll: TFL/IT Band x :30ea	2. Fwd Lunge x 5/side	2. Carioca
3. Foam Roll: Adductors x :30ea	3. Alternating Spiderman x 5/side	3. Fwd Skip	3	3. Foam Roll: Quads/Adductors x :30ea	3. Alternating Spiderman x 5/side	3. Fwd Skip
4. Foam Roll: Lats :30ea	4. Backwards Inchworm x 5	4. Lateral Shuffle	4	4. Foam Roll: Lats :30ea	4. Backwards Inchworm x 5	4. Lateral Shuffle
5. Stick: Calves x :30/side	5. Lateral Lunge x 5/side	6. Lower Plyo: – 5mins	8. Upper Plyo: – 5mins	5. Stick: Calves x :30/side	5. Lateral Lunge x 5/side	
2. Static Stretch: – 3mins	6. Single Leg Balance :15 open /:15 closed			Static Stretch: – 5mins	6. Single Leg Balance :15 open /:15 closed	
1. Wall: Quadricep x :30ea	4. Activation: – 2mins			1. Wall: Quadricep x :30ea		
2. Floor: Piriformis & Rocking Long Adductor x 5/side				2. Seated Butterfly x :60		

Note: 1/2 do butterfly other 1/2 do Quadricep

Strength Training – 30mins

Date: / / Date: / / Date: / / Date: / /

Date: / / Date: / / Date: / / Date: / /

Total Body		Week 1		Week 2		Week 3		Week 4	
Exercises	Tempo	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps
Db Fwd Lunge	2/0/1		8/side		8/side		8/side		8/side
<i>Note: if there are knee problem switch to Db RDL, Low Back Extension, or 1-Leg Bench Hip lift. Also ask Athletic trainer for suggestions.</i>			8/side		8/side		8/side		8/side
			8/side		8/side		8/side		8/side
Torso: Front Bridge (floor)	ISO	3 x :30		3 x :35		3 x :40		3 x :45	
1-Arm Db Row	2/0/1		10/side		12/side		8/side		10/side
			10/side		12/side		8/side		10/side
			10/side		12/side		8/side		10/side
Stretch: Box Hip Flexor x :30ea	ISO								
REPEAT									
Incline Db Bench Press	2/0/1		10		12		8		10
<i>Note: if shoulder problems may do Lat pulldown i</i>			10		12		8		10
			10		12		8		10
Torso: Bicycle Abs	1/0/1	3x15/side		3x15/side		3x20/side		3x20/side	
1-Leg 2 Db RDL	2/0/1		8/side		8/side		8/side		8/side
			8/side		8/side		8/side		8/side
Stretch: 1-Arm Band Lat x :30ea	ISO		8/side		8/side		8/side		8/side
REPEAT									
Db Curl to Press	1/0/1		8 - 12		8 - 12		8 - 12		8 - 12
			8 - 12		8 - 12		8 - 12		8 - 12
<i>superset:</i>			8 - 12		8 - 12		8 - 12		8 - 12
Push-Ups	2/0/1		10		10		12		8 - 12
			10		10		12		8 - 12
<i>superset:</i>			10		10		12		8 - 12
Side Bridge	2/0/1		:20/side		:20/side		:25/side		:25/side
Stretch: Standing Calf x :30/side			:20/side		:20/side		:25/side		:25/side
REPEAT									
Post Workout Stretch									

Total Body		Week 1		Week 2		Week 3		Week 4	
Exercises	Tempo	Wt.	Reps	Wt.	Reps	Wt.	Reps	Wt.	Reps
Bench Press	2/0/1		5		5		5		5
<i>Warm-Up Set x 8 @ _____</i>			5		5		5		5
Do not go until failure, keep 1 rep in the tank			5		5		5		5
Torso: Straight Leg Toe Touches	1/0/1	3x20		3x20		3x20		3x20	
Goblet Squat	2/0/1		10		15		10		15
			10		15		10		15
			10		15		10		15
Stretch: 1/2 Kneeling Quadricep x :20ea			10		15		10		15
REPEAT									
(Band) Chip Up - Rep Range: 5-8	2/0/1		()		()		()		()
<i>Shoulder/Neck Problems: Lat Pulldowns 3 x 10-15 Reps</i>			()		()		()		()
			()		()		()		()
Torso: Reverse Crunches	1/0/1	3x15		3x15		3x15		3x15	
1-Leg Stability Ball Leg Curls	2/0/1		8/side		8/side		8/side		8/side
			8/side		8/side		8/side		8/side
Stretch: short Adductor x 5/side			8/side		8/side		8/side		8/side
REPEAT									
Db Squat to Press	1/0/1		8		8		8		8
			8		8		8		8
<i>superset:</i>			8		8		8		8
Tricep Pushdowns	2/0/1		10 - 15		10 - 15		10 - 15		10 - 15
			10 - 15		10 - 15		10 - 15		10 - 15
			10 - 15		10 - 15		10 - 15		10 - 15
Stability Ball Front Bridge	2/0/1		:30		:30		:30		:30
Stretch: Calf x :30/side			:30		:30		:30		:30
REPEAT									
Post Workout Stretch									