

## Ontario Championships Preparation Program

### Day 1

Exercise	Week 1		Week 2		Week 3		Week 4		Week 5	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
<a href="#">A1. Fast Feet fwd/bkwd</a>	2	20s	2	15s	2	10s	2	8s	2	8s
<a href="#">A2. Tuck Jumps</a>	2	10	2	8	2	6	2	5	2	5
<a href="#">A3. Seated Dowel Thoracic Rotation</a>	2	8/ea	2	6/ea	2	5/ea	2	4/ea	2	4/ea
<a href="#">B1. Bulgarian Split Squat</a>	3	10/ea	3	8/ea	3	6/ea	3	5/ea	3	5/ea
<a href="#">B2. Eccentric Push-Up (8s lowering)</a>	3	6	3	5	3	4	3	3	3	3
<a href="#">B3. Bent Over Y-Raise</a>	3	15	3	12	3	10	3	8	3	8
<a href="#">C1. Eccentric Hamstring Curl (8s lowering)</a>	3	6	3	5	3	4	3	4	3	4
<a href="#">C2. Tall Plank Shoulder Tap</a>	3	16	3	12	3	10	3	10	3	10
<a href="#">C3. Superman Hold</a>	3	20s	3	20s	3	15s	3	15s	3	15s

### Day 2

Exercise	Week 1		Week 2		Week 3		Week 4		Week 5	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
<a href="#">A1. Pogo Jump</a>	2	20	2	15	2	12	2	10	2	10
<a href="#">A2. Knee Supported External Rotation</a>	2	12/ea	2	10/ea	2	8/ea	2	8/ea	2	8/ea
<a href="#">A3. Wall Bridge Rotations</a>	2	6/ea	2	5/ea	2	4/ea	2	3/ea	2	3/ea
<a href="#">B1. Single Leg Hip Thrust</a>	3	10/ea	3	10/ea	3	8/ea	3	6/ea	3	6/ea
<a href="#">B2. Yoga Push-Up</a>	3	10	3	10	3	8	3	8	3	8
<a href="#">B3. Seated Wall Slides</a>	3	15	3	15	3	12	3	10	3	10
<a href="#">C1. Cossack Squat</a>	3	8/ea	3	8/ea	3	6/ea	3	5/ea	3	4/ea
<a href="#">C2. Lateral Raise</a>	3	10	3	10	3	8	3	8	3	8
<a href="#">C3. Deadbug</a>	3	10/ea	3	10/ea	3	8/ea	3	8/ea	3	8/ea

### Day 3

Exercise	Week 1		Week 2		Week 3		Week 4		Week 5	
	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps	Sets	Reps
<a href="#">A1. Single Leg Lateral Line Hop</a>	2	20s/ea	2	15s/ea	2	15s/ea	2	10s/ea	2	10s/ea
<a href="#">A2. Single Leg Hop to Lateral Bound</a>	2	8/ea	2	8/ea	2	6/ea	2	5/ea	2	4/ea
<a href="#">A3. Serratus Push-Up</a>	2	10	2	10	2	10	2	8	2	8
<a href="#">B1. Alternating Split Squat Jumps</a>	3	10/ea	3	8/ea	3	6/ea	3	5/ea	3	4/ea
<a href="#">B2. Push-Up</a>	3	10	3	10	3	8	3	8	3	8
<a href="#">B3. Prone Swimmers</a>	3	10	3	10	3	8	3	8	3	8
<a href="#">C1. Single Leg RDL</a>	3	10/ea	3	10/ea	3	8/ea	3	8/ea	3	6/ea
<a href="#">C2. Side Plank w/ Rotation</a>	3	10/ea	3	10/ea	3	8/ea	3	8/ea	3	6/ea
<a href="#">C3. V-Up</a>	3	10	3	10	3	8	3	8	3	6

ea = each side

s = seconds

Equipment = Backpacks, soup cans/water bottles to replace Dumbbells, and a towel on a wooden or tile floor for hamstring curls, couch, chair

Lower body exercises should be done with lots of intent and maximum effort. Especially and speed/power based exercises.

Workouts taper week to week meaning the total volume of work you do lowers, but the intensity needs to stay high!

Try to add one rest day between workouts.

Exercises are hyperlinked. Click on them for video demonstrations.

