OFF SEASON TRAINING REGIMEN

Name: _____ Sport: _____

Endurance and Power Cycle

Weeks 1 – 4 Endurance Training [weights should be <60% of 1RM]

Days 1 & 3

Muscle Group	Exercise	Weight	Sets	Reps
Chest	Barbell bench press		3	20, 20, 20
Shoulders	Barbell military press		3	20, 20, 20
Back	Bent-over dumbbell rows		3	20, 20, 20
Biceps / forearm	Hammer curls		3	20, 20, 20
Shoulders / triceps	Dips		2	Failure
Back	Wide-grip pull-ups		2	Failure

Days 2 & 4

Muscle Group	Exercise	Weight	Sets	Reps
Legs	Squats		3	20, 20, 20
Legs	Leg press		3	20, 20, 20
Legs	Calf raises		3	20, 20, 20
Legs	Lunges		2	20, 20
Legs	Leg extensions		2	20, 20
Legs	Leg curls		2	20, 20

Weeks 5 – 8 Power Training [weights should be >70% of 1RM]

Days 1 & 3

Muscle Group	Exercise	Weight	Sets	Reps
Legs	Jump squats		3	10, 10, 10
Legs	Power cleans		3	12, 12, 12
Legs	Squats		3	8, 8, 8
Legs	Lunges		3	10, 10, 10
Legs	Box steps		3	12, 12, 12
Legs	Calf raises		3	20, 20, 20

Days 2 & 4

Muscle Group	Exercise	Weight	Sets	Reps
Chest	Barbell bench press		3	10, 10, 10
Shoulders	Push press		3	12, 12, 12
Back	Wide-grip pull-ups		2	Failure
Biceps / forearms	Reverse curls		3	15, 15, 15
Shoulders / triceps	Dips		2	Failure
Back	Bent-over dumbbell rows		3	12, 12, 12

Weeks 9 – 12 Endurance Training [weights should be <60% of 1RM]

Days 1 & 3

Muscle Group	Exercise	Weight	Sets	Reps
Chest	Dumbbell bench press		3	25, 25, 25
Shoulders	Dumbbell military press		3	25, 25, 25
Back	Bent-over barbell rows		3	25, 25, 25
Biceps / forearms	Reverse curls		2	25, 25
Back	Close-grip pull-ups		3	Failure
Biceps	Dumbbell curls		2	25, 25

Days 2 & 4

Muscle Group	Exercise	Weight	Sets	Reps
Legs	Squats		3	25, 25, 25
Legs	Leg extensions		2	25, 25
Legs	Leg curls		2	25, 25
Legs	Calf raises		3	25, 25, 25
Legs	Lunges		2	25, 25
Legs	Leg press		3	25, 25, 25

Weeks 13 – 16 Power Training [weights should be >70% of 1RM]

Days 1 & 3

Muscle Group	Exercise	Weight	Sets	Reps
Legs	Squats		3	8, 8, 8
Legs	Lunges		3	10, 10, 10
Legs	Jump squats		3	10, 10, 10
Legs	Power cleans		3	12, 12, 12
Legs	Box steps		3	12, 12, 12
Legs	Calf raises		3	20, 20, 20

Days 2 & 4

Muscle Group	Exercise	Weight	Sets	Reps
Chest	Dumbbell bench press		3	10, 10, 10
Shoulders	Push press		3	12, 12, 12
Back	Close-grip pull-ups		3	Failure
Biceps / forearms	Hammer curls		3	15, 15, 15
Chest	Cable crossovers		3	10, 10, 10
Back	T-bar rows		3	12, 12, 12

Name: _____ Sport: _____

Documentation and Progress Monitoring Worksheet

WEEK 1			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 2			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 3			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 4			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 5			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 6			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 7			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 8			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 9			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 10			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 11			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 12			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 13			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 14			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 15			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE

WEEK 16			
DAY 1	DAY 2	DAY 3	DAY 4
INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE	INITIAL WHEN COMPLETE