

Welcome to the GoleLine Strength & Conditioning Program. This is a 12-week program that is set to improve your strength, speed, explosiveness and overall athleticism. As you've seen on my Instagram, plyometric movements are a huge part of my training. As a goalkeeper, or athlete looking to improve their game, our training needs to be different; we must be the best all-around athlete. To be the best athlete, we must train like the best athlete.

This program is designed in three separate phases; Strength, Speed, Plyometric (Explosive). Each phase is four weeks long and each one has different exercises that will help build a foundation that will take your game to the next level. Each phase consists of two lower body workouts, and two upper body workouts. One lower body workout has a single leg focus, and one upper body workout has a single arm focus. Doing this will help to eliminate muscle imbalances having the same amount of strength in each body part. The other workouts focus more on compound exercises (Squat, Bench, Deadlift). Each phase also includes optional speed, plyometric, medicine ball, and stability workouts to help compliment the program. I didn't design this program to be very complex. Whether you are a beginner, or professional, this program will improve your overall athleticism and make you a better goalkeeper/athlete. I designed this program to be able to do at any commercial gym available with limited equipment.

One thing you'll notice about all the workouts is the squat jumps, pull-ups, chin-ups and push-ups that are included in each workout. These bodyweight exercises are going to be a major key to this program. Mastering our bodyweight is a major role into improving our overall athleticism. You don't have to do the bodyweight exercises at the end of each workout; you can do them in the beginning middle or end...just get them DONE.

How do you get the most out of this program? Commitment. The summer is the time where get the most free time and opportunity to work our hardest to get better. This program is going to take a lot of commitment to complete, but I promise at the end of it, you will see how much your overall athleticism has improved. Don't forget, training outside of the weight room is the most important. While we improve off the field, we must continuously improve our skills on the field so the things we're doing in the weight room will translate properly.

Nutrition information is also included at the end of this program. Nutrition is going to be a very crucial part of this program that takes the most commitment. Eating the proper foods not only will provide you with the energy to complete the workouts but it can also assist with recovery. Make sure you understand how each food has a certain role and can help improve your strength and recovery.

For your recovery, sleep will be your most important asset. Sleep plays the most important role when recovering after a workout. Never underestimate the power of a quality night's sleep, or even a 30-minute or 90-minute nap throughout the day. Other recovery methods include foam rolling, stretching, and ice baths. Other forms can include cryotherapy, and deep tissue massage.

Now that you have the information needed to make the most of this program, it is time to go out and execute. Stay committed, trust the process and watch your game elevate to the next level in 12 short weeks. I'll be there with you every step of the way. If you have any questions, send a message to @goleline on Instagram and I will be sure to answer you right away! I can't wait to see all of you get to that next level that you are striving for!

Phase 1 Overview

During Phase 1, we are going to introduce you to very important lifts, like the squat, deadlift and bench press. Phase 1 is set to provide you with significant strength gains in a short period of four weeks. If you are a beginner at strength training, these first four weeks will be the most important as it will set the foundation of strength for the following eight weeks. If you have more experience in strength training, these four weeks will allow you to pick up where you left off last and you can watch yourself grow!

Each week you'll notice our rep range decreases by two reps beginning at 12, and going down to 6 in week four. This is called periodization. Our goal is to always hit the targeted repetitions. To get stronger, you'll have to challenge yourself by adding weight once the targeted rep range has been achieved. Remember, your technique when lifting the weight is the most important thing to focus on.

During this phase, our rest periods should not exceed more than 60 seconds. Keeping your rest periods shorter will force your body to adapt creating greater strength gains. In phase 1, our bodyweight exercises start with 50 squat jumps, 50 push-ups, 15 pull-ups, and 15 chin-ups and each week they will gradually increase.

Phase 1: Strength (The Foundation)

Phase 1 Workout Structure

- 4 days/week
- 2 Upper Body Days (1 Single Arm Focus)
- 2 Lower Body Days (1 single leg focus)
- Hypertrophy based muscle building
- **Whenever you hit target rep range, add weight**

Goals of Week 1:

1. Understand concept of basic strength training
2. Build background of compound lifts
3. Build muscle
4. Begin foundation of stability training

Warm Up:

Foam Roll: 5 min

Spiderman Stretch: 5x each side (Hold for 10-15 seconds each side)

Shoulder width hamstring stretch to ankle grab: 5x 15 second holds

Ankle Mobility: Wall Touches: 3 x 10

Tibia Raises: 3 x 10

Dynamic Warm-up- 5 minutes

- Knee Hugs
- Side Lunge
- Lunge & Twist
- High Knees
- Butt Kicks
- Power Skips
- Leg Kicks

Mobility+Stability:

Mini Band Shuffles

Airex Pad/Bosu Ball Single Leg Jumps: 1 x 10 (Vertical & Lateral)

Lower Body Core:

Plank: 3 x 30 sec

Ab Wheel Rollouts: 3 x 10

Upper Body Core:

Suitcase Carry: 4 x 50 yd

Week 1 Strength

Lower Body (SL) Workout #1

Split Squat: 4 x 12 EL
Single Leg Press: 4 x 12
Single Leg Glute Bridge: 4 x 12
Single Leg Hamstring Curl: 4 x 12
Reverse Lunge: 4 x 12
Lunge Jumps: 4 x 30 sec
50 Squat Jumps

Upper Body (SA) Workout #1

Single Arm Bench Press: 4 x 12
Single Arm Dumbbell Shoulder Press: 4 x 12
Single Arm Dumbbell Floor Press: 4 x 12
Single Arm Dumbbell Row: 4 x 12
Single Arm Dumbbell Lateral Raise: 4 x 12
Split Stance Dumbbell Curl: 4 x 12
Forearm Curls: 3 x 12
50 Push-ups
15 Pull Ups

Lower Body Workout #2

Barbell Front Squat: 4 x 12
Dumbbell Stiff Leg DL: 4 x 12
Sumo Stance Deadlift: 4 x 12
Wide Stance Leg Press: 4 x 12
50 Squat Jumps

Upper Body Workout #2

Dumbbell Incline Bench: 4 x 12
Military Press: 4 x 12
Close Grip Bench Press: 4 x 12
Barbell Row: 4 x 12
Barbell Curl: 4 x 12
Farmer's Walk: 3 x 20 yd.
50 Push-ups
10 Chin-ups

Week 2 Strength

Lower Body Workout #1

Rear Foot Elevated Squat: 4 x 10
Dumbbell Step Up: 4 x 10
Dumbbell Lunge: 4 x 10
Single Leg Hamstring Curl: 4 x 10
Single Leg Pistol Squat: 4 x 10
Single Leg Box Jumps: 4 x 10
75 Squat Jumps

Upper Body Workout #1

Single Arm Incline Bench: 4 x 10
Dumbbell Row: 4 x 10
Single Arm Dumbbell Incline Skullcrusher: 4 x 10
Single Arm Seated Dumbbell Curl: 4 x 10
Single Arm Seated Lateral Raise: 4 x 10
Cable Rear Delt Fly: 4 x 10
Forearm Curls: 3 x 12
65 Push-ups
15 Pull-ups

Lower Body Workout #2

Barbell Front Squat: 4 x 10
Deadlift: 4 x 10
Barbell Glute Bridge: 4 x 10
Close Stance Leg Press: 4 x 10
Weighted Box Jumps: 4 x 10
75 Squat Jumps

Upper Body Workout #2

Barbell Bench: 4 x 10
Dips: 4 x 10
Standing Dumbbell Arnold Press: 4 x 10
Reverse Grip Inverse Row: 4 x 10
Preacher Curl: 4 x 10
Barbell Row: 4 x 10
Dumbbell Front Raise: 4 x 10 (superset)
Farmer's Walk: 3 x 40 yd.
65 Push-ups
15 Chin-ups

Week 3 Strength

Lower Body Workout #1

Rear Foot Elevated Squat: 4 x 8
Barbell Lunge: 4 x 8
Single Leg Stiff Leg Deadlift: 4 x 8
Single Leg Hamstring Curl: 4 x 8
Dumbbell Reverse lunge w/knee drive: 4 x 8
Weighted Lunge Jumps: 4 x 8
100 Squat Jumps

Upper Body Workout # 1

Single Arm Dumbbell Bench Press: 4 x 8
Single Arm Cable Press: 4 x 8
Half Kneeling Shoulder Press: 4 x 8
Split Squat Stance High Row: 4 x 8
Dips: 4 x 8
 Inverted Row: 4 x 8 (superset)
Dumbbell Reverse Curl: 4 x 8
Forearm Curls: 3 x 8
80 Push-ups
20 Pull-ups

Lower Body Workout #2

Barbell Front Squat: 4 x 8
Barbell Stiff Leg Deadlift: 4 x 8
Seated Hamstring Curl: 4 x 8
Leg Press: 4 x 8
Dumbbell Weighted Box Jumps: 4 x 8
100 Squat Jumps

Upper Body Workout # 2

Dumbbell Incline Bench Press: 4 x 8
Dumbbell Curl to Shoulder Press: 4 x 8
Close Grip Bench Press: 4 x 8
Barbell Row: 4 x 8
Barbell Raise Overhead: 4 x 8
Farmer's Walk: 3 x 20 yd.
80 Push-ups
20 Chin-ups

Week 4 Strength

Lower Body Workout #1

Rear Foot Elevated Squat: 6 x 6
Dumbbell Single Leg Stiff Leg Deadlift: 6 x 6
Split Squat: 4 x 6
Dumbbell Lunge: 4 x 6
Single Leg Hamstring Curl: 4 x 6
125 Squat Jumps

Upper Body Workout #1

Single Arm Dumbbell Bench Press: 6 x 6
Dumbbell Row: 4 x 6
Dumbbell Alternating Front Raise: 4 x 6
Dumbbell Rear Delt Fly: 4 x 6
Half Kneeling Shoulder Press: 6 x 6
Dumbbell Hammer Curl: 4 x 6
Dips: 6 x 6
Forearm Curls: 3 x 6
100 Push-ups
25 Pull-ups

Lower Body Workout #2

Barbell Front Squat: 5 x 6
Deadlift: 5 x 6
Leg Press: 6 x 6
125 Squat Jumps

Upper Body Workout #2

Barbell Bench Press: 5 x 6
Barbell Row: 4 x 6
Military Press: 4 x 6
Close Grip Bench Press: 4 x 6
Barbell Curl: 4 x 6
Farmer's Walk: 3 x 20 yd
100 Push-ups
25 Chin-ups

Additional Strength Phase Workouts

Med Ball Workout:

Med Ball Slams: 3 x 30 sec
Med Ball Power Slams: 3 x 15
Med Ball Box Jumps: 3 x 10
Single Leg Med Ball Skater Jumps: 3 x 30 sec
Med Ball Broad Jumps: 20 Jumps
Med Ball Squats: 3 x 20
Med Ball Squat Jumps: 3 x 30 sec

Speed Workout:

10 x 10yd shuffle to 10yd sprint
5 x 30yd sprint
5 x 50 yd sprint
5 x 80 yd sprint
5 x 100 yd sprint
1 x 300 yd shuttle

Plyometric Workout:

Single Leg Line Jumps (Vertical/Lateral): 3 x 30 sec
Single Leg Zig Zag Hops: 3 x 10 (Each Leg)
Skater Jumps: 3 x 10
Lunge Jumps: 3 x 30 sec
Diamond Single Leg Alternating Leg Jumps (Forward, Back, Side, Side—1 rep): 3 x 10
Lateral Broad Jumps: 3 x 10
SL Box Jumps: 3 x 15

Phase 2: Speed

Phase 2 Workout Structure:

- 4 days/week
- 2 Lower Body Days
- 2 Upper Body Days
- Slow eccentrics for more strength (3-4 Seconds)
- Isometric Holds
- Rep Range: 6-10

Goals for Phase 2:

1. Control weight through the entire movement
2. Increase bodyweight strength
3. Fast concentric movements to activate fast-twitch muscle fibers

Warm Up/Mobility/Stability:

Foam Roll: 5 min

Spiderman Stretch: 5x each side (Hold for 10-15 seconds each side)

Shoulder width hamstring stretch to ankle grab: 5x 15 second holds

Ankle Mobility: Wall Touches: 3 x 10

Dynamic Warm-up- 5 minutes

- Knee Hugs
- Side Lunge
- Lunge & Twist
- High Knees
- Butt Kicks
- Power Skips
- Leg Kicks

Stability- 5 minutes

Airex Pad/Bosu Ball Single Leg Jumps: 3 x 10 (Vertical & Lateral)

Upper Body Core:

Plank: 3 x 45 sec

Side Plank: 3 x 30 sec

Lower Body Core:

Suitcase Carry: 4 x 50 yd

Ab Wheel Rollout: 3 x 10

Phase 2 Overview

During phase 2, you will notice that a lot of our lifts will be focused on slowing down the eccentric portion. This will allow for much more muscle growth. Not only will this help you create more muscle growth but we're also looking to stimulate our fast-twitch muscle fibers by "exploding" through the concentric portion of the lift.

The format of the workout structures remains the same with two lower body workouts, and two upper body workouts. Our bodyweight exercises continue to be staples of the program. Our push-ups, pull-ups, chin-ups, squat jumps will all increase weekly helping improve our strength and explosiveness. Again, you don't have to do them all at once. You can do them at any point throughout the workout just get them done!

The main focus of these lifts is **NOT THE WEIGHT!!** I cannot emphasize that point enough. With the slow eccentric portions of the lifts, the focus should be based on our technique. Your muscles will fatigue a lot more than you expected during these workouts, so make sure you have proper form throughout each lift.

Now, to understand what the numbers in parentheses means: There are four different numbers inside the parentheses, and all have a different meaning relating to seconds during the lift. When you see something like this, (4:0:1:2) the first number relates to the *eccentric* portion. For example, during a barbell squat, the 4 would mean to lower the weight with a 4 second count until the bottom. The second number relates to the pause at the bottom. In this case, the 0 means no pause at the bottom. The third number relates to the *concentric* portion of the lift. Meaning the lifting portion. In this case, I want you to lift the weight at a fast, explosive pace only taking one second. The final number relates to the number of seconds you should pause on the contraction. Meaning, we are going to take a two second pause at the top of the contraction.

Now that we understand how this phase will work, it's time to get to work. This will be the most important phase of the whole program. Remember, the name of this phase is speed. Focus on activating those fast-twitch muscle fibers that will increase your strength, speed and explosiveness.

Week 1 Speed

Lower Body Workout #1

Split Squat: 3 x 6 (3:3:1:0)
SL RDL: 3 x 8 (4:0:1:2)
Pistol Squat: 3 x 8 (4:0:1:2)
RFE Squat: 3 x 6 (3:3:1:0)
DB Reverse Lunge w/step up: 3 x 6 (1:3:1:0)
150 Squat Jumps

Upper Body Workout #1

SA Cable Row: 3 x 8 (4:0:1:2)
SA Cable Press: 3 x 8 (4:0:1:2)
SA Bench: 3 x 6 (4:0:1:2)
Dips: 3 x 8 (4:0:1:2)
Push-Up: 3 x 10 (4:0:1:2)
Inverted Row: 3 x 10 (4:0:1:2)
Forearm Curl: 3 x 10
115 Push-ups
30 Pull-ups

Lower Body Workout #2

DB Deadlift: 3 x 10 (3:0:1:2)
Barbell RDL: 3 x 6 (5:0:1:2)
Barbell Squat: 3 x 6 (4:0:1:2)
Hamstring Curl: 4 x 8
Leg Press: 4 x 8 (4:0:1:2)
150 Squat Jumps

Upper Body Workout #2

DB Bench: 3 x 8 (4:0:1:2)
BW Skull Crusher: 3 x 10
Barbell Push Press: 3 x 8 (4:0:1:2)
Chin Up: 3 x 6 (4:0:1:2)
DB Front Raise: 3 x 8 (4:0:1:2)
Farmer's Walk: 4 x 20 yd.
115 Push ups
30 Chin-ups

Week 2 Speed

Lower Body Workout #1

RFE Squat: 4 x 6 (1:5:1:0)
SL Leg Press: 4 x 10
SL RDL: 4 x 6 (4:0:1:2)
Lying Hamstring Curl: 4 x 8 (4:0:1:2)
DB Lunge w/ knee drive: 4 x 10
175 Squat Jumps

Upper Body Workout #1

SA DB Floor Press: 3 x 8 (4:1:1:2)
DB Lateral Raise: 3 x 10 (4:0:1:2)
SA DB Incline: 4 x 6 (4:0:1:2)
Reverse Curl: 3 x 10 (4:0:1:2)
DB Row: 4 x 6 (4:0:1:2)
Forearm Curls: 3 x 10
130 Push-ups
35 Pull-ups

Lower Body Workout #2

Sumo DL: 4 x 6 (4:0:1:2)
Barbell Squat: 4 x 8 (2:4:1:2)
Glute Bridge: 4 x 10
Hamstring Curl: 4 x 8
175 Squat Jumps

Upper Body Workout #2

CG Bench: 4 x 8 (4:0:1:2)
DB Shoulder Press: 4 x 6 (4:0:1:2)
Cable Rear Delt Fly: 4 x 10
Decline Bench: 4 x 10
Wide Grip Seated Row: 4 x 8 (4:0:1:2)
Farmer's Walk: 4 x 20 yd.
130 Push ups
35 Chin Ups

Week 3 Speed

Lower Body Workout #1

SL BW Hamstring Curl: 3 x 6 (5:0:1:2)
SL Leg Press: 4 x 8 (4:0:1:2)
SL Pistol Squat to Jump: 4 x 10
DB Step Up w/knee drive (one leg stays on box): 4 x 10
Barbell Lunge: 4 x 6 (3:5:1:2)
200 Squat Jumps

Upper Body Workout #1

Push-up: 3 x 10 (5:0:1:2)
Dips: 4 x 8 (4:0:1:2)
RG Inverted Row: 4 x 10 (4:0:1:2)
Standing DB Shoulder Press: 4 x 6 (4:0:1:2)
CG Push-up: 3 x 10 (5:0:1:2)
Forearm Curls: 3 x 10
150 Push-ups
45 pull-ups

Lower Body Workout #2

Deadlift: 4 x 8
Box Squat: 4 x 10
Glute Bridge: 4 x 6 (4:0:1:2)
Lying Leg Curl: 4 x 8 (4:0:1:2)
200 Squat Jumps

Upper Body Workout #2

Chin-up: 3 x 8 (4:0:1:2)
Barbell Bench: 4 x 8 (4:0:1:2)
Barbell Curl: 4 x 8 (4:0:1:2)
EZ Bar Skullcrusher: 4 x 8 (4:0:1:2)
Rope Pushdown/Face Pull: 3 x 10/10
Farmer's Walk: 4 x 20 yd.
150 Push-ups
45 Chin-ups

Week 4 Speed

Lower Body Workout #1

RFE Squat: 5 x 5 (4:4:1:2)
SL RDL: 4 x 6 (4:0:1:2)
SL Leg Press: 4 x 8 (4:0:1:2)
Barbell Split Squat: 4 x 5 (4:4:1:2)
DB Step Up w/knee drive (one leg stays on box): 4 x 10
225 Squat Jumps

Upper Body Workout #1

DB Shoulder Press w/Suitcase Carry: 4 x 8 (4:0:1:2)
CG Push-up: 5 x 10 (4:0:1:2)
DB Bench: 4 x 8 (4:0:1:2)
Cable Curl: 4 x 10 (4:0:1:2)
BW Skullcrusher: 4 x 8 (4:2:1:2)
Forearm Curls: 3 x 10
165 Push-ups
50 Pull-ups

Lower Body Workout #2

Box Squat: 5 x 6 (4:0:1:2)
Sumo DL: 4 x 10
Glute Bridge: 4 x 6 (4:0:1:2)
DB RDL: 4 x 10
225 Squat Jumps

Upper Body Workout #2

CG Bench: 4 x 6 (4:2:1:2)
Barbell Row: 4 x 10
Walking Push-up: 4 x 10
Upright Row: 4 x 8 (4:0:1:2)
Barbell Front Raise/Barbell Curl: 4 x 10/10
Farmer's Walk: 4 x 20 yd.
165 Push-ups
50 Chin-ups

Additional Speed Phase Workouts

Med Ball Workout:

Med Ball Squat Jumps: 4 x 20
Med Ball Squat to Vertical Throw: 4 x 10
Med Ball Power Slams: 4 x 20
Med Ball Broad Jumps: 20 total reps
Med Ball Box Jumps: 3 x 10
Med Ball Skater Jumps: 3 x 16

Speed Workout:

6 yd, 12yd Shuffle: 10 reps
10 yd shuffle to 10 yd sprint: 10 reps
T-Drill: 5 reps
8 x 50 yd sprint
10 x 100 yd sprint
3 x 300 yd shuttle

Plyometric Workout:

SL Line Jumps (Vertical, Lateral): 4 x 30 sec
Zig Zag Hops: 4 x 15
SL Lateral Jump to SL Box Jump: 4 x 10
Skater Jumps: 4 x 30 sec
SL Lateral Box Jumps: 4 x 10
Lunge Jump: 4 x 30 sec
SL Seated Box Jump: 3 x 10

Phase 3 Overview

Our third and final phase is our explosive phase. This phase is going to lead us right into our season in peak physical shape. In this phase, we add in a lot of supersets to really start building our anaerobic capacity. This will improve our conditioning because we're combining explosive weighted movements with bodyweight movements.

Again, the workout structure remains the same each week; two lower body workouts, and two upper body workouts. This phase is where we continue to improve but our game will reach peak performance at the end after being able to master our bodyweight. Bodyweight exercises are the staple of this phase. After building a foundation of strength and speed in the earlier phases, our plyometric phase will compliment everything we worked on and you will see your explosiveness take off.

At this point in the program, we should have a great feel for how to control our bodyweight. We should be able to push-ups, and pull-ups with absolute ease. Not only will we feel more comfortable controlling our body, but our mobility from the warmup exercises should have already translated to the field and I hope you noticed the improvements in your quickness, and diving ability.

With only four weeks left, this is no time to start to slack and get comfortable. Now is the time to push yourself even more to get the best possible results and become the best athlete. Once you do that, this program will be complete, and your results will quickly translate to the field.

Phase 3: Plyometric-Explosive

Phase 3 Structure:

- 2 Lower Body Workouts
- 2 Upper Body Workouts
- Cardio Focused Workouts
- Supersets
- Rep Range: Time or 5-15
- Bodyweight (Explosive)

Goals of Phase 3:

1. Increase conditioning through supersets
2. Increase explosiveness through vertical explosive movements
3. Increase vertical

Warm Up/Mobility/Stability:

Foam Roll: 5 min

Spiderman Stretch: 5x each side (Hold for 10-15 seconds each side)

Shoulder width hamstring stretch to ankle grab: 5x 15 second holds

Ankle Mobility: Wall Touches: 3 x 10

Dynamic Warm-up- 5 minutes

- Knee Hugs
- Side Lunge
- Lunge & Twist
- High Knees
- Butt Kicks
- Power Skips
- Leg Kicks

Stability- 5 minutes

Airex Pad/Bosu Ball Single Leg Jumps: 4 x 10 (Vertical & Lateral)

Upper Body Core:

Plank: 4 x 1 min

Side Plank: 4 x 30 sec

Lower Body Core:

Suitcase Carry: 5 x 50 yd

Ab Wheel: 4 x 10

Week 1 Plyometric

Lower Body Workout #1

RFE Squat: 3 x 5
SL Box Jump: 3 x 10
DB Reverse Lunge: 3 x 10
Lunge Jump: 3 x 20
DB RDL to Box Weighted Box Jump: 3 x 10
SL Leg Press: 3 x 10
SL Lateral Box Jump: 3 x 10
Skater Jump: 4 x 30 Sec
250 Squat Jumps

Upper Body Workout #1

Burpee to Pull-up: 3 x 10
Explosive Push-up to Bench: 3 x 8-10
In & Out Push-up: 3 x 15
Push Press: 3 x 10
Med Ball Explosive Push-up: 3 x 10
Pull-up: 3 x 10
Dips: 3 x 10
180 Push-ups
50 Pull-ups

Lower Body Workout #2

Barbell Squat to Toes: 3 x 6
DB Squat Jump: 3 x 5
Box Jump: 3 x 10
Deadlift: 3 x 8
Lateral Box Jump: 3 x 10
Glute Bridge: 3 x 15
Skater Jump: 4 x 30 Sec
250 Squat Jumps

Upper Body Workout #2

Decline Bench: 3 x 10
Explosive Push-up: 3 x 10
Chin-up: 3 x 10
Rope Pushdown: 3 x 10
Inverted Row: 3 x 10
BW Skullcrusher: 3 x 10

Cable Rear Delt Fly: 5 x 15
Bosu Ball Push-up: 5 x 10
Farmer's Walk: 4 x 30 yd.
180 Push-ups
50 Chin-ups

Week 2 Plyometric

Lower Body Workout #1

RFE Squat: 3 x 5
RFE Squat Jumps: 3 x 10
Pistol Squat to Box Jump: 3 x 10
DB Weighted Lunge Jump: 3 x 10
SL Lateral Box Jump: 3 x 10
SL Box Jump: 3 x 10
SL Leg Press: 3 x 15
Skater Jump: 4 x 30 sec
275 Squat Jumps

Upper Body Workout #1

Cable Chest Press: 3 x 15
Pull-up: 3 x 10
DB Row: 3 x 10
Face Pull: 3 x 10
DB Shoulder Press: 3 x 8
Rope Pushdown: 3 x 12
Med Ball Explosive Push-up: 3 x 15
Forearm Curls: 3 x 10
200 Push-ups
50 Pull-ups

Lower Body Workout #2

DB Squat Jump: 3 x 10
Box Jump: 3 x 10
Barbell RDL: 3 x 6
Depth Jump to Box Jump: 3 x 10
Goblet Squat: 3 x 10
Seated Box Jump: 3 x 10
Sumo DB DL Jumps: 3 x 15
Skater Jump: 4 x 30 sec
250 Squat Jumps

Upper Body Workout #2

DB Incline: 3 x 10
DB Row: 3 x 10
RG Inverted Row: 3 x 10
Dips: 3 x 10

Explosive Push-up: 3 x 15
Cable Rear Delt Fly: 3 x 15
Push-up with swiss ball knee tuck: 3 x 10
Farmer's Walk: 4 x 30 yd.

200 Push-ups
50 Chin-ups

Week 3 Plyometric

Lower Body Workout #1

RFE Squat: 4 x 5
RFE Squat Jump: 4 x 20 sec
SL Weighted Box Jump: 3 x 10
SL Lateral Box Jump: 3 x 30 sec
DB Weighted Lunge Jump: 3 x 10
DB Step up: 3 x 10
SL Seated Box Jump: 3 x 15
Skater Jump to Box Jump: 2 x 10
275 Squat Jumps

Upper Body Workout #1

Pull-Up: 3 x 10
Push-up 3 x 20
Chin-up: 3 x 10
Push-up: 3 x 20
Inverted Row: 3 x 10
Push-up: 3 x 20
Dips: 3 x 10
Push-up: 3 x 20

Lower Body Workout #2

Sumo DL: 4 x 6
Weighted Box Jump: 4 x 5
Barbell Squat: 4 x 8
Box Jump: 4 x 10
Leg Press: 4 x 8
Lateral Box Jump: 4 x 10
Skater Jump to Box Jump: 3 x 10
Box Jump: 1 x 1 min
275 Squat Jumps

Upper Body Workout #2

Renegade Row: 3 x 10
High Cable Row: 3 x 15
Bosu Ball Push-up: 3 x 15
CG Bench press: 3 x 15
Rope Curl: 3 x 15
Push-up Ladder: 4 x 50

Farmer's Walk: 4 x 30 yd.
Pull-ups: 4 x 10
Chin-ups: 4 x 10

Week 4 Plyometric

Lower Body Workout #1

RFE Squat Jumps: 4 x 30 Sec
Lunge Jumps: 4 x 30 Sec
SL Box Jump: 4 x 30 Sec
SL Lateral Box Jump: 4 x 30 sec
Skater Jump: 4 x 30 sec
Skater Jump to Box Jump: 4 x 10
300 Squat Jumps

Upper Body Workout #1

SA Bench: 4 x 10
Push-up: 4 x 15
DB Row: 4 x 8
Inverted Row: 4 x 15
Dips: 4 x 10
Med Ball Push-up: 4 x 10
SA Cable Curl: 3 x 15
Explosive Push-up to bench: 3 x 10
Forearm Curls: 3 x 15
200 Push-ups
50 Pull-ups

Lower Body Workout #2

Barbell Box Squat to Toes: 4 x 12
DB Squat Jump: 4 x 10
Squat Jump: 4 x 25
DB Box Jump: 4 x 10
Box Jump: 4 x 10
Lateral Box Jump: 4 x 10
Box Jump: 4 x 10
Depth Jump to Box Jump: 4 x 12
300 Squat Jumps

Upper Body Workout #2

Barbell Bench: 4 x 8
Explosive Push-up: 4 x 10
Barbell Push Press: 4 x 12
Barbell Row: 4 x 12
DB Floor Press: 4 x 8
Deficit DB Push-up: 4 x 10
Push-up Ladder: 4 x 50
Farmer's Walk: 4 x 30 yd.
40 Chin-ups

Additional Plyometric Phase Workouts

Med Ball Workout:

Med Ball Power Slams: 5 x 15
Med Ball Lateral Jump to Broad Jump: 4 x 10 Each Side
Med Ball Squat to High Throw: 4 x 10
Med Ball Squat: 4 x 20
Med Ball Squat Jump: 4 x 30
Med Ball Skater Jump, SL Ball Power Slam: 3 x 10
Med Ball Box Jump: 1 x 1 min

Speed Workout:

5 x 60 yd Shuffle Shuttle (6 yd & back 10 times)
20 x 6 yd sprint to 15 yd sprint
2 x 50 yd sprint
15 x 100 yd sprint
5 x 300 yd Shuttle

Plyometric Workout:

SL Lateral Box Jump to Vertical Box Jump: 3 x 10 EL
Depth Jump to Box Jump: 3 x 10
Seated Box Jump: 3 x 10
Weighted Squat Jump to box Jump: 3 x 15
Broad Jump (over box) to Box Jump: 3 x 10
Lunge Jump, Squat Jump, Box Jump: 3 x 1 min

Nutrition

Whether you want to believe it or not, what you eat plays a significant role in accomplishing your athletic goals. Unfortunately, many athletes are not fully aware of what they are putting into their bodies, or they simply do not know what choices to make to best serve their needs. With all the fad diets and misinformation in the magazines, it is difficult to tell which information is true and which is garbage.

Perhaps the most important thing you should know about nutrition is that there are simply no miracles. Good nutrition is not about eating a salad for lunch today; good nutrition is about leading a healthy lifestyle and creating *consistent*, proper eating habits that you get you where you want to be.

Unfortunately, nutrition is one component of a strength and conditioning program where most people are misinformed or misunderstood. Everywhere you turn, you hear or read about someone who has either lost or gained twenty pounds in one week. This type of information is misleading and dangerous. As athletes, you must know the facts about diets and dietary habits in order to perform at your optimum level. You cannot run a high-performance racecar on kerosene.

Sugar

Probably the most overeaten food for athletes is sugar. Sugar can be found in all types of foods and in different forms, such as glucose, fructose, and galactose. Technically, sugar is a simple carbohydrate so be aware of that when you read a food label. When consuming sugar, please be careful of the amount you consume. The best time to consume sugar is 30-60 minutes before a workout, or within 30 minutes after a workout to replenish your glycogen levels and help avoid muscle loss. Try to avoid eating any sugar early in the morning (before noon) as it will digest too quickly and make you feel tired in the early afternoon. If you are working out first thing in the morning, eating a banana, or a scoop of peanut butter before you go to bed can help fuel your workout.

Carbohydrates

Another overeaten food for athletes is carbohydrates. An excess of unused carbohydrates stored in your body will be stored as fat. They are two types of carbohydrates: Simple and Complex. Please note that these carbohydrates are **NOT** the same and are treated by the body very differently.

Simple Carbohydrates consist of refined and highly processed digest quickly but will leave you unsatisfied and feeling hungrier. Simple carbohydrates contain very few nutrients and are made with lots of chemicals, trans fat and preservatives all of which can be harmful for an

athlete. Simple carbs will cause fluctuations in your blood sugar and insulin levels.

Complex Carbohydrates will come from whole foods like vegetables, fruits, legumes, and whole grains. Complex carbs contain micronutrients, phytonutrients, fiber and water. Complex carbs can even contain some protein and healthy fats. Complex carbs will keep your blood sugar and insulin levels stable, releasing their energy gradually.

Fiber

Fiber is another form of carbohydrate. There are two types of fiber, soluble and insoluble fiber.

Fiber is good for the Gastrointestinal bacteria to ferment them producing short-chain fatty acids. These fatty acids can provide various health benefits.

Soluble Fiber is given its name because the molecules are water soluble. Soluble fiber can be found in oats, dried beans, peas, nuts, barley, flax, chia, fruits such as bananas, oranges, blueberries and apples. It can also be found in vegetables such as, artichokes, tomatoes, carrots.

Insoluble Fiber is found primarily in the structures that make up plants' rigid cell walls. This includes celery, root vegetables, dark green leafy vegetables, fruit & vegetable skins, seeds and nuts. Insoluble fiber can help ensure regular bowel movements.

To recap, fiber can:

- Help us feel full longer
- Lower blood lipids and cholesterol
- Lower risk of colon cancer
- Keep a healthy GI Tract
- Help boost gut health

Fats

Contrary to popular belief, fats are essential for athletes to perform at a high level. However, there are many different fats in all kinds of foods. Like carbohydrates, not all fats are not created equal.

Lipoproteins help transport fat into the blood stream. Lipoproteins also come in different forms:

Very-low-density lipoproteins (VLDL) which carry packaged triglycerides from the liver to adipose tissue (stores energy in the form of fat)

Low-density lipoproteins (LDL) carry cholesterol to all cells in the body and come in two general types (Large buoyant particles which indicates good health and Small Dense LDL which indicates bad health)

High-Density Lipoproteins (HDL) brings fat and cholesterol from the body's cells back to the liver.

HDL's are considered heart healthy lipoproteins because of their removal of excess cholesterol from cells, including arteries. We want cholesterol content of HDL particles to be higher. LDL's are often considered dangerous lipoproteins because of their role in depositing cholesterol in our arteries.

Saturated Fats are the better fats to eat when compared to trans-fat. However, that does not mean that eating a high amount of saturated fat is good for you. Different saturated fats can have different health effects. Foods that contain saturated fats, especially if they are processed will have other harmful ingredients in them such as sugar. We can find saturated fats in foods such as, beef, pork, lamb (preferably grass fed), eggs, coconut, cacao.

Trans Fat are the fats you will find in highly processed foods. One meal with a high trans-fat content can diminish blood vessel function. Eating a high amount of trans fat can:

- Lower HDL (High Density Lipoprotein)
- Suppress the excretion of bile acids
- Increase our own cholesterol production
- Compete with essential fats for transport into the cells
- Create and worsen essential fatty acid deficiencies

Omega-3 and Omega-6 Fatty Acids: Omega-3 fats are considered anti-inflammatory. The most important omega-3 fats are alpha-linolenic acid (ALA), docosahexaenoic acid (DHA), and eicosapentaenoic acid (EPA). Flax, chia, hemp, walnuts are rich in ALA. Fish and Algae are rich in EPA and DHA which are considered the most beneficial of omega-3 fats. Omega-3's can provide several benefits such as:

- Messages from neurochemicals such as serotonin can be transmitted more easily.
- Getting EPA and DHA can help with brain development
- Can help prevent or slow neurodegenerative disorders
- Open our blood vessels
- Lower inflammation
- Prevent blood clumping
- Decrease pain

Omega-6 fatty acids are considered pro-inflammatory and do the opposite of Omega-3's such as:

- Constrict blood vessels
- Increase inflammation
- Cause blood clotting
- Increase pain

Protein

Protein is needed to build and maintain muscle, blood, skin, and bones and other tissues and organs of the body. Protein can also be used to provide energy however should not be the body's main source. Protein is made from amino acids, the primary building block of the body. When protein is eaten and digested, it is broken down into amino acids, which are then absorbed and

used to build new tissue. Some good whole food sources of protein include, eggs, red meat, poultry and fish.

Amino Acids are grouped into three general categories. We can make 12 amino acids in our body, known as non-essential amino acids (we don't need to eat them). We do need to get 8 other essential amino acids from food because our body cannot make these ourselves. Supplementing with an essential amino acid supplement is a good option for post-workout recovery or energy throughout the day.

Fruits & Vegetables

Eating vegetables should be a given at every meal. Vegetables provide an incredible source of vitamins for your body and can ensure a healthy body. Eating a serving of vegetables should be a necessity at every one of your meals. Dark leafy greens such as spinach or kale are some of the best sources to eat.

Eating fruits can provide a great source of fiber and natural energy from the sugar and carbohydrate content. Fruit before or after workouts will provide a great natural energy and recovery source. Some high-quality low sugar fruits include, avocado, berries, coconut, and olives.

Examples of each food group:

Protein	Carbohydrates	Fat
Grass Fed Beef	Quinoa	Extra Virgin Olive Oil
Chicken	Oatmeal	Coconut/Avocado Oil
Salmon	Sweet Potatoes	Nuts
Eggs	Rice	Whole Milk Yogurt
Ground Turkey	Fruits & Vegetables	MCT Oil
Yogurt	Whole Grains	Nut Butters

Sample Meal Plan:

Breakfast:

- 3 Eggs (with vegetables of your choice)
- Avocado
- Whole Milk Yogurt
- Oatmeal w/berries

Lunch:

- 1/2 cup rice
- 1 cup grass fed beef with EVOO
- 1 cup Vegetable
- 1 serving fruit

Pre-Workout:

- Fruit w/ peanut butter
- Amino Acid Drink

Post-Workout:

- 1/2 Cup of Rice
- 1 cup Grass Fed Beef w/ Extra Virgin Olive Oil (or other protein)
- 1 cup vegetable (broccoli, spinach, kale)

Dinner:

- 8 oz. salmon w/greens
- EVOO
- Whole Milk Yogurt
- Sweet Potato/Quinoa
- 1 serving vegetable