

# STELLA Pre-Season Training Program 2008

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## Key Components:

This training is designed to increase your base power, explosiveness, agility, balance and reaction time, and help you transfer them to Ultimate specific movements. The types of exercises are broken into components, but each workout will challenge you with different types:

- Resistance training (base power)
- Base Plyometrics and Agility (base explosiveness, reaction time)
- Plyometrics (transfer)
- Cardio
- Conditioning

It is recommended that you do the Speed Endurance/Interval Training 3-4 times a week. An ultimate game, basketball game, squash, skiing etc. can be substituted for these as they also provide significant muscular and cardio challenge. The weight-training program is essential to prevent injury and build muscle prior to the season starting. You should be working in weights at least twice a week prior to try-outs, however 3-4 times a week is recommended. You may have to double up, and do conditioning and weights in one day, this is fine... However you do it, **make sure you are leaving 1-2 days rest in a week**, taking a multivitamin, eating well, hydrating and getting at least 8 hours of sleep.

**\*\*PLEASE CHECK WITH YOUR DOCTOR BEFORE BEGINNING ANY NEW EXERCISE PROGRAM.**

## **PART 1: SPEED ENDURANCE/INTERVAL TRAINING:**

- The running component of the workout is designed to push your limits.
- It is designed to
  - o Improve sprint endurance
  - o Improve top speed
  - o Improve stop/start and mobility of movement
  - o it is predominantly linear – but agility and change of direction will be built on sprint power gains developed through this program
- Make sure you have warmed up sufficiently before doing these.
- For the most part these workouts can either be done on a track or on a treadmill. These should be done in conjunction with the circuit training we have provided.

### **WARM UP**

3 laps of track jogging

Dynamic Stretching – Very important – value is long term mobility and injury prevention- should be taken seriously!

- Forward lunges x 6 each leg (include torso twist. Bring opposite arm over front leg)
- Side lunges x 6 each leg
- Sumo x 4 each side
- Up dog calf stretch into plank with push up. Start in up dog position, stretching calves, walk your hands out to plank, do two pushups. Walk your feet up to hands. Repeat x 4.
- Lunge bringing same elbow to ankle, then straighten front leg for hamstring stretch. 4 x each leg.

A-March for 15m, A-Skip for 15m

B-March for 15m, B-Skip for 15m

A-Run for 20 m

C-Run for 20 m

Bounding for 30m x 2

## DAY 1

### **600m, 500m, 400m, 300m, 200m, 100m**

- Rest for 3 mins between each interval.
- Push yourself for the full distance you have a full 3 minutes to recover.

## DAY 2

Part 1: **10 x 100m sprints** – recover walk back to start

Part 2: **shuttle run:** 0-15m – start lying face down, legs straight out behind you. Explode and sprint forward to 15m, then back pedal to start line and drop into lying start position. Immediately explode back up sprint for 30m and back pedal to start. Rest for 30 sec. Repeat 5 times.

## DAY 3

**400m tempo** – 400m run at fastest tempo (maintaining same top speed for full 400m). Then recover with 200m jog (or 3 min). Repeat 6 times. You should be completing each 400m tempo run in 75-90 seconds.

## DAY 4

**200m Accelerations**- 200m run, accelerate to top speed through first 20m then continue at fastest tempo (maintaining same top speed for rest of 200m). Then recover with 200m jog. Repeat 8 times. You should be completing each 200m sprint in 38- 48 seconds.

## SPEED, AGILITY AND QUICKNESS – ALTERNATE WORKOUT

- Should never be performed on consecutive days, could be done PRECEDING one of the workouts and would incorporate the warm-up)
  - Do the exercises and rest the length of time that you did it (so 1:1 work to rest ratio)
  - Everything has to be done at maximum speed with maximum form
1. Dynamic warm-up – calfwalk, light shuffle, light jumps, light stretch
  2. Skipping - 4 minutes Skip (max speed intervals for last 20secs of each minute - as fast as you can).
  3. Pattern (scissors/side – 4x25 secs)
  4. Footwork 2x20m (like the ladder): in/out, in-in/out-out, scissor on the line. Done forward and backward (like the ladder). Go for max footspeed!
  5. Wall jumps (quick off the ground – 4x8, like skipping not like plyos)
  6. Key speed shuffles (outside the key to outside the other side – 4 x 25secs)
  7. Xpattern x3– in the key (sprint up, diag shuffle, sprint up, diag shuffle to start)

## **PART 2: GENERAL PREPARATION AND CONDITIONING**

- Warm-up
  - Important to warm up muscles, tendons, ligaments.
  - Mostly cardio, but should also include some weight bearing exercises some pushups, chin ups, mini squats
- Form
  - Form is more important than weight, especially for beginners
- Breathing
  - Never hold your breath
  - Inhale on the easier, eccentric part
  - Exhale on the exertion, harder, concentric part
- Counts and explosiveness – alternate tempo to achieve benefits
- Safety
  - Never lift alone
  - Make sure you have a spotter
  - Biomechanically, everyone is different. If it doesn't feel right, stop.

### **CONDITIONING WORKOUT 1**

- Perform each section as a circuit, ie one after the other.
- This workout builds in all the components we outlined at the beginning of this program. If nothing else, perform this workout twice a week (plus 3-4 of the running workouts) for overall conditioning coming into try-outs.

#### **Abdomen Circuit (30 on 30 off) X 2      20 min at most**

- 1) Crunches
- 2) V-Sits leg extensions
- 3) Opposite Knee (Chinnies)
- 4) Flutter Kicks
- 5) Toe Touches
- 6) Leg Toss
- 7) Supermans
- 8) Side Ups

**General Strength Circuit (Reps of 15-20, no rest) x 3      10 min at most**

- 1) Pushups
- 2) Squats
- 3) Plank (on hands) opposite arm leg raise
- 4) Lunges
- 5) Body weight pull ups or chin ups
- 6) Side bridge leg raise

**Plyometrics (No rest 15-20 reps each) x 2      10 min at most**

- 1) Double Leg Butt Kicks
- 2) Tucks
- 3) Stars
- 4) Bounds
- 5) Single Leg Hops
- 6) Single Leg Squats
- 7) Double Leg Hops for Distance
- 8) Lateral Squat Jumps

**Weights (light weight 60%, 15 reps each) 3 sets 1:00 min rest.**

**Not a circuit      30 min at most**

- 1) Squat
- 2) Cleans and Press
- 3) Snatch
- 4) Bench
- 5) Step Ups

## RESISTANCE WORKOUT 1

**Warm Up:** Weight Room - max triceps dips and pull-ups

**Weights:** 4 sets of 8-12reps

- 1) Flat Bench Press (+4 clap pushups)
- 2) Incline Press (+4 clap pushups)
- 3) Barbell Squat (+ 4 tuck jumps)
  
- 4) Leg extensions (4 sets of 20 reps)
- 5) Calf raise (4 sets of 20 reps).

Take breathers in between sets, increase weight (thereby decreasing weight reps) and lift explosively with good form. Try 2 secs on the easy part, explode up on 1 count.

### Core Training Circuit

40 Down Up Crunches

10 Supermans

Tower of Power (30secs each of)

- Front Plank (alt leg/arm)
- Side Plank (hip ducks)
- Back Plank (alt leg)
- Glute Bridge (alt leg)

30 1 leg bicycle twists per leg

Banana Sit (45secs)

## RESISTANCE WORKOUT 2

**Warm-up:** max triceps pushups, max double claps, chin-ups

**Weights:** 4 sets each of 12

- 1) Military Press
- 2) Stiff leg deadlifts
- 3) Leg curls (lying down)
- 4) French press
- 5) Seated Row
  
- 6) 2 sets chinups to windshield wipers (if you can), 1 set pull-ups

### Balance Circuit

5 2leg Footprint Jumps

3x5 1 leg supermans

3x5 1 leg squat / pistols

## POWER LIFTING WORKOUT

### Dynamic Warm-up (explained below)

Leg Swings  
Scorpion  
Hip crossover  
Glute bridge

### Weights:

1) Dumbbell Warm-up- 3x5 each:

- power deadlifts,
- cleans,
- clean press

(all from ground- AKA 1's, 2's, 3's), lift for speed, form, chest up, throw your hips forward.

- 2) Same sequence, but with heavier dumbbells. After each set, 10 hip crossovers and 10 scorpions
- 3) 1 arm snatch – 3 sets of 6 per side (warm-up and then 2 heavier weights – USE LEGS)
- 4) Woodchoppers 2x8 per side
- 5) 3 x 12 squat curl press
- 6) 2 x 10 supermans (back) and >50 1 leg bicycle twists

## EXPLANATIONS FOR EXERCISES:

### Dynamic Flexibility/Mobility

- Leg Swings - Holding on to a fence or similar stationary object, swing (don't kick) your leg forwards and backwards, then side to side (10x each direction x each leg).
- Scorpion – Lying face down arms out (like a T), kick one heel out and up to the opposite hand. Done with speed...
- Hip crossover – on your back, knees bent, rotate knees to opposite side and back, under control with shoulders not moving.
- Glute bridge - both sides, instep to ceiling up and down

### Balance Circuit

1. Footprint Jumps: Vertical jump in either a forward, sideways or horizontal direction. The goal is to jump back forth landing in your same 'footprints'. 3 Sets of 4 jumps for 3 directions – start low/slow, increase height and distance as you get better.
2. 1 leg supermans (eyes open, eyes closed)
3. 1 leg squat on a bench or pistol

### Core Training Circuit

1. 40 Down-up Crunches – shoulders off the ground crunch up and hold for a second. Then down and back up to hold.
2. 10 Supermans (low back) – lying on your stomach, bring both hands up while you raise your feet in the back. This is for your low back strength.
3. Tower of Power – Is all the planks in sequence for 45 secs each: start with front plank, then side plank, back plank and the other side plank. During the side planks, do hip ducks.
4. 1 leg bicycle twists.
5. Banana Sit (45secs)

### Mini Footwork Warm-up

- Pattern (scissors/side – 4x25 secs)
- Footwork 2x20m (like the ladder): in/out, in-in/out-out, scissor on the line. Done forward and backward (like the ladder). Go for max footspeed!
- H Drill Length of key – 2 times there and back
- Hotfeet / Pepper – 3 sets of 20secs

## **PART 3: ADDITIONAL OR REPLACEMENT WORKOUTS**

### **THE "I DON'T HAVE ACCESS TO A WEIGHT ROOM" WORKOUT**

#### **Superset 1 is a ladder (only one set)**

- go 1 pushup then 1 situp
- then 2 pushups then 2 situps
- all the way up to 13 and 13 and back down
- GUARANTEED TO BURN!!!!

#### **Superset 2 (3 sets)**

- 15 chair triceps dips
- 10 triceps pushups
- 15 1 legged bicycle twists

#### **Superset 3 (3sets)**

- 10 shoulder dips
- Front plank 30 secs (hips side to side)
- 10 shoulder dips (yes that will make a total of 6 sets when you're done)
- Banana Sit 1min

### **THE ALTERNATE FAST FEET WORKOUT**

The goal is not to get tired, rather, to do things as fast and powerful as possible - stopping short of getting really tired. Obviously it will drain you to some degree. Make sure you're warmed up. Catch your breath rest up and do the sets. First time through will take you longer than others - if you have the time and aren't rushed, just increase your rest period...

1. 1mins skipping - FAST... get your coordination and change up your rhythm
2. rest 30 secs
3. 1 suicide; give it everything - rest 1mins
4. in in out out - 15 ft as FAST as you can... walk back, go again... Repeat for 3 sets total.
5. Calf Jumps against the wall - 20secs as fast as you can. Rest 30 secs. Repeat for 2 sets total.
6. Popovers - side jumping over a basketball with knees to chest (both legs) - 2 sets of 20 seconds.
7. X pattern (In a basketball key, close out, d shuffle, close out, d shuffle) - 2 sets on each side - rest 15 secs between
8. 3 in 30 (from one baseline to the other and back 3 times) -- try and do it in 30 secs

### ALTERNATE – SPEED, AGILITY AND QUICKNESS WORKOUT

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  - everything has to be done at maximum speed with maximum form
1. Dynamic warm-up – calfwalk, light shuffle, light jumps, light stretch
  2. Skipping - 4 minutes Skip (max speed intervals for last 20secs of each minute - as fast as you can)
  3. Pattern (scissors/side – 2x25 secs)
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### ALTERNATE JUMPING WORKOUT

- 1 set each.
  - Maximum height and minimum time on the ground
1. Squat jump x 5
  2. rest 20 secs
  3. split squat x 5
  4. rest 30 secs
  5. star jump x 5
  6. rest 20 secs
  7. single leg tuck jump, 5 per leg
  8. rest 20 secs
  9. double butt kick, 5 per leg
  10. rest 20 secs
  11. speed popover / slalom – 30secs

## THE HIP COMPLEX (ADD IT IN WHERE YOU CAN)

You begin these exercises on all fours, body straight and chin up (fight the urge to turn your body). Do each of the following exercises 25secs for each leg, then do the next etc.

1. Dog peeing on a fire hydrant (lift a bent knee up to side quickly and quick) - both legs 25 secs and immediately into the next
2. Stiff Leg Hold - stick your leg out to the side wall (not behind you). Lock your leg out and hold your leg forward towards your waist. This really works the hip... 25secs per leg. (if it's easy either do circles with your foot, or up and down)
3. Leg Butt Kicks - hold your knee up as high as you get it by your waist. Kick out the side wall and bring your heel back to your butt... Rapid fire the kicks. 25secs each leg.
4. Side Bends - bring your knee up to the side again. Bring it quickly and knee your shoulder and kick straight out behind you. 25 secs per leg.

## ADVANCED POWERLIFTING SEQUENCE

Warm-up Exercise	Reps	Weight		Notes
Pull ups	Max	Body		Warm-up
Triceps Dips	Max	Body		Warm-up
Clap pushups	Max	Body		Explosive warm-up
Body Weight Squats	25	Body		Warm-up Legs
Exercise	Sets	Reps	Weight	Notes
1 arm Snatch	2	5 / arm	L-M	Explosiveness
1's, 2's, 3's	2 each	5, 3, 3	L-M	Explosiveness, speed and form
Squat Curl Press	2	5	M	Explosiveness
Slalom	1	15secs	Body	Speed
Pull ups	1	3	Body	Explosiveness and good form
Military Press	2	8	L-M	Superset with 25 1legged bicycle twist
Chinups	1	3	Body	Explosiveness and good form
Bent over Row	2	8	L-M	Superset with windshield wipers
Plank Sequence	B, S, S, F	30 secs	Body	

The fitness program was put together by Richard Gravelle, Andy Stewart, and Kate Cavallaro.

**For general questions about the program, you can contact:**

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Westgate Mall (lower level), 1309 Carling Ave. Ottawa, ON

**Short Background:**

- \* Bachelor's in Human Kinetics, Honours Movement Science
  - \* Certified Personal Trainer
  - \* Certified Coach
  - \* Nutrition Certified
  - \* Sports Movement Specialist
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- Richard mentioned that he's happy to meet with people individually, his rates are \$60/hour for one or two. He can set up alternate programs or guide people to target weaknesses through one on one assessments and show people how to do the weights/exercises.