PHASE 1: STRENGTH ENDURANCE CIRCUIT

Complete this workout 3 times per week for up to 4 weeks, ideally 16 weeks before your season starts.

Exercise	Beginner	Intermediate	Advanced (5 x 5 reps)	Sets	Reps	Tempo	Rest	Load
1. Glute bridge	1 leg hip raise	Glute march	on stability ball	2 to 3	12-15	slow & controlled	0	bodyweight
2. Plank	hold	1 arm/leg lifts	on stability ball	2 to 3	30-60 secs	slow & controlled	0	bodyweight
3. Squat	Wall sit/BW squat	Goblet squat	Front KB squat	2 to 3	12-15	slow & controlled	0	light (60% of max
4. Pushup	incline	standard	T pushup or 1 leg elevated	2 to 3	12-15	slow & controlled	0	bodyweight
5. Prone cobra	floor	stability ball	rotation on ball	2 to 3	12-15	slow & controlled	0	bodyweight
6. Twist	russian twist	stability ball	Sb with weight	2 to 3	12-15	slow & controlled	0	light (< 10kg)
7. Split squat	Split squat	reverse lunge	add movement or weight	2 to 3	12-15	slow & controlled	0	light (60% of max
8. Burpees	thruster	floor	with tuck jump	2 to 3	12-15	moderate	1-2 mins	bodyweight

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10	Session 11	Session 12
1. Glute bridge												
2. Plank												
3. Squat												
4. Pushup												
5. Prone cobra												
6. Twist												
7. Split squat												
8. Burpees												

PHASE 2: STRENGTH (Weeks 5-8)

Workout A

Exercise	Beginner	Intermediate	Advanced (5 x 5 reps)	Sets	Reps	Tempo	Rest	Load
1A. Split squat	Reverse lunge	Bulgarian squat	Bulgarian squat w/weight	3 to 4	6-10	1 count lift, 3 lower	0	heavy (80-90%)
1B. Row	Band row (1/2 kneeling)	Band row (tall kneeling)	Split stance row	3 to 4	6-10	1 count lift, 3 lower	60-90 secs	heavy (80-90%)
2A. Glute march / leg curl	Glute march	Leg curl on stability ball	Romanian deadlift	3 to 4	6-10	1 count lift, 3 lower	0	Beg-int (bodyweig adv (moderate)
2B. Overhead press	Tall kneeling OH press	DB/KB OH press	Barbell OH press	3 to 4	6-10	1 count lift, 3 lower	60-90 secs	heavy (80-90%)
3A. Plank variation	1 arm/leg lift	feet on stability ball	1 arm/leg raise on SB ball	3 to 4	30-60 secs	slow & controlled	0	bodyweight
3B. Pallof press	Half kneeling hold	Tall kneeling press out	half squat with movement	3 to 4	6-10	slow & controlled	60-90 secs	moderate band resistance

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. Split squat								
1B. Row								
2A. Glute / curl								
2B. OH press								
3A. Plank								
3B. Pallof press								

Phase 2 Workout B

Exercise	Beginner	Intermediate	Advanced (5 x 5 reps)	Sets	Reps	Tempo	Rest	Load
1A. Squat	Box squat/ goblet	Front KB squat	Front BB squat	3 to 4	6-10	1 count lift, 3 lowe	0	heavy (80-90%)
1B. Pushup	standard	elevate feet	Stability ball/ raise one foot	3 to 4	6-10	1 count lift, 3 lowe	60-90 secs	mainly bodyweigh
2A. Single leg deadlift	bodyweight	KB/ DB	heavier/barbell (add weight)	3 to 4	6-10	slow & controlled	0	heavy (80-90%)
2B. Pull down/chin-up	Tall kneeling band pull down	Assisted chin-up	Bodyweight chin-up (or weighted)	3 to 4	6-10	1 count lift, 3 lowe	60-90 secs	bodyweight
3A. Side plank variation	hold (30 secs)	add movement (lifts)	twist / feet elevated	2 to 3	30-60s each	slow & controlled	0	bodyweight
3B. Rollout	Stability ball rollout	Ab wheel / Pike	Standing rollout	2 to 3	6-10	slow & controlled	60-90 secs	bodyweight

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. Squat								
1B. Pushup								
2A. Single leg deadlift								
2B. Pull down/chin-up								
3A. Side plank								
3B. Rollout								

PHASE 3: POWER (Weeks 9-12)

Workout A

Exercise	Beginner	Intermediate	Advanced (5x5 reps)	Sets	Reps	Tempo	Rest	Load
1A. Jump up	squat jump	Box jump	Increase height	3 to 4	5-6	explosive, controlled landing	60-90 secs	bodyweight
1B. Rotational MB throw	side throw	add weight	counter movement	3 to 4	5-6 each	explosive	2-3 mins	light (3-10kg)
2A. Deadlift	KB deadlift	Sumo deadlift (heavier)	Barbell deadlift	2 to 3	6-8	explosive	0-45 secs	mod to heavy (70-80%)
2B. Push press	Band	KB/ DB	Barbell	2 to 3	6-8	explosive	60-90 secs	mod to heavy (70-80%)
3A. 1 arm row	1 arm band or TRX row	1 arm KB/DB row	staggered KB/DB row	2 to 3	6-8 each	explosive	0-45 secs	mod to heavy (70-80%)
3B. Unilateral squat	Step ups	1 leg bench lowering	1 leg counter pistol squat	2 to 3	6-8 each	explosive	60-90 secs	Mainly bodyweigh
4A. Chop	Half kneeling band or MB chop	Tall kneeling chop	Wood chop	2 to 3	6-8 each	explosive	0- 30 secs	band/ light MB
4B. Knee tucks	Mountain climbers	SB knee tucks	TRX alternating side tucks	2 to 3	6-8 each	slow & controlled	30-60 secs	bodyweight

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. Jump up								
1B. Rotational MB throw								
2A. Deadlift								
2B. Push press								
3A. 1 arm row								
3B. Unilateral squat								
4A. Chop								
4B. Knee tucks								

Phase 3 Workout B

Exercise	Beginner	Intermediate	Advanced (5x5 reps)	Sets	Reps	Tempo	Rest	Load
1A. Split jumps	Split jumps (bodyweight)	scissor jumps (switching)	add weight	3 to 4	5-6 each	explosive, controlled landing	60-90sec	BW or weight
1B. KB swing	Double arms	Single arm	Alternating arms	3 to 4	6-10	explosive	2-3 mins	mod to heavy (70-80%)
2A. Pull-up	Assisted pull-up	Pull-up	Add weight	2 to 3	6-8	explosive	0-45 secs	BW or weight
2B. Side lunge	low holding position of weight	Rack position	Double rack position	2 to 3	6-8 each	explosive	60-90 secs	mod to heavy (70-80%)
3A. Dynamic Pushup	T pushup	Spiderman pushup	SB/TRX Atomic pushup	2 to 3	6-10	explosive	0-45 secs	BW or weighted
3B. Single leg deadlift	KB deadlift	Double KB/DB	Heavier double KB or Barbell	2 to 3	6-8 each	explosive	60-90 secs	mod to heavy (70-80%)
4A. Anti-rotation Lift	half kneeling lift	Tall kneeling lift	Reverse woodchop	2 to 3	6-8 each	explosive	0- 30 secs	light (band or MB
4B. Plank row	Front plank band pull down	Side plank band pull	Renegade row	2 to 3	6-8 each	slow & controlled	30-60 secs	bodyweight

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. Split jumps								
1B. KB swing								
2A. Pull-up								
2B. Side lunge								
3A. Dynamic Pushup								
3B. Single leg deadlift								
4A. Anti-rotation Lift								
4B. Plank row								

PHASE 4: SPEED & AGILITY (Weeks 13-16)

Speed Work (1-2 x per week)

Week 1	Week 2	Week 3	Week 4
3-4 x Seated arm drill (10 each)	5 x Lateral deceleration progressions	5 x 10m lateral shuffle	3-5 x speed & agility drills
8 x Wall drill march (1,3,5,7,9)	10 x 10m acceleration runs	5 x hip turn accelerations (15-20m)	20m uphill sprints (or resisted band)
3-4 x 50m build up stride runs		5 x 10m backward running & turn/sprint	
3-5 x Linear deceleration progressions		2-3 x Agility ladders (8 variations)	

Track Your Progress: Make a note of what you do below

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

Phase 4 Strength & Power Maintenance

Workout A (1-3 x per week)

Exercise	Beginner	Intermediate	Advanced (5x5 reps)	Sets	Reps	Tempo	Rest	Load
1A. 1 leg jump	1 legged hops (low height)	1 leg box jump (higher)	Forward bounding (for distance)	2 to 3	5-6 each	explosive controlled landing	30-60sec	bodyweight
1B. Rotational jump	Double foot lateral jump	Rotational jump	Single leg rotational jump	2 to 3	5-6 each	explosive controlled landing	1-2 mins	bodyweight
2A. Pull-up (grip change)	assisted pull-up	bodyweight pull-up	additional weight	2 to 3	10-12	moderate to fast	0- 30 secs	bodyweight
2B. Deadlift for speed	KB or DB	KB, DB or Barbell	Barbell	2 to 3	10-12	explosive	0- 30 secs	light to moderate
3A. Lunge	Alternating lunge	walking lunge	rack lunge	2 to 3	10-12	moderate to fast	45-90 secs	light to moderate
3B. 1 arm push press	Band or KB/DB	KB or DB	add weight	2 to 3	10-12	explosive up & co	0- 30 secs	light to moderate
3C. Plank walks	less reps	stated reps	up to 20 reps	2 to 3	10-12	moderate	45-90 secs	bodyweight

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. 1 leg jump								
1B. Rotational jump								
2A. Pull-up (grip change)								
2B. Deadlift for speed								
3A. Lunge								
3B. 1 arm push press								
3C. Plank walks								

Phase 4 Workout B

Exercise	Beginner	Intermediate	Advanced (5x5 reps)	Sets	Reps	Tempo	Rest	Load
1A. Clean	KB or DB	KB, DB or Barbell	Barbell	2 to 3	5-6 each	explosive	1-2 mins	moderate (60-70%)
1B. Lateral jumps	Lateral step jumps	ski jumps	Zigzag bounding (45 degrees)	2 to 3	5-6 each	explosive controlled landing	30-60 sec	bodyweight
2A. Single leg Deadlift	KB or DB	KB, DB or Barbell	Barbell	2 to 3	10-12	moderate to fast	0- 30 secs	moderate (60-70%)
2B. Squat row	Band squat row	split stance row	reverse lunge row or KB pull	2 to 3	10-12	explosive	45-90 secs	light to mod (50-60%)
3A. Pushup progression	Legs elevated (Stability ball)	Spiderman or atomic pushup	Plyo pushup	2 to 3	10-12	fast	0- 30 secs	light to mod (50-60%)
3B. multi degree lunge	bodyweight	KB's or DB's	KB/DB's in rack or Barbell	2 to 3	10-12	fast	0- 30 secs	light to mod (50-60%)
3C. Push/pull combo	Resistance bands	stronger bands	Rotational slams	2 to 3	10-12	moderate	45-90 secs	bodyweight

Track Your Progress: note down reps or any other relevant info using this sheet (i.e. 3 sets x 12 reps)

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8
1A. Clean								
1B. Lateral jumps								
2A. Single leg Deadlift								
2B. Squat row								
3A. Pushup progression								
3B. multi degree lunge								
3C. Push/pull combo								

PHASE 5: IN-SEASON MAINTENANCE

(change every 4-6 weeks)

Exercise variation	Example 1	Example 2	Example 3	Example 4	Sets	Reps	Tempo	Rest	Load
1A. Power exercise 1	Squat jump or box jump	split or scissor jumps	lateral jumps	bounding	2-3	6-8	explosive	1-2 mins	moderate (60-70%)
1B. Power exercise 2 (optional)	MB throw	Clean	KB swings	KB pull	2-3	6-8	explosive	1-2 mins	moderate (60-70%)
2A. Row variation	Chin-up	pull-up (or with band)	1 arm row	1 arm row with rotation	2-3	Max	mod - fast	0-30 secs	mod-heavy (70-80%)
2B. Knee dominant	KB squat	bulgarian squat or 1 leg squat	KB or barbell front squat	Back squat	2-3	30-60 secs	mod - fast	0-30 secs	mod-heavy (70-80%)
2C. Push variation	Pushup or T pushup	DB or KB 1 arm press on stability ball	Spiderman pushup	1 arm push press	2-3	30-60 secs	mod - fast	0-30 secs	mod-heavy (70-80%)
2D. Hip dominant	Lateral step ups	Reverse lunge (rotation or into SLDL)	single deadlift (with row)	Deadlift	2-3	30-60 secs	mod - fast	60-90 secs	mod-heavy (70-80%)
3A. Core variation 1	plank variation	side plank variation	woodchop or lift variation	Knee tucks	1-2	30-60 secs	control	0-30 secs	bodyweight
3B. Total body	Squat and press	Squat and row	split squat and press	Reverse lunge with row	1-2	30-60 secs	fast	0-30 secs	light - mod (50-60%)
3C. Conditioning (optional)	Burpees	jump rope	jumping jacks or boxing	mountain climbers (fast)	1-2	30-120 secs	fast	30-120 sec	bodyweight

Template for tracking in-season progress

Exercise	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8

Exercise	Session 9	Session 10	Session 11	Session 12	Session 13	Session 14	Session 15	Session 16