WEEK 6 ACTION STEP TASK SHEET

MODULE 6 - PHASE 2 FITNESS (STRENGTH & POWER) WORKSHEET	
This week I have learnt:	

ACTION POINTS	
1. Review phase 2 and phase 3 guidelines Depending on your schedule, aim to complete: * Off season: 2-3 phase 2 workouts (alternate A & B) * In-season: at least one phase 2 workout (A or B)	How many sessions did you complete? How did you find it?
2. Review the 16 week program and use the tracking sheet (below) to make a note of your reps, weights, variation, etc for each session you do so you can monitor your progress	

3. Make a list of any exercises you are not able to do (either because of equipment restrictions or other) and alternatives to try instead	
4. Watch the resistance band video and try some of the alternative exercises (if you have bands)	
5. Decide on what equipment you are going to use for the workouts or if you need to get any equipment (for home workouts)	
6. What is the focus and aim of phase 2?	
7. What is the focus and aim of phase 3?	
8. Why do you need to allow for 48 hours between weights sessions?	
9. Why do you need to land softly when performing plyometrics (i.e. jumping)?	
10. What is the tempo in phase 2?	
11. What is the tempo in phase 3?	
12. Why do you need to rest longer between power based movements?	

PHASE 1: STRENGTH ENDURANCE CIRCUIT (Weeks 1-4)

Aim to 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)

Complete these workouts for a total of 3 times per week for 4 weeks (alternate between A & B), ideally 12 weeks before your season starts.

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: IMPROVE POWER (Weeks 9-12)

Complete these workouts for a total of 3 x per week for 4 weeks (alternate between A & B), ideally 8 weeks before your season starts.

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	bodyweight or we
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 & Agility Work (1-2 x per week)

Complete these exercises 1-2 x per week for 4 weeks, ideally 4-6 weeks before your season starts.

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 (1-3 x per week)

Complete these workouts for a total of 1-3 x per week for 4 weeks (alternate between A & B), ideally 4 weeks before your season starts.

Workout A

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

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

During the in-season you need to continue with strength and power training ideally 1-3 x per week (schedule dependent) so that you can maintain what you have built up.

(Remember to change it up 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