

# Lions In Season Training Stage 2

March 2007-April 2007

## Goals:

1. Increase **core** strength and endurance.
2. Increase proprioception in upper and lower body.
3. Increase general flexibility.
4. Maintain and improve strength gains made to this point.
5. Increase foot speed.
6. Reduce risk to injury on and off playing field.
7. Buy a jump rope

## Heart Rate

During **speed endurance sessions** your heart rate should exceed 150 and likely won't recover to below 120 beats/min between **reps**. Between **sets** your heart rate should decrease to 120-130 beats/min.

During **metabolic gym sessions** your heart rate will most likely stay above 120-130 beats/min for the duration of the session.

During **speed and agility sessions** your heart rate should comfortably recover to below 130-140 beats/min between reps. (This can be higher for smokers)

## Workout Format

Each workout is broken down into a warm-up and three groups. Normally in a busy gym you go through one group at a time. Perform each exercise in a row and then repeat for a total of three before moving onto the next group. In general each group should take no longer than 15 minutes to complete. With the warm up the workout should take approximately one hour. There are bonus activities for those who choose to "wear more than 15 pieces of flare."  
(These are now mandatory)

## Proprioceptive Progression

***As your core and balance improve the exercises can progress to demand more from your body. In this workout where it says DL/SL that stands for Double Leg and Single Leg. As you become more comfortable with the exercise progress to doing it on a single leg while maintaining an "engaged core", that means belly button pulled in towards spine. This is also true with the upper body DA/SA or Double Arm and Single Arm. Only progress is you can maintain form while performing the exercise. You may not reach the ability to do these exercises properly on one leg or with a single arm in these two months so don't be discouraged.***

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WARM UP/STRETCH Monday	WARM UP/STRETCH Wednesday	WARM UP/STRETCH Friday (Very Light)
Cardio 5-10 minutes	Cardio 5-10 minutes	Cardio 5-10 minutes
Forward Lunge w/twist	Forward Lunge w/twist	Forward Lunge w/twist
High Knee Hug	High Knee Hug	High Knee Hug
Cross-over	Cross-over	Cross-over
Heel to Butt	Heel to Butt	Heel to Butt
Side Lunge	Side Lunge	Side Lunge
Walking Hamstring	Walking Hamstring	Walking Hamstring
Spiderman & Inchworm	Spiderman & Inchworm	Spiderman & Inchworm
Band Walks <b>After warm up:</b> Jump Rope 8 x 30 sec with 30 sec rest between set-ups <b>After work out:</b> 30 minute bike ride alternate cadence 30sec @ 100-120rpm 1min @ 90rpm	Band Walks <b>After warm up:</b> Jump Rope 8 x 30 sec with 15 sec rest between set-ups <b>After work out:</b> 20 minute Row alternate pace 30sec@ 1:30-1:40/500M 30sec @ 2:20/500M	Band Walks <b>After warm up:</b> Jump Rope 4 x 1' sec with 30 sec rest between set-ups

GROUP 1				GROUP 1				GROUP 1			
	WT	REPS	SETS		WT	REPS	SETS		WT	REPS	SETS
Walking Lunges		5ea	3	DA/SA Shoulder Press	---	10/5ea	3	Squats	135	10	1
Split Squat Jumps	---	10	3	Planks w/Opp Leg & Arm Raised	---	30"ea	3	SB Crunches	---	30	1
DL/SL SB Push Up Plank	---	1'/30"ea	3	DL/SL SA Cable Rotational Punch		10ea	3	SB Chest Press	---	15	1
GROUP 2				GROUP 2				GROUP 2			
	WT	REPS	SETS		WT	REPS	SETS		WT	REPS	SETS
Incline DA/SA SB DB Chest Press		5ea	3	Back Squats (85%)		5	3	SB Front Plank	---	1'	1
Total Body Push Ups	---	5	3	Squat Jumps	---	10	3	Side Plank	----	1'ea	1
DL/SL SB Bridges on Sole of foot w/curl & progress to use 45# plate.	April 45 plate	30	3	DL/SL Tricep Extension		10/6ea	3	Step Up, Curl, & Press	Light	8ea	1
GROUP 3				GROUP 3				GROUP 3			
	WT	REPS	SETS		WT	REPS	SETS		WT	REPS	SETS
Step Up & Curl		5ea	3	SA SL DB Power Cleans & Press. Make sure you jump as high as possible each rep.		10ea	3	MB Chops		10ea	1
DL/SL DB Push Press		10/5ea	3	SL Hip Extensions	---	15ea	3	Russian Twists	25	30	1
SB Walkouts	---	5	3	MB Rotational Slams	10MB	10ea	3	Hip Flexor Stretch	---	30"ea	3

**SB-Swiss Ball MB-Medicine Ball DL/SL- Double/Single Leg DB-Dumbbell DA/SA- Double/Single Arm EA-Each '-Minute "-Sec**

## Weekly Schedule

<b>Gym Session #1</b>	<b>MONDAY</b>
Gym Session #1	
<b>PRACTICE</b>	<b>TUESDAY</b>
Optional Bike Session from Gym Session #1 Before Practice work on: Eye Hand Coordination Drills, Agility and fast feet, Rugby Skills (kicking and passing) Practice @ River Park	
<b>Gym Session #2</b>	<b>WEDNESDAY</b>
Gym Session #2 Make sure to foam roll and stretch after workout.	
<b>PRACTICE</b>	<b>THURSDAY</b>
Optional Rowing Session from Gym Session #2 Before Practice work on: Eye Hand Coordination Drills, Agility and fast feet, Rugby Skills (kicking and passing) Practice @ River Park	
<b>Gym Session # 3</b>	<b>FRIDAY</b>
Gym Session # 3 Make sure to foam roll and stretch after workout.	
<b>Game Day</b>	<b>SATURDAY</b>
GAME DAY Hydrate after game and take Endurox or eat real food after game before anything else. Make sure to stretch after match.	
<b>Active Recovery Session</b>	<b>SUNDAY</b>
Recovery Session: Choose One Pool session – 30 min (Alternate between swimming laps and jogging in the water, stretch afterwards and foam roll) Bike – 30 min (Keep it above 80rpm, stretch afterwards and foam roll) Row – 20 min (First 3 min @ 2:20/500m pace then 14 min @ 2:10/500m pace, last 3 min @ 2:20/500m, stretch and foam roll) Yoga session – 60 min and Foam Roll	