



IN-SEASON TRAINING PHASE 1

Disclaimer

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This represents the current day of your program. Typically Day 1 is Monday.

Here you will record how long the workout took. This will help keep you on track to make sure you aren't wasting time in the gym.

Reps is the number of times you perform the exercise, and **Sets** is the number of cycles of reops that you complete. Example: 3x10 would mean you perform 10 reps of the desired exercise and complete that 3 times with the required amount of rest between.

DON'T FORGET EACH EXERCISE IS A VIDEO LINK DEMONSTRATING THE EXERCISE!

DAY 1 Time: _____
WARM-UP - SEE APPENDIX 1

Go to the Appendix Section of the workout program to find the appropriate warm-up.

Record how much weight you used here.

Exercises are typically grouped together: a), b), c). Perform exercise **a)** first then rest (check rest column), then **b)** rest again, then finish exercise **c)**. Repeat this rotation until desired amount of **SETS** is complete. Once finished move onto the next group of exercises and perform the same format whether 2 or 5 exercises are grouped together.

The **TEMPO** is the speed at which you perform the exercise. A tempo of 2-1-2 requires you to lower the weight by 2 seconds, pause for 1 second at the bottom and then lift the weight by 2 seconds. And repeat for the desired amount of reps.

This is how much rest you get in **seconds**. Example, 15 would mean 15 seconds of rest and 180 would mean you get 180 seconds of rest (2 minutes).

	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	REST
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X
a)EXERCISE	x-x-x	0X0				X
b)EXERCISE	x-x-x	0X0				X
c)EXERCISE	x-x-x	0X0				X

Notes

I'm going to assume that your tryouts are about to start or that you're currently in the thick of them. Right now your number goal needs to be making whatever team you're trying out for.

All your time and energy needs to go into making sure you're 100% ready and focused for each ice and dryland session.

The workouts during this phase will be very short and basic. We're going to want to continue to work on proper movement patterns while maintaining our functional strength.

The emphasis for this phase is flexibility and recovery with some stability strength work.

Make sure you follow the program exactly how it's intended or it will defeat the purpose and you'll not obtain the desired results.



MARTELL ELITE FITNESS

NAME: _____

DAY 1	Time:						
WARM-UP - 10 min Easy Bike Ride							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Foam Rolling - Quads	SLOW	1x5min EA					---
Foam Rolling - Hamstrings	SLOW	1x3min EA					---
Hip Flexor Stretch w/ Band	HOLD	1x2min EA					---
Hip Opener 1 w/ Band	HOLD	1x2min EA					---
Hamstring Stretch w/ Band	HOLD	1x2min EA					---

DAY 2	Time:						
WARM-UP - 10 min Bike							
	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Lying Clam Shells	2-2-2	2x15e					15
Psoas March	2-2-2	2x10e					45
Hip Flexor Band Pulls (On Bench)	2-2-2	2x10e					45
Band Lateral Walks	2-2-2	2x10e					45
Band FWD/BACK Walks	2-2-2	2x10e					45
SL Rev Hypers (On Bench)	2-2-2	2x15e					45
BW Squat w/ Band	2-2-2	2x20					60
Push-up Hold ->Stability Touch	2-2-2	2x10e					45
SB Rollout	1-3-1	2x8					45
Cable Anti-Rotational Press	HOLD	2x15s (EA)					45



MARTELL ELITE FITNESS

NAME: _____

DAY 3

WARM-UP - BIKE 10min & SEE APPENDIX 1

DAY 4 Time:

WARM-UP - SEE APPENDIX 2

	TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Lying Clam Shells	2-2-2	2x15e					15
Psoas March	2-2-2	2x10e					45
Band Lateral Walks	2-2-2	2x15e					45
SL Rev Hypers (On Bench)	2-2-2	2x15e					45
Knling Walkout	1-1-1	2x5					60
SB Side Raise	1-3-1	2x10e					45
Side Plank w/ Drop	1-4-1	2x5e					60
a)Lying Supermans w/ Row	2-2-2	2x10					15
b)Squat Hold Lat Pull-down	2-2-2	2x10					60



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DAY 3
WARM-UP - BIKE 10min & SEE APPENDIX 1

DAY 4	Time:							
WARM-UP - SEE APPENDIX 2								
		TEMPO	SETS X REPS	SET 1	SET 2	SET 3	SET 4	REST
Lying Clam Shells		2-2-2	2x15e					15
Psoas March		2-2-2	2x10e					45
Band Lateral Walks		2-2-2	2x15e					45
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APPENDIX 1

Chest Stretch 1



1 x 30s (EA Side)

Chest Stretch 2



1 x 30s (EA Side)

Chest Stretch 3



3 x 30s

Shoulder Stretch 1



2 x 30s (EA Side)

Shoulder Stretch 2



2 x 30s (EA Side)

Hamstring Stretch 1



1 x 30s

Back Stretch 1



1 x 30s

Back Stretch 2 (Lean Hips One Way)



1 x 30s (EA Side)

Hip Flexor Stretch 2



2 x 30s (EA Side)

Hip Flexor Stretch 1



2 x 30s (EA Side)

Seated Oblique Stretch



2 x 30s (EA Side)



APPENDIX 2

BIKE (5mins)

FOAM ROLL (10mins)

[Calves](#)

[Hamstrings](#)

[IT Bands](#)

[Quads](#)

[Low Back](#)

[Middle Back](#)

[Lats](#)

[Upper Back \(with hands over head\)](#)

[Shins](#)

LEGEND

- KNLING** = Kneeling
- MHR** = Max Heart Rate (220-age)
- KD** = Knee Drive
- PD** = Pull Down
- UH** = Under Hand
- WG** = Wide Grip
- RG** = Reverse Grip
- Rev** = Reverse
- 2+1** = Hold two dumbbells but only one is working at a time
- Wt** = Weighted
- WEC** = With Eyes Closed
- Opp** = Opposite
- Alt** = Alternate
- RFE** = Rear Foot Elevated
- SS** = Split Stance
- 3x8e** = 3 sets of 8 repetitions on each side (either each arm or each leg)
- 3xMAX** = 3 sets of as many repetitions you can perform
- 3x10-15** = 3 sets of 10 to 15 repetitions
- OH** = Overhead or Overhand (Pull-ups Only)
- LM** = Landmine
- Ext** = Extension
- DB** = Dumbbell
- SA** = Single Arm
- SL** = Single Leg
- SB** = Swiss Ball
- MB** = Medicine Ball
- RDL** = Romanian Deadlift
- CLJ** = Continuous Long Jump
- =** To (eg. SL Bicep Curl →(to) Press)
- STP** = Stir The Pot (1 rotation clockwise then 1 rotation counter clockwise)
- Rec Fem Mob** = Rectus Femoris Mobility
- SG** = Supinated Grip (Palms facing body)