

Total Conditioning Schedule

including the

The Heavy-Light-Medium Weight Training Program

The Awesome Abs Plan

Stretching Routine

If you talk with anyone at the gym about conditioning, you quickly realize that there are many different approaches to preparing for your sport. All these different theories can be confusing and are often based on individual preference, tradition, or faulty information. This plan is based on our knowledge of physiology, anatomy, muscle therapy and the proper preparation for a given sport. We believe this plan is the most effective as well as time-efficient plan available. The basic schedule is comprised of a weight training program, an abdominal plan, and a stretching program.

The Weight Training Program is based on a three-day per week, full-body workout using the Heavy-Light-Medium process for weight training. Most athletes split their routines, doing back and biceps one day, legs and shoulders another day, and so on. That's fine if you've got all the time in the world, but most student/athletes are very busy. You can get stronger without doing every exercise in the book and we believe a full-body routine helps you realize that all your body parts are connected. This routine takes about 1.5 hours a day, three days a week. ***If you eat right and follow this program, you should gain approximately 10-20 lbs of lean muscle within the eight-week cycle.***

There's another very important reason to use this routine. Because you start out with just one set and gradually add sets over an eight-week cycle, your body's joints, ligaments, and tendons become accustomed to the load more appropriately. Many athletes get hurt lifting weights because they do not take this fact into consideration. Remember: your muscles are attached to tendons (for the most part) and tendons attach to ligaments which, in turn, insert into a joint. If your tendons, ligaments and joints aren't ready, something will give, causing an injury or causing your body to become mis-aligned...and there goes your season.

This routine is based on the maximum amount of weight you can lift in eight (8) repetitions. You should take a friend with you on your first day preparing for this routine. You will have to experiment with different amounts of weight to determine your maximums. **REMEMBER:** Always use a spotter and check with your doctor, trainer, or coach before starting a weight training program.

Like the weight training plan, *The Awesome Abs Plan* has been designed to gradually strengthen your abdominal muscles, especially your lower abdominals. It is important to have strong lower abdominals because these muscles help support your back. Follow the instructions in the [Awesome Abs Plan](#) and include the ab routine as suggested in the log below.

The Routine

DAY ONE

The first order of business before starting your weight training program is to warm-up and complete the stretching program.

Weight Training: Using 90% of your maximum, complete one set of 6-8 reps for each exercise in your program for each of the first two weeks. After week two, add one set for each each exercise in your program; after week 4, add one more set; after week six, add a third set. So, when you start week 7, you will be completing four sets of 6-8 reps. each for each exercise in your program. Then re-test your maximums and start over again.

DAY TWO

While you will not be working out with weights, this day is a very important part of your over-all conditioning program. You will be developing your abdominal muscles and also strengthening your cardiovascular system with aerobics.

Aerobics: (stair machine, jump rope, swim, run). Your goal with an aerobic workout is to accomplish a good cardiovascular workout, so make sure you get your target heart rate up and keep it there for at least 5 minutes.

Abdominals: Using the "[Awesome Abs Plan](#)" complete the most appropriate two exercises following the progression as outlined in the plan.

DAY THREE

Weight Training: Using 60% of your maximum, complete one set of 10-12 reps for each exercise in your program for each of the first two weeks. After week two, add one set for each each exercise in your program; after week 4, add one more set; after week six, add a third set. So, when you start week 7, you will be completing four sets of 10-12 reps. each for each exercise in your program. Then re-test your maximums and start over again.

DAY FOUR

Follow the same routine as you did on Day Two

DAY FIVE

Weight Training: Using 80% of your maximum, complete one set of 8-10 reps for each exercise in your program for each of the first two weeks.

After week two, add one set for each each exercise in your program; after week 4, add one more set; after week six, add a third set. So, when you start week 7, you will be completing four sets of 8-10 reps. each for each exercise in your program. Then re-test your maximums and start over again.

DAY SIX

Follow Days 2 and 4

DAY SEVEN

REST DAY - God did....shouldn't you?

[Training Room](#) - [Athletic Nutrition](#) - [Getting Into College](#) - [Resources for Athletes](#) - [Member Section](#) - [About Us](#) - [Contact Us](#)

Copyright 2003 by The Student/Athlete Educational Foundation. Any reproduction, in whole or in part, of material found on this domain is unlawful and shall result in immediate prosecution. Neither The Student/Athlete Educational Foundation or its affiliates shall be held responsible for any personal injury or other unfortunate occurrences resulting from actions described on this domain.