



# GRCI POWER FIT



This is the **Training Template** for Athletes who are looking at getting ready for their sport. This is general speed, agility, strength and fitness to get you ready to have a great season. It is also a program that could be used in season as well with some modifications.

These drills are to be done every day preceding all of the other workouts.

There will be a video of all of these movements posted on the Blog as well.

## **Agility Activation 3 - 8 reps max in most of these drills.**

1. Lateral Line Jumps - 2 legs
2. Vertical Line Jumps - 2 legs
3. Lateral Line Jumps - 1 leg - do both legs start with your less co-ordinated leg first.
4. Vertical Line Jumps - 1 leg - do both legs start with your less co-ordinated leg first.
5. Cross Drill - around left, 3 x around right 3 x rest 30 s repeat
6. Cross Drill - Diagonals single foot - less co-ordinated foot first.
7. Wideouts 3 x 5-8 s
8. Pogo Jumps - double leg 3 x 12
9. Speed Skater Jumps - 3 x 6
10. Single leg side box jumps 3 x 4 - 12 or 18 inch box pause on the top and bottom of these jumps.

## Training for Athletes Week 1

Monday

Lower Body Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Cook Hip Lift		3 x 8/leg	60s	
RFE Split Squats Dbell, KBell		3 x 8	60s	
TRX Ham Curls		3 x 12	60s	
KBell Hip Snaps		3 x 15	60s	
TRX Knee Tuck Scorpions		3 sets 8 – 12 reps/leg	60s	
Ab Wheel Roll outs - in wt room		3 x 8	60s	
Dynamic Band Stretching		5 minutes		

Tuesday

Metabolic Day Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Dot Drill		5 basic moves 3 times each for 4-5 reps	60s	
Buddy System Resisted Running		6 x 15-20s	60s	
Buddy System Resisted Running		3 x 30s	90s	
Plank		3 x 60s	60s	
Dynamic Band Stretching				

(use a red mat for the Buddy system runs to cushion the running)

Wednesday

Upper Day

Date \_\_\_\_\_

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Push Ups 3 x Max reps in 30s		___ + ___ + ___ = _____	90s	
Wide Grip Lat Pull Downs		2 x Max Reps	60s	
3 Point DBell Row		4 x 8 /arm	60s	
3 Way Shoulder Shocker		3 x 8 of each	90s	
Standing Side FAKE Med Ball Toss(with a step)		3 x 10/side	60s	
Body Weight Complex		3 Rounds	90s	
30 Mt. Climbers, 20 Push Ups, 10 Groiners, 5 Burpees				

Mike Boyle - "If it is important, find some way to do it every day!!"

**Thursday**

**Speed/Agility/Jump Date \_\_\_\_\_**

Warm Up Activity		Agility activation		
Exercise	Weight	Sets & Reps	Active Recovery	Feedback
Pogo Jumps		3 x 30		
Agility Ladder		20- 30 passes various drills	as needed	
Hurdle Hops		20-40 total reps	as needed	
Chair Blasts		3 x 8/leg	60s	
Standing Core Routine		1 -2 Rounds	60s	
Plank with alternating shoulder touches		3 x 10/shoulder	60s	
Stairs - every other step as fast as you can		6 - 8 sets	walk down is the rest	
Dynamic Band Stretching				

**Friday**

**Whole Body**

**Date \_\_\_\_\_**

Warm Up Activity		Agility activation	Active Recovery	
Exercise	Weight	Sets & Reps		Feedback
KBell Hip Snaps		3 x 12-15	60s	
Dbell Single leg Deadlift		3 x 8/leg	0s/side 60/round	
Pull Ups - use gravitron if necessary		3 x 12-15	90s	
Wide Grip Seated Rows		3 x 12	90s	
TRX Y,T,W,L		3 x 45 s	90s	
Munford Matrix		3 Rounds	2 x round	
Dynamic Band Stretching				

**Self Evaluation for the week** (half marks are an option you can use)

Mike Boyle - "If it is important, find some way to do it every day!!"

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	<b>/10</b>

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