

# 28

# DAYS

# PHYSICAL FITNESS

## TRAINING PROGRAM



**FREE  
BONUS  
MATERIAL**



# MENTAL TOUGHNESS FOR TEEN ATHLETES

## 28 DAY PHYSICAL TRAINING BLUEPRINT

*Embark on a transformative 28-day journey with our  
comprehensive fitness program tailored for teen  
athletes.*

LD HARRIS

**Copyright © 2023 by LD Harris**

All rights reserved.

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except for the use of brief quotations in a book review.

### **Disclaimer Notice:**

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been made to present accurate, reliable, up-to-date and complete information. No warranties nor guarantees of any kind are declared nor implied. Readers acknowledge the author isn't engaging in the giving of legal, financial, medical, nor professional advice. The content within this book is derived from various resources and personal experiences. Please consult a licensed physician before attempting any techniques or ideas presented in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of the information contained within this document, including, but not limited to: errors, omissions, or inaccuracies.

The publisher and the author present this book and its contents "as is" and do not make any medical recommendations. We strongly advise consulting with a healthcare professional before initiating any exercise program to ensure you are in good physical condition for participation.

This book offers insights into health, fitness, and nutrition solely for educational purposes. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek consultation from a qualified physician or healthcare expert in health concerns or questions.

Never disregard, avoid, or delay seeking medical, or health-related advice from a healthcare professional due to the information found in this book. Utilizing any information from this book is at your own risk, and we cannot guarantee that the advice provided here will always reflect the most recent discoveries or developments in the field.

Welcoming you to the 28-Day Teen Athlete Training Program – your ticket to peak performance and a lifelong athletic legacy. Tailored specifically for the distinct needs of teen athletes, this program is your opportunity to amplify your athletic abilities and secure that competitive advantage in your sport.

Throughout our four-week excursion, expect to engage in a versatile blend of strength training, agility exercises, endurance challenges, and recovery protocols, all meticulously arranged to foster your growth and sidestep injuries. Whether you're gearing up for the upcoming season, chasing new personal bests, or just eager to enhance your gameplay, prepare to set out on an extraordinary adventure that will test your boundaries and unveil your true potential.

Recognize the critical importance of athletic training during these formative years. As you stand at the cusp of significant physical and emotional growth, achieving the ideal blend of exercise, nutrition, and rest is pivotal for your holistic development.

That's precisely why LD Harris, leveraging her extensive knowledge, has developed this comprehensive 28-Day Teen Athlete Training Program for you. This all-inclusive blueprint extends beyond workouts, incorporating educational insights that shed light on the reasons and methods behind each technique. It's crafted to nurture profound body awareness, encourage a mentality of persistent improvement, and counteract common injuries that might impede your athletic trajectory and long-term progress. LD Harris is dedicated to guiding you toward unleashing your greatest potential while forging robust, lasting habits in athletics.

To enrich your learning and ensure you perform each exercise flawlessly, you'll find a supplemental QR code provided at this section's end. By scanning this, you'll unlock a meticulously selected array of visuals and videos demonstrating the included exercises. This exclusive visual aid aims to enhance your grasp of proper posture and techniques, assisting you in perfecting each movement and reaping the optimum rewards from your training efforts.

Forge ahead with the 28-Day Teen Athlete Training Program, and you'll gain a deeper connection with your body's capabilities and the stringent demands of top-tier athletic performance. Incorporating a detailed workout log into the next phase of your growth path, the forthcoming 60 days will offer a platform to observe, document, and critically evaluate every facet of your advancement. The act of tracking isn't just key to recognizing your achievements but also to pinpointing areas ripe for further attention and improvement. For added convenience, feel free to download and print out the log sheets available, or keep a handwritten record. This personalized tracking strategy will enable you to steer your own athletic evolution and vividly see the results of your commitment and determination.



# 28 DAY PHYSICAL TRAINING BLUEPRINT FOR TOUGH TEEN ATHLETES



	CARDIO	LOWER BODY	UPPER BODY	FLEXIBILITY & AGILITY
SUN	30 minute Jog At Moderate pace	Squats 3 sets of 12 reps Lunges 3 sets of 10 reps each leg	Push ups 3 sets of 15 reps Pull ups 3 sets until failure	Yoga session
MON	Interval Training Sprint for 30 seconds, walk for 1 minute (20 minutes)	Deadlifts 3 sets of 10 reps Calf raises 3 sets of 15 reps	Dumbbell bench press+ Bent-over rows 3 sets of 12 reps	Agility ladder drills 20 minute Plyometric exercises 10 minute
TUE	40 Minute cycling	REST DAY	Lat pull downs 3 sets of 12 reps Push-up hold 3 sets for 30 seconds	REST DAY
WED	REST DAY	Bulgarian split squats+ single leg deadlifts 3 sets of each 12 reps	Shoulder press 3 sets of 12 reps Arm curls 3 sets of 15 rep	Dynamic stretching Routine
THU	30 minute rowing session	HIIT session	Triceps dips 3 sets of 15 reps Plank 3 sets for 1 minute	High knees, Butt kicks and other track drills 20 minute
FRI	20 minute stair climbing	Plyometric circuit	REST DAY	Circuit training 30 minutes
SAT	REST DAY	30 minute jog	Light cardio 20 minute	Active recovery session









# 1ST WEEK WORKOUT PLAN CARDIO CONDITIONING



## MONDAY

30-minute jog at a moderate pace

## TUESDAY

**Interval training** – sprint for 30 seconds, walk for 1 minute-repeat for 20 minutes

## WEDNESDAY

40-minute cycling at steady pace

## THURSDAY

**REST DAY**

## FRIDAY

30-minute rowing session for a full-body cardio workout

## SATURDAY

20-minute stair climbing activity

## SUNDAY

**REST DAY**



# IMPORTANCE OF CARDIO CONDITIONING

Cardiovascular conditioning forms the cornerstone of any holistic fitness regimen. By elevating heart rate through various aerobic exercises, it not only strengthens the heart muscle but also increases lung capacity, boosts metabolism, and improves the overall efficiency of the circulatory system. Starting a workout program with a focus on cardio is beneficial because it prepares the body for more intense physical activity by increasing blood flow to the muscles, reducing the risk of injury, and gradually improving endurance. Cardio conditioning acts as a foundation upon which one can safely build strength and flexibility, setting the stage for a more varied and challenging 28-day workout plan that can yield sustainable health benefits.

## DETAILS OF DAY 1

Jogging on the first day is designed to kickstart your cardio conditioning with a straightforward, yet effective, aerobic exercise. When preparing for your 30-minute jog, consider the following points to ensure a safe and productive workout:

- **Warm-up:** Begin with a 5-minute brisk walk to prepare your muscles for the exercise.
- **Pacing:** Aim for a moderate pace where you can maintain a conversation without gasping for air. This helps to improve endurance without overexertion.
- **Posture:** Keep your head up, back straight, and shoulders relaxed. Your arms should swing naturally with a slight bend in the elbows.
- **Breathing:** Focus on deep, rhythmic breaths to maximize oxygen intake and support energy levels throughout the jog.
- **Footwear:** Wear well-cushioned, supportive running shoes to reduce impact on your joints.
- **Hydration:** Drink water before, possibly during, and after your jog to stay hydrated.
- **Cooldown:** Finish with a 5-minute slow walk or stretch to lower your heart rate gently and promote recovery.

Remember to listen to your body—if you feel undue pain or discomfort, slow down or stop. Consistency is key, and jogging at a moderate intensity will yield better long-term results than pushing too hard too soon.

## DETAILS OF DAY 2

The second day of our cardio conditioning week introduces interval training, a powerful method to bolster endurance and burn calories efficiently. Here's how to navigate your interval workout effectively:

- **Structure:** Alternating between 30 seconds of sprinting and 1 minute of walking for a total of 20 minutes challenges your body by varying the heart rate, which can increase your cardiovascular capacity.
- **Intensity:** During the sprinting intervals, push yourself to a fast pace that feels challenging yet sustainable for the 30-second burst. During the walking intervals, ensure you're catching your breath but still maintaining a brisk pace.
- **Focus:** Pay attention to your form—even at high speeds, maintaining a good posture will prevent potential injuries and make your sprints more efficient.
- **Recovery:** Use the walking periods to recover actively, preparing your body for the next sprint.
- **Breathing:** Conscious breath control is vital; inhale and exhale deeply to replenish oxygen during the recovery phase.
- **Safety:** While pushing your limits, be mindful of your body's signals. If you feel dizzy, extremely fatigued, or in pain, give yourself permission to slow down or take a longer walking break.

Avoid the common pitfalls of interval training, such as overextending your stride during sprints, which can lead to shin splints, and ignore the urge to completely stop during recovery intervals—the goal is to keep moving, however slowly. Remember, interval training is about quality and controlled intensity; precision in these exercises will yield greater benefits than sheer speed or power.

### DETAILS OF DAY 3

As we progress into the third day of our cardio conditioning routine, a steady-paced cycling session takes the spotlight. Cycling is excellent for building strength in the lower body while minimizing stress on the joints. For a successful and efficient 40-minute ride, keep these considerations in mind:

- **Bike Setup:** Ensure your bike is adjusted properly for your body. Your leg should be almost fully extended at the lowest point of the pedal stroke, and you should be able to reach the handlebars comfortably without overreaching.
- **Resistance:** Set a resistance level that allows for a consistent cadence but is enough to challenge your leg muscles. Too little resistance can make your workout less effective, while too much can lead to muscle fatigue prematurely.
- **Cadence:** Aim to maintain a steady cadence between 70 to 90 revolutions per minute. This range is generally effective for endurance training and helps to promote efficient pedaling technique.
- **Posture:** Keep your upper body relaxed, grip the handlebars lightly, and avoid slouching. A proper posture will reduce strain on your back and help with breathing efficiency.
- **Hydration and Nutrition:** Stay hydrated throughout the ride, and if needed, bring a snack like a banana or energy bar for longer rides to maintain energy levels.
- **Safety Gear:** Use a helmet if you're cycling outdoors, and if you're riding on the road, follow traffic rules and use bike lanes whenever available.
- **Cooldown:** Finish your cycling session with a cool down period, gradually reducing your effort over 5-10 minutes to bring your heart rate down gently. Follow up with stretches, especially for the quads, hamstrings, calves, and lower back.

By the end of the 40-minute cycling routine, you should feel as if you've had a moderate yet comprehensive lower-body workout while also contributing to your overall cardio conditioning goals.

### DETAILS OF DAY 4

The fourth day is an integral component of our 28-day workout plan: the rest day. Incorporating rest into any fitness regimen is crucial for physical and mental recovery. It allows your muscles to rebuild and strengthen, significantly reducing the risk of injury. Here's why embracing a day of rest is vital:

- **Muscle Recovery:** After the intensive exercises of the previous days, your muscles need time to repair fibers and grow stronger, priming them for the next session.
- **Mental Refreshment:** A day off provides a mental break from the discipline and intensity of training, helping to prevent burnout and maintain motivation.
- **Performance Improvement:** Rest can lead to improved performance as the body's adaptive response to exercise culminates in gains during recovery periods.
- **Prevent Overtraining:** Constant exercise without adequate rest can lead to overtraining syndrome, characterized by fatigue, decreased performance, and a higher risk of injury.

On this day, steer clear of intense workouts and opt for gentle activities like walking or light stretching if you feel the need to move. Ensure you stay hydrated, maintain a balanced diet, and get plenty of sleep to facilitate your body's healing processes. At the end of the day, remember that rest is not a setback in your fitness journey but a foundation on which progress is built.

## DETAILS OF DAY 5

Transitioning into the fifth day, rowing arrives as a full-body workout that chiefly targets cardiovascular endurance and muscle toning. As you prep for the rowing session, it's important to keep the following focal points in mind:

- **Equipment Adjustment:** Just like with cycling, the setup of your rowing machine should be tailored to your body. The foot straps should be tight enough to secure your feet without constriction, and the seat should allow full leg extension.
- **Technique:** Rowing is as much about technique as it is about strength. Remember the sequence – legs, core, arms on the drive phase, and arms, core, legs on the recovery.
- **Pace:** Find a stroke rate that is sustainable. Many beginners aim for 24 to 30 strokes per minute but adjust this based on your current fitness level and comfort.
- **Power Distribution:** Approximately 60% of your power should come from pushing with the legs, 20% from bracing the core, and 20% from pulling with the arms. This distribution ensures an effective workout and reduces the risk of injury.
- **Posture:** Throughout your rowing session, maintain an upright posture. Slouching can lead to back pain and inefficient rowing form.
- **Breathing:** Coordinate your breath with your strokes—inhale on the recovery and exhale on the drive. This helps to maintain a rhythm and ensures adequate oxygen flow to your muscles.
- **Duration:** Aim for a 30-minute rowing session. Beginners can start with shorter intervals, while more experienced individuals can row for an extended period or add in high-intensity intervals.
- **Cooldown and Stretching:** Finish with a cooldown period to ease your heart rate down, followed by stretches that target your legs, back, and arms to aid in post-workout recovery.

Reflect on your rowing day as not just a challenge, but an opportunity to engage nearly every muscle group, all the while improving your cardiovascular fitness in a low-impact manner.

## DETAILS OF DAY 6

The sixth day introduces stair climbing—a simple yet powerful exercise that combines strength and aerobic elements, enhancing cardiovascular health and building muscular endurance. As you approach stair climbing day, consider the following guidelines to maximize the benefits:

- **Warm-Up:** Before you begin, engage in a quick warm-up to get your blood flowing and muscles ready; light jogging or dynamic stretching are excellent options.
- **Choosing Stairs:** Opt for a set of stairs that allow continuous climbing for at least a couple of minutes, such as those at a stadium, park, or a tall building.
- **Pace:** Start at a pace that you can maintain, and aim to increase your speed as you become more comfortable. It's crucial to find a balance—too fast, and you may tire quickly; too slow, and you may not challenge yourself enough.

- **Footwork:** Place your whole foot on each stair rather than just your toes, to maximize power and reduce calf strain. Ascend and descend the stairs with control, avoiding overly hard impacts which could lead to joint stress.
- **Arm Movement:** Swing your arms in sync with your steps to involve the upper body and provide momentum.
- **Posture:** Keep your back straight and core engaged, looking forward rather than down at your feet to ensure proper balance and breathing.
- **Intensity Variations:** Incorporate intervals of increased speed or double-step climbing for added intensity. Be mindful of your fitness level and increase complexity gradually.
- **Duration:** Set a target duration for continuous climbing, or number of flights if using shorter staircases. A 20–30 minute session works well for a blend of aerobic and anaerobic conditioning.
- **Hydration:** Keep water on hand to stay hydrated, particularly if you're climbing stairs indoors or in a warm environment.
- **Cooldown:** After your stair climbing workout, walk on level ground for a few minutes to cool down. Follow this with a thorough stretch focusing on calves, thighs, glutes, and lower back.
- **Recovery:** Pay attention to any soreness in the next days, as stair climbing can be demanding. Proper rest and nutrition will support muscle recovery.

When approached with proper form and a balanced pace, stair climbing on Day 6 will further enhance your muscle strength, stamina, and cardiovascular health while being an effective calorie burner.

## DETAILS OF DAY 7

As we conclude the intense cardio week, the inclusion of a second rest day is paramount for optimizing the benefits gained from the physical activities undertaken. This day is dedicated to rest and recovery—a cornerstone that is just as important as the workouts themselves.

- **Enhanced Recovery:** The two rest days in our cardio-focused week serve as an essential period for our muscles to repair and strengthen. Cardio workouts, particularly high-intensity ones, create micro-tears in muscle tissue, which require adequate time to heal. This repair process is crucial as it leads to stronger muscles and improved endurance for future workouts.
- **Prevention of Burnout:** Integrating multiple rest days helps in averting mental and physical burnout. Continuous exercise without sufficient rest can drain the body's energy reserves, leading to a decrease in motivation and a higher risk of falling off the workout regimen. A well-timed rest day recharges both your body and mind, ensuring that you maintain the right balance in your fitness journey.

On this second rest day, listen to your body and indulge in activities that facilitate total relaxation and recovery. Whether that's reading a book, practicing meditation, or simply enjoying a leisurely walk, the goal is to rejuvenate and prepare yourself for continued success in your fitness goals. Remember, rest days are not a sign of laziness but a strategic component of a well-rounded and effective exercise program.

# Week 1 progress Report



YES

NO

Were you consistent with your endurance workouts daily?		
Did you perform any max-effort endurance sessions?		
Have you practiced skill-specific drills that align with improving your endurance?		
Did you follow proper recovery protocols after each workout?		

ON A SCALE OF 1-10

How much do you feel your endurance has improved this week?	
How motivated were you to complete your endurance workouts?	
How would you rate your overall energy and stamina during workouts?	

HYDRATION



REST/SLEEP



NUTRITION



NOTE TO SELF





# 2ND WEEK WORKOUT PLAN LOWER BODY STRENGTH TRAINING



## MONDAY

Squats-3 sets of 12 reps  
Lunges-3 sets of 10 reps each leg)

## TUESDAY

**Deadlifts**  
3 sets of 10 reps

**Calf raises**  
3 sets of 15 reps

## WEDNESDAY

**REST DAY**

## THURSDAY

**Bulgarian split squats**  
3 sets of 12 reps

**Single-leg Romanian  
deadlifts**  
3 sets of 12 reps

## FRIDAY

High-Intensity Interval  
Training (HIIT) session

## SATURDAY

Plyometric Circuit

## SUNDAY

30-minute jog



## DETAILS OF DAY 8

To kick off Week 2, we focus on fundamental lower body exercises that are designed to build strength and endurance. Begin with **squats**, which are the quintessential exercise for developing quadriceps, hamstrings, glutes, and core stability. Ensure proper form by keeping your feet shoulder-width apart and your back straight as you lower your hips as if sitting in a chair. After completing 3 sets of 12 repetitions, move on to **lunges**. These will further target the lower body muscles, including the quadriceps and the glutes, while also improving balance. Perform lunges by stepping forward with one leg and lowering your hips until both knees are bent at a 90-degree angle. Remember to keep your upper body straight and to alternate legs, completing 3 sets of 10 reps for each leg. Remember to rest between sets to allow for muscle recovery.

### Proper Squat Form

- Stand with feet just wider than shoulder-width apart, toes facing slightly outward.
- Keep your spine straight, chest lifted, and look ahead.
- Bend at the knees and hips as if sitting back into a chair, keeping your knees over your toes.
- Lower down as deep as your flexibility allows, aiming for thighs to be parallel to the floor.
- Drive through your heels to return to a standing position, squeezing your glutes at the top.

### Lunges Technique

- Start standing with feet together, maintaining good posture.
- Step forward with one foot and lower your hips until both knees are bent at about a 90-degree angle.
- Be sure the front knee is directly above your ankle and doesn't go past your toes.
- Keep your weight on your heels as you push back up to the starting position.
- Alternate legs to complete the set.

Remember to keep your movements smooth and controlled for both exercises, breathing in on the descent and exhaling on the ascent. Maintain a tight core throughout each movement to stabilize your posture and protect your lower back. It's crucial to prioritize form over the amount of weight or speed to prevent injury and effectively engage the target muscle groups.

## DETAILS OF DAY 9

Building upon the foundation laid on Day 8, Day 9 of the Lower Body Strength program introduces two powerful exercises to enhance your posterior chain's strength: deadlifts and calf raises.

Start the session with deadlifts, an excellent compound movement that recruits multiple muscle groups including the hamstrings, glutes, lower back, and core. Proper form is critical: begin with feet hip-width apart and a barbell in front of you. Bend at the hips and knees, grip the bar with hands just outside of legs, and keep your back flat. Engage your core, and without rounding the spine, lift the bar by driving through the heels, bringing your hips forward and standing up tall. Complete 3 sets of 10 repetitions, ensuring a controlled motion without jerking.

Next, shift your focus to the lower portion of the legs with calf raises. This isolation exercise targets the calf muscles (gastrocnemius and soleus). Use a raised surface like a step or a weight plate for a full range of motion. Stand with the balls of your feet on the edge, heels hanging off. Push through the balls of your feet to raise your heel as high as possible, feeling a strong contraction in your calves, then slowly lower back down to stretch the muscles. Finish 3 sets of 15 reps, being mindful of maintaining a slow and steady tempo to maximize effectiveness.

## Deadlift Technique

- Stand with feet hip-width apart and barbell in front of you.
- Hinge at the hips and knees, keeping the chest up and back flat.
- Grip the bar outside your knees, engage the core, and take a deep breath.
- Push through your heels, keep the bar close to your body, and lift to a standing position.
- Keep your head neutral, exhale at the top, then return the bar to the ground by hinging at the hips.

## Calf Raises Steps

- Stand on the edge of a step or platform, with heels off the edge.
- Press through the balls of your feet to raise your heels as high as possible.
- Squeeze your calves at the top then slowly lower down for a full stretch.
- Keep the movement controlled without bouncing at the bottom or rushing the reps.

As with all exercises, focus on form over weight to prevent injury and ensure that the correct muscles are being worked. Day 9's routine will provide a solid workout for the crucial muscles that support daily movement and athletic activities.

## DETAILS OF DAY 10

Day 10 serves as an essential intermission in our intensive Lower Body Strength program with a well-deserved Rest Day. Recovery is just as crucial as the workouts themselves; it's a time when your muscles repair, rebuild, and strengthen. During this rest period, focus on hydration, nutrition, and getting adequate sleep. Proper hydration helps to transport nutrients throughout your body, aiding in muscle recovery. Optimize your nutrition by ensuring you're consuming enough protein, which is the building block of muscle repair and growth. Finally, aim for 7-9 hours of quality sleep, as this is when the majority of muscle recovery occurs. Additionally, gentle activities like walking, stretching, or yoga can promote circulation without overexerting your muscles. Embrace this day to restore both your physical and mental energy, preparing you for the upcoming workouts.

Rest days are a critical component of any fitness regimen, including our Lower Body Strength program. While high-intensity workouts are effective for building muscle and improving endurance, they also cause microscopic damage to muscle fibers. Your body uses rest days to repair these fibers, making them stronger and more resilient. This is why Day 10 of the week is designated as a Rest Day – it's time for your body to heal and adapt to the strain it has been under during the previous days of intense training.

On this Rest Day, it's important not to remain completely sedentary but to engage in low-intensity activities that promote recovery without adding stress to your muscles. Here are a few suggestions:

- Hydrate: Replenish your fluids to help facilitate muscle repair.
- Eat Protein-Rich Foods: Provide your body with the necessary building blocks for muscle recovery.
- Stretch: Keep your muscles flexible and maintain a range of motion.
- Walk: Engage in light walking to keep the blood flowing and help reduce stiffness.
- Yoga: Practice yoga for relaxation and to improve circulation and flexibility.
- Meditate: Reducing mental stress can also help with physical recovery.

## **DETAILS OF DAY 11**

Reinvigorated from the rest day, Day 11 marks the return to intensive training with a focus on stability and control through unilateral exercises—those performed with one limb at a time. This approach ensures that imbalances are addressed and stability is enhanced across the entire lower body.

Begin with Bulgarian split squats, an excellent unilateral exercise for targeting the quadriceps, glutes, and improving balance. Position yourself in a staggered stance with one foot elevated on a bench or stable platform behind you. Lower your body by bending the knee of your front leg until the thigh is parallel to the ground, then drive up to the starting position. Aim for 3 sets of 12 reps on each leg, keeping your torso upright and core engaged.

Next, perform single-leg Romanian deadlifts, which will challenge your hamstrings, glutes, and core, especially the obliques, while also testing your balance. Stand on one leg, keeping a slight bend in the knee. Hinge at the hips to lower your torso and the opposite arm towards the ground, extending the free leg behind you for balance. Perform 3 sets of 12 reps on each side, with or without weights.

Today's exercises not only build muscle and enhance coordination but also condition your body to manage real-life movements that require stability and control. Remember to maintain focus and perform each rep with precise form to reap the maximum benefits.

### **Maintaining Posture in Bulgarian Split Squats**

To maintain proper posture during Bulgarian split squats, make sure your front foot is far enough forward to allow a vertical shin at the bottom of the squat. Keep your chest lifted, shoulders back, and engage your core to prevent leaning too far forward or rounding the spine. Your gaze should be forward, not down, to avoid neck strain. Be cautious not to let your front knee cave inward; it should track directly over your toes.

### **Avoiding Common Mistakes in Single-leg Romanian Deadlifts**

During single-leg Romanian deadlifts, maintaining a neutral spine is essential. Do not round or hyperextend your back; imagine keeping a straight line from your head to your elevated heel. Avoid locking the knee of your standing leg to prevent joint strain. Keep the movement slow and controlled — jerking motions can cause imbalance and risk of injury. Refrain from rotating your hips as you hinge; both hips should remain level and squared to the ground.

### **Safety and Technique for Day 11 Exercises**

Both exercises on Day 11 place a heavy emphasis on balance and alignment. To maintain posture throughout these movements, visualize maintaining a straight, strong column from your head to your tailbone. Your core should be braced, as if preparing to take a light punch to the stomach, throughout each exercise to safeguard your spine and enhance stability.

When performing Bulgarian split squats, distribute your weight through the midfoot to the heel of your front leg and drive through the heel to return to standing. This ensures that the work is done by the glutes and hamstrings rather than placing undue stress on the knee.

Single-leg Romanian deadlifts require a soft bend in the standing leg to activate the muscles properly. Keep the hip of the lifted leg pointed downward to avoid opening up the hips, which can put unnecessary torsion on the lower back.

Abstain from using a weight that's too heavy for these exercises initially; it's vital to master the movement pattern before increasing the load. Control and stability are the main aims here, rather than lifting maximal weights. Proper technique will result in effective muscle engagement and reduce the risk of injury.

## **DETAILS OF DAY 12**

After day 11's focus on unilateral exercises, Day 12 puts an emphasis on cardiovascular endurance and metabolic conditioning. Today's workout is designed to enhance your aerobic capacity while also increasing the overall caloric burn.

Kick off day 12 with a High-Intensity Interval Training (HIIT) session. Begin with a 5-minute warm-up jog to get your heart rate up and prime your muscles for intense activity. Then, move on to 20 seconds of all-out effort with sprints, followed by 40 seconds of moderate effort or walking to recover. Repeat this cycle for a total of 15 minutes, and finish with a 5-minute cool-down walk and stretch.

Follow your HIIT session with circuit training, which includes a series of bodyweight exercises performed back-to-back with minimal rest in between. Here is a suggested circuit:

- 20 jump squats
- 15 push-ups
- 30 seconds of burpees
- 20 alternating lunges
- 30 seconds of mountain climbers
- 15 triceps dips on a bench

Run through the circuit 3 times, resting for 1 minute between each round. Keep the intensity high to maximize cardiovascular benefits while also engaging different muscle groups for a full-body workout. The combination of high-intensity interval sprints and circuit training offers a robust challenge that will boost both heart health and muscle endurance. Remember to stay hydrated throughout the workout and pay attention to your body's signals. Eat a balanced meal with a good blend of protein and carbs after your session to aid recovery and muscle repair. Day 12's regimen is demanding but will contribute significantly to your fitness gains and overall conditioning.

## **Technique and Posture for HIIT Sessions**

In High-Intensity Interval Training (HIIT) sessions, proper technique begins with a thorough warm-up to increase blood flow and reduce the risk of injury. During sprint intervals, focus on explosive power off the ground, with knees driving high and arms pumping in coordination with your leg movements. Posture is key; keep your back straight, shoulders down, and head up, looking forward rather than down, to maintain balance and ensure optimal lung capacity.

During the recovery phase, whether you choose to walk or perform a moderate effort jog, maintain good posture by keeping your shoulders relaxed and aligned with your hips. Your breathing should be controlled and deep to efficiently oxygenate your blood for the next intense interval.

## **Form and Alignment in Circuit Training**

For jump squats, start with feet shoulder-width apart and squat down, keeping your weight in your heels and your chest up. Explode up in a jump, landing softly with your knees slightly bent to absorb the impact. Ensure your knees do not collapse inward upon landing.



When performing push-ups, keep your hands slightly wider than shoulder-width apart. Your body should form a straight line from your head to your heels, with your core engaged to prevent your back from sagging or arching.

During burpees, move swiftly from a standing position to a squat, placing your hands on the ground and jumping your feet back into a plank. Jump your feet back towards your hands and leap into the air with arms overhead. Keep your movements fluid and controlled.

For alternating lunges, ensure your front knee is aligned with your ankle and does not jut out over your toes. Your back knee should hover just above the ground without touching it, and your upper body should remain erect.

Mountain climbers require a solid plank position as the starting point. Rapidly alternate bringing your knees towards your chest without hiking your hips too high or letting them sag.

Lastly, for tricep dips on a bench, sit on the edge and place your hands next to your hips. Move your hips forward off the bench with legs extended, bending your elbows to lower your body and then extending to lift back up. Keep your elbows pointed back and close to your body to isolate the triceps.

## **DETAILS OF DAY 13**

As we venture into Day 13, we reintroduce intensity with a focus on endurance and strength. Today's schedule involves a mix of plyometric movements and core stabilization exercises designed to enhance athletic performance and fortify core muscles.

Here's the plan for Day 13:

- **Plyometric Circuit:** Repeat the following sequence three times, with 2 minutes of rest between each circuit:
  - 30 seconds of box jumps – find a stable platform and focus on soft landings.
  - 30 seconds of skater hops – leap side to side, channeling the power from your inner thighs.
  - 30 seconds of burpees – maintain form as detailed in previous sessions.
  - 30 seconds of tuck jumps – jump high, bringing your knees towards your chest each time.
- **Core Stability Circuit:** Two rounds with a 1-minute rest between rounds:
  - 1 minute of plank holds – ensure your body is a straight line from shoulders to ankles.
  - 1 minute of Russian twists – seated with feet elevated, twist your torso and touch the ground beside you with both hands.
  - 45 seconds of side planks on each side – stack your feet and raise your body in a straight line from head to feet.
  - 30 seconds of bicycle crunches – perform with controlled movements, not rushing the process.

Follow this vigorous workout with a cooldown consisting of 5 to 10 minutes of stretching, paying extra attention to the hips, hamstrings, and lower back to prevent tightness and encourage flexibility.

**Nutritional Guidance:** On Day 14, your body will require an increased intake of complex carbohydrates and proteins to replenish energy stores and aid in muscle recovery. Consider meals that incorporate whole grains, lean meats or plant-based protein sources, and a colorful assortment of vegetables to ensure a range of nutrients.

**Hydration:** Rehydration is essential after the day's workout, so continue to drink water consistently throughout the day. If you've been sweating profusely, consider an electrolyte replacement drink to restore balance.

Prepare for a challenging day, but also tune into your body's response and adapt as needed. Day 14 will set the tone for your physical capabilities as you progress through the latter half of the program.

### Plyometric Circuit Techniques

#### Box Jumps

- **Technique:** Stand in front of the box with feet shoulder-width apart. Bend your knees and swing your arms to propel yourself onto the box.
- **Posture:** Landing softly with knees bent; stand straight at full extension then step back down and reset.

#### Skater Hops

- **Technique:** Leap from one leg to the other, swinging your arms like a speed skater for momentum.
- **Posture:** Keep the torso slightly forward, and alternate the legs with each jump, ensuring knees are in line with toes.

#### Burpees

- **Technique:** Begin in a squat position, hands on the floor. Kick your feet back into a push-up position, return to squat, and jump up with hands overhead.
- **Posture:** Maintain a straight back during the push-up phase and use full-body explosiveness to power the jump.

#### Tuck Jumps

- **Technique:** Jump up from a standing position and bring your knees to your chest while wrapping arms around shins at the highest point.
- **Posture:** Land with a slight bend in the knees and quickly spring up for the next tuck jump, keeping the back straight.

### Core Stability Circuit Postures

#### Plank Holds

- **Technique:** Place forearms on the ground with elbows aligned below the shoulders and arms parallel to the body at about shoulder-width distance.
- **Posture:** Keep the core tight and body in a straight line from your ears to your toes without sagging or piking your hips.

#### Russian Twists

- **Technique:** Sit on the floor with knees bent, feet lifted, and body leaned back at a 45-degree angle. Twist the torso to each side, touching the ground with your hands.
- **Posture:** Back should be straight and core engaged throughout the exercise. Keep the movements deliberate and controlled.

#### Side Planks

- **Technique:** Lie on one side, with legs extended and feet stacked. Prop your body up on your forearm and lift your hips so your body forms a straight line.
- **Posture:** Keep hips lifted and head in line with your spine. The free arm can be on your side or extended towards the ceiling for balance.

#### Bicycle Crunches

- **Technique:** Lie flat on your back with hands behind your head. Bring knees in towards the chest and lift the shoulder blades off the ground without pulling on the neck.
- **Posture:** Alternate sides by bringing the right elbow towards the left knee, then the left elbow towards the right knee, in a cycling motion.

## DETAILS OF DAY 14

As you recover from the high-intensity exercises of Day 13, Day 14 is about active recovery, emphasizing relaxation and muscle recuperation. Today's main activity is a 30-minute jog, aimed at promoting blood flow to the sore muscles, thereby enhancing the delivery of nutrients needed for repair and recovery.

Here's your guidance for the 30-minute jog on Day 14:

- **Pace:** Maintain a light to moderate pace where you can comfortably hold a conversation without getting out of breath. This pace helps to loosen the muscles without imposing additional stress on them.
- **Mindset:** Use this time to clear your mind and relax. Enjoy your surroundings, and focus on the rhythm of your steps and breath.
- **Post-Jog Routine:** After the jog, perform a full-body stretching routine to further aid in muscle relaxation. Gentle stretches will increase flexibility and reduce tightness in the body.

Always listen to your body and adjust the pace or stop as needed. This jog is not about pushing your limits but about healing and preparing your body for the upcoming challenges of the program.

# Week 2 progress Report



YES

NO

Are you able to perform more complex or intensive exercises than when you first began your upper body workouts?

Has your commitment to upper body training maintained or increased as you see the results of your efforts?

Have you attained milestones in your upper body training sooner than you initially anticipated?

Did you follow proper recovery protocols after each workout?

## ON A SCALE OF 1-10

How do you rate your consistency in performing upper body workouts?

how would you rate the intensity of your current upper body workout routine?

How well do you feel your upper body workouts integrate with your overall fitness goals?

### HYDRATION



### REST/SLEEP



### NUTRITION



### NOTE TO SELF



# 3RD WEEK WORKOUT PLAN UPPER BODY STRENGTH TRAINING



## MONDAY

### Push-ups

3 sets of 15 reps

### Pull-ups

3 sets until failure

## TUESDAY

### Dumbbell bench press

3 sets of 12 reps

### Bent-over rows

3 sets of 12 reps

## WEDNESDAY

### Lat pull-downs

3 sets of 12 reps

### Push-up hold

3 sets for 30 seconds

## THURSDAY

### Shoulder press

3 sets of 12 reps

### Arm curls

3 sets of 15 reps

## FRIDAY

### Triceps dips

3 sets of 15 reps

### Plank

3 sets for 1 minute

## SATURDAY

REST DAY

## SUNDAY

### Light cardio

20-minute  
jog or cycling





## DETAILS OF DAY 15

On Day 15, our focus is on utilizing bodyweight exercises to enhance upper body strength, concentrating on the chest, shoulders, and back muscles. The routine starts with push-ups, a fundamental exercise that engages the pectorals, deltoids, and triceps. Perform 3 sets of push-ups with 15 repetitions each, ensuring proper form—body in a straight line from head to heels, and elbows close to the body. Following the push-ups, we move on to pull-ups, which primarily target the latissimus dorsi muscles in the back, along with the biceps and forearms. For pull-ups, perform as many reps as possible in 3 sets, going until muscle failure, which means doing repetitions until you are no longer able to maintain proper form or lift yourself up without assistance. This is designed to push your muscles to their limit, providing a stimulus for growth and endurance improvements.

### Proper Technique for Day 15 Exercises

#### Push-ups Technique

- **Positioning:** Begin in a plank position with your hands planted directly under your shoulders. Your feet should be set up in a way that feels sturdy and comfortable.
- **Body Alignment:** Keep your body in a straight line from your head to your heels. Your gaze should be slightly forward of your hands to keep the neck in a neutral position.
- **Execution:** As you lower your body, aim to create a 45-degree angle with your elbows. Gently tap your chest to the ground, then extend your arms fully to push back up.

#### Pull-ups Posture

- **Grip:** Overhand grip on the pull-up bar with hands slightly wider than shoulder-width apart. Wrap your thumbs around the bar for better stability.
- **Stance:** Start by hanging with straight arms, keeping your shoulders pulled back and down to avoid strain.
- **Movement:** Lead with your chest and pull your elbows down and back, raising your body until your chin passes the bar. Lower back down with control to complete one rep.

#### Common Mistakes to Avoid

- **Avoiding Sagging Hips:** During push-ups, it's common for the hips to sag. Engage your core throughout the move to maintain proper posture.
- **Swinging:** In pull-ups, avoid using momentum to swing yourself upwards; the movement should be controlled and deliberate.
- **Elbow Flaring:** Ensure your elbows are not flaring out to the sides during push-ups as this can put undue stress on your shoulders.

#### Muscle Engagement and Breathing

- **Muscles Worked:** Push-ups engage the chest, triceps, and deltoids. Pull-ups target the back, particularly the latissimus dorsi, as well as the biceps and forearms.
- **Breathing:** Inhale as you lower your body during push-ups and as you descend in pull-ups. Exhale forcefully as you push up and pull yourself up, respectively.

## DETAIL OF DAY 16:

Day 16 centers on building horizontal pushing and pulling strength by incorporating the dumbbell bench press and bent-over rows into your routine. These exercises complement each other by working opposing muscle groups, which can help improve overall muscular balance and posture.

### Dumbbell Bench Press Technique

- **Starting Position:** Lie flat on a bench with your feet firmly planted on the ground. Hold a dumbbell in each hand at chest level with your palms facing forward.
- **Execution:** Press the dumbbells straight up until your arms are fully extended, but without locking your elbows. Keep the weights aligned over your chest, not your face or shoulders. Lower the dumbbells slowly back down to the starting position.
- **Repetitions:** Complete 3 sets of 12 repetitions each, focusing on a controlled movement throughout the exercise.

### Bent-over Rows Technique

- **Stance:** Stand with your feet shoulder-width apart and a slight bend in your knees. Lean forward from your waist, keeping your back flat and almost parallel to the floor.
- **Grip:** Hold the dumbbells with an overhand grip, arms hanging straight down toward the floor.
- **Execution:** Pull the dumbbells towards your waist, keeping your elbows close to your body. Squeeze your shoulder blades together at the top of the movement. Lower the weights with control to the starting position.
- **Repetition:** Perform 3 sets of 12 repetitions, maintaining good form and avoiding any jerky movements.
- 

The dumbbell bench press primarily targets the chest muscles (pectoralis major), triceps, and shoulders (anterior deltoids), while the bent-over rows focus on the upper back muscles (latissimus dorsi, rhomboids, trapezius), the rear deltoids, and the biceps. Together, these exercises strengthen key upper body muscle groups and fortify the foundational core strength necessary for advanced lifting and everyday functional movements.

## Understanding Posture and Technique for Day 16 Exercises

Proper posture and technique during weightlifting are not just about efficacy but about ensuring safety and preventing injuries. Thus, it's crucial to delve into the specifics of posture and technique for the Day 16 exercises: the dumbbell bench press and the bent-over rows.

### Dumbbell Bench Press Posture and Technique

- **Feet Positioning:** Plant your feet firmly on the ground for stability. Your legs should create a strong base to help you control the movement.
- **Back Placement:** Your back should be slightly arched with the lower back maintaining a natural curve. Ensure your shoulder blades are retracted and pressed against the bench.
- **Wrist Alignment:** Keep your wrists straight and aligned with your forearms. This position helps avoid stress on your wrists and ensures the force is evenly distributed.
- **Breathing:** Inhale as you lower the dumbbells towards your chest and exhale as you press them up. Proper breathing helps in maintaining intra-abdominal pressure for better core stability.

## **Bent-over Rows Posture and Technique**

- **Hip Hinge:** Begin with a hip hinge movement to lean forward without rounding your back. Your chest should be out, and your spine should maintain its natural S-curve.
- **Shoulder Position:** Keep your shoulders pulled back slightly, ensuring they're not hunching forward, which maintains proper upper back tension and alignment.
- **Elbow Path:** As you pull the weight towards you, your elbows should go straight back and remain close to your sides, and not flare outwards.
- **Hand & Forearm Guidance:** Maintain a neutral grip and ensure your hands and forearms are directing the force, rather than relying on wrist flexion.

By adhering to these technique and posture guidelines during Day 16's strength exercises, you will optimize your performance, engage the correct muscle groups, and significantly reduce the risk of injury.

## **DETAIL OF DAY 17**

Day 17 is designed to further sculpt your upper body by incorporating lat pull-downs and the push-up hold, focusing on muscular endurance and control. These exercises will challenge your back, shoulders, and core stability.

### **Lat Pull-down Technique**

- **Starting Position:** Sit at a pull-down machine with a wide bar attached to the top pulley. Adjust the knee pad to prevent your body from being lifted. Grip the bar wider than shoulder-width with your palms facing forward.
- **Execution:** Lean back slightly and pull the bar down to your chest, drawing your shoulder blades down and back. Return the bar back to the starting position with a controlled motion.
- **Repetitions:** Perform 3 sets of 12 repetitions, ensuring you're pulling the bar with your back muscles and not just the arms.

### **Push-up Hold Technique**

- **Positioning:** Start in a high plank position with your hands slightly wider than your shoulders, your body straight from head to heels.
- **Execution:** Lower into the bottom of a push-up and hold this position, approximately 1-2 inches off the ground. Keep your core engaged, back straight, and elbows tucked close to your body.
- **Duration:** Hold this position for 30 seconds. If necessary, start with shorter durations and gradually build up to the full 30 seconds for 3 sets.

By targeting the latissimus dorsi with the lat pull-downs and enhancing core strength and stability with the push-up hold, Day 17 not only promotes upper body muscular development but also helps fortify the body's core for a more defined and powerful physique. Remember to maintain a deliberate pace and controlled movements to maximize the effectiveness of these exercises.

## **Fine-Tuning Posture and Technique for Day 17 Exercises**

Adopting proper form and posture during exercises is vital to maximize gains and minimize the risk of injury. Let's break down the nuances of the lat pull-downs and push-up hold, which are the focal points of Day 17.

## **Lat Pull-down Posture and Technique**

- **Torso Stability:** Keep your torso stable throughout the movement. Avoid swinging your body as you pull the bar towards your chest.
- **Bar Path:** The bar should be pulled down smoothly in a straight line, coming as close to the upper chest as possible without straining your neck.
- **Eye Focus:** Maintain your gaze straight ahead, not up or down, to help align your head and neck in a neutral position.
- **Foot Placing:** Secure your feet flat on the ground, and ensure your thighs are under the pads to prevent lifting off the seat.

By focusing on these key aspects of the lat pull-down, you'll engage the intended muscles effectively, including the latissimus dorsi, biceps, and upper back.

## **Push-up Hold Posture and Technique**

- **Hand Positioning:** Ensure your hands are grounded firmly, fingers splayed to distribute your weight evenly.
- **Body Line:** Your body should form a straight line from shoulders to ankles, engaging your glutes and core to prevent your hips from sagging or piking.
- **Head Alignment:** Keep your head in line with your spine and eyes focused slightly in front of you to maintain a neutral neck.
- **Muscle Engagement:** Actively press through your hands and engage your entire body. Visualize pulling your hands towards your toes to activate your core even more.

The strategic push-up hold fortifies your upper body and core endurance while teaching muscle stabilization, all essential for further fitness progression.

## **DETAIL OF DAY 18**

Day 18 zeroes in on the deltoids and biceps, crucial for an aesthetic and strong upper body silhouette. Today's session incorporates shoulder presses and arm curls, exercises fundamental in building upper arm strength and shoulder stability.

## **Shoulder Press Technique**

- **Starting Position:** Sit on a bench with back support. Hold a dumbbell in each hand at shoulder level with palms facing forward and elbows bent.
- **Execution:** Exhale and push the dumbbells upward until your arms are fully extended overhead. Pause at the top, then lower the weights back to the starting position with control.
- **Repetitions:** Complete 3 sets of 12 repetitions, allowing adequate rest between sets. Focus on using the shoulder muscles to press the weight rather than leveraging momentum.

## **Arm Curls Technique**

- **Starting Position:** Stand up straight with a dumbbell in each hand, arms fully extended, and palms facing forward. Maintain a slight bend in your elbows to avoid joint stress.

- Execution: Keep your upper arms stationary, exhale, and curl the weights towards your shoulders. Contract your biceps fully, then inhale as you lower the dumbbells to the starting position.
- Repetitions: Perform 3 sets of 15 repetitions, being careful not to swing the arms or use the back to lift the weights.

By focusing on strict form and controlled movements through the shoulder press and arm curls, Day 18 will help sculpt the shoulders and arms, leading to a well-defined upper body and enhanced functional strength. Remember to maintain concentration on the muscle groups being worked and avoid rushing through the reps for the best results.

## **DETAIL OF DAY 19**

Day 19 is designed to target the triceps for upper arm toning and to engage the core for enhanced stability. This day combines triceps dips with planks, both of which are powerful bodyweight exercises.

### **Triceps Dips Technique**

- Starting Position: Position yourself in front of a stable bench or chair, with your hands placed on the edge, fingers pointing towards your body. Extend your legs out with your heels on the floor.
- Execution: Lower your body by bending your elbows until they are at about a 90-degree angle. Keep your back close to the bench. Straighten your arms to lift your body back to the starting position.
- Repetitions: Aim to perform 3 sets of 15 repetitions. Ensure your movements are controlled and focus on using your triceps to push yourself up.

### **Plank Technique**

- Starting Position: Begin in a forearm plank position, with your forearms flat on the ground, elbows directly under your shoulders, and your feet hip-width apart.
- Execution: Engage your core and maintain a straight line from your shoulders to your heels. Keep your head in a neutral position, gazing down at the floor.
- Duration: Hold this position for 1 minute. Rest in between and perform for a total of 3 sets. If needed, start with shorter intervals to build up to the full duration.

Combining the isolating effect of the triceps dips with the comprehensive core activation of the plank, Day 19 promises to enhance arm definition and core strength, essential components of an overall toned physique.

## **DETAIL OF DAY 20**

Day 20 is a designated Rest Day, an essential component of your fitness regimen. It's important to understand that rest days are as crucial as workout days. They allow your muscles to repair, rebuild, and strengthen. During this time, the body adapts to the stress of exercise and the real gains in strength and performance occur.

### **Rest Day Activities**

- Light Activity: Engage in low-impact activities such as walking, stretching, or yoga to promote circulation and aid recovery without overexertion.
- Hydration: Drink plenty of water to help flush out toxins and keep your muscles hydrated for repair and growth.

- **Nutrition:** Focus on consuming a balanced diet rich in proteins, carbohydrates, fats, and micronutrients to support muscle repair and energy replenishment.
- **Mental Rest:** Use this day to mental rest as well. Engage in relaxing activities that you enjoy, such as reading, meditating or spending time with loved ones which can also help reduce stress and improve overall well-being.
- 

Recognize the value of a Rest Day by listening to your body and giving it the recovery it deserves. It will support your long-term fitness goals and help prevent burnout and injury, ensuring you're ready and at peak performance for Day 21.

## DETAIL OF DAY 21

Day 21 gently reintroduces the body to cardio with a focus on light activity that increases the heart rate while minimizing impact and strain. This day's aim is to boost cardiovascular health and endurance without the intensity of high-impact workouts.

### Jogging Technique

- Preparation: Begin with a 5-minute brisk walk to warm up your muscles.
- Execution: Transition into a light jog, keeping your pace consistent but relaxed. Your breathing should be steady, allowing you to hold a conversation.
- Duration: Aim for a 20-minute jog, followed by a 5-minute cool-down walk.

### Cycling Technique

- Preparation: Start with a low resistance to warm up your legs.
- Execution: Cycle at a steady, moderate pace. Ensure that you are seated comfortably and that your bike is adjusted to fit your height.
- Duration: Continue for 20 minutes, gradually cooling down in the last 5 minutes by reducing your pace and resistance.

Both jogging and cycling are effective ways to engage in light cardio. They offer flexibility to be performed indoor on treadmills and stationary bikes or outdoor enjoying nature, providing variability and enjoyment in your workout regimen. These exercises help in burning calories, improving joint mobility, and enhancing your mood through the release of endorphins. Remember to hydrate well and enjoy the process as your body appreciates this lighter workout day.

# Week 3 progress Report



**TOUGH TEEN ATHLETES**

**YES**

**NO**

Did you feel more confident performing complex lower body movements this week compared to when you first started?

Have you achieved your set lower body workout goals for this week?

Did you manage to maintain proper form throughout all your lower body exercises this week?

Did you follow proper recovery protocols after each workout?

**ON A SCALE OF 1-10**

How would you score your commitment to following your workout schedule?

How would you score the improvement in your exercise technique since you began?

how do you rate the progress in your upper body strength since the last evaluation?

**HYDRATION**



**REST/SLEEP**



**NUTRITION**



**NOTE TO SELF**





# 4TH WEEK WORKOUT PLAN FLEXIBILITY & AGILITY



## MONDAY

Yoga session focusing on flexibility and balance

## TUESDAY

**Agility ladder drills**  
20 minutes

**Plyometric exercises**  
10 minutes

## WEDNESDAY

**REST DAY**

## THURSDAY

**Dynamic stretching routine**  
followed by a 30-minute technical skills practice for their sport

## FRIDAY

**High knees  
butt kicks  
& other track drills**  
20 minutes total

## SATURDAY

Circuit training including stretching bands, cone drills, and stability exercises for enhanced agility  
30 minutes

## SUNDAY

Active recovery with a light swim or walk



## Detail of Day 22

On Day 22, the focus shifts to enhancing the body's flexibility and balance through a dedicated yoga session. Participants will engage in a series of asanas (yoga poses) carefully selected to lengthen the muscles, improve the range of motion in joints, and strengthen the core. These poses are not only meant to increase physical flexibility but also to promote mental relaxation and concentration. The session will start with gentle warm-up stretches and gradually move into more challenging poses, encouraging mindfulness and deep breathing throughout. By the end of the practice, individuals should experience a sense of calmness and increased body awareness, contributing to better performance in their respective sports.

### Techniques and Postures for Day 22 Yoga Session

The yoga session on Day 22 will incorporate several key asanas, each tailored to promote flexibility and balance. Participants will begin with the Mountain Pose (Tadasana), standing with feet together and arms at the sides, focusing on grounding and centering to prepare the body and mind. Transitioning into the Forward Fold (Uttanasana) will stretch the hamstrings and calm the nervous system.

From there, practitioners will move into the Warrior II (Virabhadrasana II), enhancing leg strength and stability, while the Triangle Pose (Trikonasana) will help elongate the muscles of the sides and improve overall equilibrium.

The session will include Cat-Cow stretches (Marjaryasana-Bitilasana) for spinal flexibility and core engagement, followed by the Child's Pose (Balasana) to release tension in the back and shoulders. To further challenge balance and core stability, the Tree Pose (Vrksasana) will be held, encouraging concentration and poise.

The session will conclude with the Pigeon Pose (Eka Pada Rajakapotasana) for deep hip opening and the Corpse Pose (Savasana) for total relaxation and integration of the session's benefits. Mindful breathing will be emphasized throughout all postures to facilitate a meditative state and support transitions between poses.

## DETAIL OF DAY 23

Day 23 is meticulously designed to augment athletes' speed, agility, and explosive power through a dynamic combination of agility ladder drills and plyometric exercises. The session kicks off with a 20-minute agility ladder workout, which will include a variety of footwork drills such as the lateral shuffles, icky shuffle, and in-and-out hops, each drill lasting for two to three minutes with brief intervals for rest. These drills aim to improve quickness, coordination, and neuromuscular efficiency, effectively preparing the body for the rapid directional changes sports often require.

Following the agility ladder, participants will transition into 10 minutes of high-intensity plyometric exercises designed to enhance muscular power and force output. This portion of the workout includes movements like jump squats, box jumps, and tuck jumps, with each exercise meant to be performed with maximum effort for short bursts followed by a recovery period. Plyometrics help in developing the fast-twitch muscle fibers crucial for sprinting and jumping. By integrating these exercises into the routine, athletes work on the ability to generate power rapidly, a vital component for peak athletic performance.

Ladder Drill Techniques

## Ladder Drill Techniques

During Day 23, the agility ladder drills are designed to improve the athlete's quickness and coordination. The **Lateral Shuffles** involve quickly moving side to side across the ladder, emphasizing agility and lateral movement. With the **Icky Shuffle**, athletes step in and out of the ladder boxes in a fast, patterned movement that increases foot speed and coordination. The **In-and-Out Hops** consist of jumping with both feet into and out of the ladder boxes, promoting explosive leg power and rhythm.

## Plyometric Exercise Postures

Following the agility ladder, the plyometric exercises aim to enhance muscular power. **Jump Squats** are performed by squatting deeply and then jumping up with full force, landing softly and going back into the squat, which develops lower body power and strength. **Box Jumps** require jumping onto and off a box or raised platform with both feet, focusing on explosive upward movement and controlled landing, benefiting vertical leap ability. The **Tuck Jumps** involve jumping high and bringing the knees to the chest mid-air, then landing with control, targeting the core and leg muscles for improved explosive performance.

## DETAILS OF DAY 24

Athletes often overlook the crucial role that rest plays in a well-rounded training regimen, but on Day 24, we prioritize recuperation. This rest day is carefully placed in the training schedule to allow the body to recover from the intense physical stress it experienced during the preceding sessions. A day of rest doesn't mean complete inactivity but rather a break from structured, high-intensity workouts. It is an opportunity for the muscles to repair, adapt, and strengthen, which are vital for improvements in athletic performance. Participants are encouraged to use this day for light activities such as a leisurely walk or gentle stretching that promote circulation and aid in recovery without overtaxing the body. Additionally, Day 24 is a time for athletes to focus on hydration, nutritious eating, and adequate sleep—the trifecta that supports both physical recovery and mental sharpness. By respecting this rest period, athletes can anticipate better performance and reduced injury risk in the sessions to come.

## DETAILS OF DAY 25

Day 25 of the training program introduces a fusion of dynamic stretching followed by a focused technical skills practice, specifically designed to enhance athletic performance. The session will start with a 15-minute dynamic stretching routine to warm up the muscles and increase range of motion. This part of the program will include movements such as leg swings, arm circles, and lunges with twists, all aimed at preparing the body for more intense activity.

After the dynamic stretches, athletes will engage in a 30-minute technical skills session tailored to their specific sport. This could involve dribbling drills for basketball players, precise passing techniques for footballers, or stroke refinement for swimmers. This essential phase not only hones the specific skills required for athletic proficiency but also integrates the flexibility and coordination fostered by the preceding dynamic stretches. By combining these elements, athletes can experience improved agility and execution during gameplay. This day promises to link the mental aspects of sport with physical preparation, ensuring participants are agile, technically sound, and ready for competitive action.

## **Dynamic Stretching Techniques**

Day 25 begins with dynamic stretches that are key for warming up the muscles effectively and preparing them for the session ahead. Leg Swings are performed by standing on one leg and swinging the other leg forward and backward, and then side to side, enhancing leg flexibility and hip range of motion. Arm Circles involve rotating the arms in large circles, both forwards and backwards, to loosen the shoulders and improve upper body mobility. Lunges with Twists are executed by stepping forward into a lunge position while the torso twists to the side over the forward leg; this not only warms up the leg muscles but also the core, promoting overall body coordination.

## **Technical Skills Posture and Movements**

After dynamic stretching, athletes will move on to sport-specific technical skills training. Posture and precision are key factors during this phase. For example, basketball players performing Dribbling Drills will focus on keeping a low stance with bent knees and a straight back, enabling quick movements and better ball control. Footballers engaged in Passing Techniques will work on precise foot placement and body balance to ensure accurate distribution of the ball. Swimmers participating in Stroke Refinement will concentrate on aligning their head and spine while executing smooth, streamlined strokes to minimize resistance and maximize efficiency in the water. These drills emphasize the importance of correct posture and precise movements to optimize performance and prevent injuries.

## **DETAILS OF DAY 26**

Continuing our comprehensive training program, Day 26 is dedicated to a series of track drills designed to enhance cardiovascular fitness and leg muscle responsiveness. The session will begin with High Knees, which involve running in place with each knee lifted as high as possible, mimicking a marching band member. This drill emphasizes knee lift and improves thigh muscle strength, which is crucial for sprinting and jumping activities.

Following the high knees, participants will transition into Butt Kicks, a light run where the heels are brought up to touch the buttocks with each step. This exercise targets the hamstrings and helps improve the speed and efficiency of the leg recovery phase while running.

For the remainder of the 20-minute session, athletes will engage in various track drills that may include sprint intervals, hurdle jumps, and relay exchanges. These exercises are tailored to improve quickness, agility, and anaerobic endurance—key elements for peak track and field performance. It is imperative that each athlete maintains focus on proper form throughout this high-intensity session to maximize the benefits and prevent injury.

## **High Knees Technique**

Before commencing Day 26's drill with High Knees, it's crucial that athletes understand the proper technique to gain the intended benefits. This exercise involves standing in an upright posture with feet hip-width apart. As you begin, drive one knee up to a level that is parallel to your hip, if possible, while the balls of your feet lightly touch the ground. Your arms should alternate with your leg movements, mimicking a running motion. The focus should be on quick, explosive knee lifts while maintaining an even, rhythmic breathing pattern.

## **Butt Kicks Form and Function**

Butt Kicks are another fundamental drill on Day 26. To perform butt kicks correctly, start with a slight lean forward, keeping your upper body relaxed. Kick your heels up to your glutes, aiming for quick contact with minimal ground time for each foot. Your hands can either be held behind you to ensure your heels are making contact with your glutes or can swing in a natural running motion. This drill not only increases the speed of the hamstring contraction but also serves as a dynamic stretch for the quadriceps.

## **Integrating Track Drills**

Incorporating various Track Drills into the session calls for discipline and attention to form. Athletes are to switch between different exercises such as Sprint Intervals, which require a powerful burst from a static start and maintaining high speed for short distances, and Hurdle Jumps, where a high knee lift and a strong thrusting motion are key to clearing each obstacle with minimal loss of momentum. Proper posture here means keeping the torso erect and the eyes forward. Finally, Relay Exchanges hone hand-eye coordination and the ability to maintain speed during the baton handoff. Smooth technique during these drills contributes both to individual skill development and to the synergy of team members in relay scenarios.

## **DETAILS OF DAY 27**

Day 27 introduces a high-energy Circuit Training session designed to boost agility, balance, and coordination. The 30-minute workout will consist of a circuit integrating Stretching Bands, Cone Drills, and Stability Exercises. Athletes will spend approximately 10 minutes on each station.

Stretching Bands will be the first station where participants utilize resistance bands to perform a variety of exercises that promote muscular strength and flexibility. Movements like band pulls and leg presses will challenge the athletes' range of motion and muscular endurance.

Next, participants will progress to Cone Drills, which are essential for improving quick direction changes and lateral movement speed. Setting up cones in a zigzag pattern, athletes will weave through the course, focusing on maintaining low body positioning and rapid footwork.

The final section of the circuit will focus on Stability Exercises. This includes balance board routines and stability ball workouts, crucial for developing core strength and coordination. These exercises will help athletes maintain control of their body movements even in the most dynamic athletic situations.

Each athlete should cycle through the entire circuit with minimal rest between stations, ensuring their heart rate stays elevated, which will also add a cardiovascular component to the agility session.

## **Technique for Stretching Bands**

Proper technique with Stretching Bands is critical to maximise the efficacy of each exercise and prevent injury. Athletes are advised to stand firm, plant their feet shoulder-width apart for stability, and maintain a neutral spine. When pulling on the bands, movements should be controlled and steady, engaging the core and focusing on the muscle group being targeted. Elbows should be kept close to the body to promote correct alignment, ensuring that the resistance challenges the muscles without straining joints.

## **Posture and Movement for Cone Drills**

When performing Cone Drills, the key is to maintain a low center of gravity which enhances stability and allows for more explosive changes in direction. Athletes should keep their knees slightly bent, lean the upper body forward, and gaze ahead, not down, to anticipate their movements. Quick, agile steps are essential, and the balls of the feet should be used to push off the ground, enabling swift transitions while navigating the cones.

## **Stability Exercise Alignment and Balance**

For Stability Exercises, concentrating on alignment and balance is paramount. Whether using a balance board or a stability ball, the athlete's posture should be upright with shoulders back and down, engaging the core muscles to provide support. Movements should be performed slowly to challenge balance—this deliberate pace allows the body's stabilizer muscles to adapt and strengthen. The focus should be on maintaining control and smooth transitions between positions to ensure that every exercise is executed with proper form.

## **DETAILS OF DAY 28**

After several intense training days, Day 28 is dedicated to Active Recovery, which is as vital as the workouts themselves to an athlete's regimen. Active recovery helps to reduce muscle soreness, promotes blood flow to muscles for repair, and keeps the mind and body engaged without overexertion. The schedule includes a choice between a light swim or a relaxed walk, followed by a comprehensive stretching session.

During the Light Swim, athletes should focus on using long, fluid strokes to engage their muscles in a low-impact way, facilitating recovery while offering a refreshing change of pace.

Alternatively, a Leisurely Walk serves as an excellent method to gently engage the body, stimulate circulation, and to clear the mind, reducing psychological fatigue from previous workout intensity.

The day will conclude with a Stretching Session, where athletes take the time to work through a series of stretches targeting all major muscle groups. Emphasis will be placed on breath-guided movements, encouraging muscles to relax and lengthen, and reinforcing joint flexibility. Athletes are encouraged to hold each stretch for at least 20–30 seconds to achieve the best results, reminding them that this recovery phase is an investment in their body's health and their ongoing athletic performance.



# Week 4 progress Report



**YES**

**NO**

Did you notice an improvement in your range of motion after performing agility exercises?

Have you successfully increased the complexity of your agility exercises throughout the week?

Did you track your progress by measuring your performance in agility-based drills?

Did you follow proper recovery protocols after each workout?

## ON A SCALE OF 1-10

To what extent have you noticed an improvement in your range of motion after performing agility exercises?

How motivated are you to continue with these exercises based on the results you've observed so far?

### HYDRATION



### REST/SLEEP



### NUTRITION



### NOTE TO SELF

