



**UGT VIP+ Training Schedule  
WORKOUT #10  
Off-Season Schedule**

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Wk 1	Mob LB Str Stamina	Mob UB Str Speed	Mob	Mob LB Str Stamina	Mob UB Str Speed	Mob Stamina	OFF
Wk 2	Mob LB Str Stamina	Mob UB Str Speed	Mob	Mob LB Str Stamina	Mob UB Str Speed	Mob Stamina	OFF
Wk 3	Mob LB Str Stamina	Mob UB Str Speed	Mob	Mob LB Str Stamina	Mob UB Str Speed	Mob Stamina	OFF
Wk 4	Mob LB Str Stamina	Mob UB Str Speed	Mob	Mob LB Str Stamina	Mob UB Str Speed	Mob Stamina	OFF

**In-Season Schedule – Do TWO sets ONLY!**

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Wk 1	Mob	Mob LB Str	OFF	Mob UB Str	Mob	Mob SPEED	Mob LB Str
Wk 2	Mob	Mob LB Str	OFF	Mob UB Str	Mob	Mob SPEED	Mob LB Str
Wk 3	Mob	Mob LB Str	OFF	Mob UB Str	Mob	Mob SPEED	Mob LB Str
Wk 4	Mob	Mob LB Str	OFF	Mob UB Str	Mob	Mob SPEED	Mob LB Str

## GWC10 - Mobility Lower

Exercise/Date				
<b>MOBILITY – Dynamic Warm Up – do each exercise 5 times on each side or over 10 meters.</b>				
1. Walking Quad Stretch				
2. Walking Knee Hug				
3. Lunge Walk				
4. Walking Hamstring				
5. Straight Leg March				
6. Down and Back				
7. ½ Kneeling Groin + Rotation				
8. Spiderman + Reach				
9. Shuffle + Lateral Lunge				
<b>Movement Lower</b>				
A. Split Squat 3x12ea 3011				
A1. Quick Step + Lateral Hop 3x8 each way Quick – stay low				
B. Low Walk + Plate Push 3x8 steps each way Steady				
B1. Standing Knee Circles 3x6ea very slowly - honey				
C. Pigeon Flow 3x3ea As slowly as possible				
C1. SL Glute Bridge on Med Ball 3x10ea 2011				
C2. Eccentric Ab Reach 3x6-10 4s out – do not pull back up!				

## GWC10 – Movement Upper

Exercise/Date				
<b>MOBILITY – this is the mobility you did last phase</b>				
1. LAX Ball x 30s each • Hip Flexor • Glutes • Lats				
2. Hamstring + Active Rotation x 15ea				
3. Elevated Hip Flexor Stretch x 30s ea				
4. 90/90 Hip Static x 30s each				
5. Kneeling Rotation + Breathing x 6 breaths each				
6. ½ Kneeling Groin + Rock Back x 15ea				
7. Standing Calf x 30s each				
<b>Movement Upper</b>				
A. Push Up + Reach 3x4-6ea 3111				
A1. Wide BG or Cable Row 3x12 3012				
A2. Side Plank + Leg Lift 3x10ea 1011				
B. PU Position + Row 3x10ea 2011				
B1. Squat Jump 3x6 Explosive				
C. T, V, W 3x10ea 2011				
C1. SA Cable or BG Pec Fly 3x8ea 2011				
Sleep Quality/Mood				

## GWC10 – ESD

Exercise/Date				
<b>Speed</b>				
Dynamic warm up first.... <a href="http://youtu.be/N7i1Q4MKLLk">http://youtu.be/N7i1Q4MKLLk</a>				
A. 50m Sprint – walk back for rest X 10				
A1. 25m Sprint – walk back for rest X 10				
A2. 10m Sprint – walk back for rest X10				
Exercise/Date				
<b>Stamina... You can do this workout running, but if you are not comfortable with running, then use the bike, slideboard, elliptical, jump rope or Stairmaster</b>				
Dynamic warm up first.... <a href="http://youtu.be/N7i1Q4MKLLk">http://youtu.be/N7i1Q4MKLLk</a>				
1. 60s hard: 60s rest Repeat 6 times. Rest 3-minutes				
2. 30s hard: 60s rest Repeat 6 times Rest 2-minutes				
3. 15s hard: 60s rest Repeat 6 times DONE!!!				

