



TRUE Athlete Performance

Athlete Strength and Conditioning Homework Packet

Overview: The goal of this packet is to provide athletes with resources to improve strength, core, balance, and conditioning throughout the season or prior to the season. The attached pages include detailed descriptions of each exercise needed for the program. In the program below you will notice an overview of what exercises should be performed throughout the workouts.

*Please follow the program design as close as possible; picking what exercises you would like to do each workout. Perform 2 workouts per week consisting of the following drills and exercises from the next 2 pages. For all **Strength Exercises** that include a dumbbell, use a light weight and focus on form and technique.*

Weeks 1 & 2

- 2 Strength Exercises
- 2 Core Exercises
- 2 Balance Exercises
- 1 Conditioning Exercise

Weeks 3 & 4

- 4 Strength Exercises
- 1 Core Exercise
- 1 Balance Exercise
- 1 Conditioning Exercise

Weeks 5 & 6

- 3 Strength Exercises
- 2 Core Exercises
- 2 Balance Exercises
- 1 Conditioning Exercise

Weeks 7 & 8

- 3 Strength Exercises
- 3 Core Exercises
- 2 Balance Exercises
- 2 Conditioning Exercises

Sample Week 1

Strength Exercise #1: Body Weight Squats

Strength Exercise #2: Calf Raises

Core Exercise #1: Sit-Ups

Core Exercise #2: Leg Raise

Balance Exercise #1: One-Foot Stand

Balance Exercise #2: One-Foot Reach

Conditioning Exercise: ¼ Mile Run

Perform the recommended sets and repetitions of each exercise before moving on to the next

Strength Exercises

Exercise	Description	Sets/Reps
Body Weight Squats	Keep feet shoulder width apart – Chest up – Sit hips back and do not let knees come past the toe during exercise	2/15
Alternating Lunges	Keep good posture – Step out with one foot, pushing back up through heel and not letting knee come past the toe.	2/10 each leg
Calf Raises	Lift body by flexing calves – hold at the top of exercise for 2 seconds	2/15
Squat Jumps	Keep hands behind head – land soft and then power off the ground	2/10
Push-Ups	Keep hands directly underneath shoulders – Keep core tight and hips down.	2/as many as you can
Close-Grip Push-Ups	Hands about 2-5 inches apart – Keep core tight and hips down.	2/as many as you can
DB Bent Over Row	Slightly bend knees and bend at waist so upper body is parallel with the ground – Start with arms out straight and then pull dumbbells to chest by squeezing shoulder blades together.	2/15
DB Shoulder Press	Begin with arms at a 90 degree angle above head holding the dumbbells – Push up and bring dumbbells together at top of exercise.	2/15

Core Exercises

Exercise	Description	Sets/Reps
Sit Ups	Keep knees bent and feet flat on the ground – Use abdominal muscles to lift shoulder blades off the ground – Try to keep arms crossed at your chest.	2/30-60 seconds
Alternating Pike	Begin lying on ground with arms and legs out straight – Bring one leg up and crunch to touch both hands to that foot. Come back to starting position and repeat with opposite leg.	2/30-60 seconds
Russian Twist	Begin in a sitting position on floor holding feet slightly off the ground – Keep feet off ground and twist, touching both hands to the ground next to body – Repeat on other side at a controlled, consistent pace.	2/30-60 seconds
Leg Raise	Lie flat on back with hands underneath body for lower back support – Keep legs straight and raise feet 6 inches off the ground and hold.	2/30-60 seconds
Bridge	Start lying face down on ground – Balance on elbows and toes, keeping body in a straight line by keeping abdominal muscles tight.	2/30-60 seconds

*If you have any questions on this program please contact Matt Diener at (440) 465-3584 or by email at mdiener@trueap.com

Balance Exercises

Exercise	Description	Sets/Reps
One Foot Balance	Simply stand on 1 foot – Keep knee slightly bent – Close eyes to increase difficulty	2/30-60 seconds
One Foot with Knee Drive	While standing on 1 foot, drive opposite knee up in the air and then control back to starting position – Repeat in a slow, controlled manner.	2/30-60 seconds
One Foot Reach	Standing on 1 foot, drop hips and reach forward with opposite hand – Try to touch the ground 6-12 inches in front of balancing foot.	2/30-60 seconds
One Foot Crossover Reach	Standing on 1 foot, reach opposite hand across body – Try to touch the outside of the balancing foot.	2/30-60 seconds

Conditioning Exercises

Exercise	Description	Sets/Reps
Pyramid Sprints	Sprint 10 yards, then rest 30 seconds – Repeat with 20 yards, then 30, up to 100 yards, then back down to 10 yards – Rest 30 seconds between each sprint and always move in 10 yard increments	1 Set
Sprint Backpedal	Place 2 cones 10 yards apart – Start at 1 cone – Sprint to the second cone, then backpedal to original position, focusing on a quick change of direction – Complete 5 repetitions as quickly as possible – Can be modified by replacing backpedal with a shuffle or carioca.	4 Sets
¼ Mile Run	Sprint the entire distance – 1 lap on high school track = ¼ mile	2 Sets (1 min. rest)
“Down and Backs”	Place 5 cones in a line, each 10 yards apart – Start at first cone – Sprint to second cone and back, third cone and back, fourth cone and back, and finally fifth cone and back as quickly as possible.	2 Sets (1 min. rest)