

# STRATEGIC FITNESS PLAN

## Level One

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10-Minute Stretching Routine</b> <i>Chapter 6</i>	<b>Weights</b> 30 minutes <i>Chapter 10</i>	<b>10-Minute Stretching Routine</b>	<b>Weights</b> 30 minutes	<b>10-Minute Stretching Routine</b>	<b>10-Minute Stretching Routine</b>	<b>Rest</b>
<b>Sprint 8</b> 20 minutes <i>Chapter 8</i>	<b>Cardio-20</b> 20 minutes <i>Chapter 7</i>	Make up day	<b>Cardio-20</b> 20 minutes	<b>Sprint 8</b>	<b>Cardio-20 or Weights</b>	<b>TOTAL WEEK TIME:</b> 3 hours 20 mins
30 minutes	50 minutes	10 minutes	50 minutes	30 minutes	30 minutes	

**Record your performance  
in the shaded areas**

*sample of completed plan on page 104*

# STRATEGIC FITNESS PLAN

**Training Log    Level One    Week 1    Date \_\_\_\_\_**

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, F, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 2 x week</b> <i>Chapter 7</i> <i>Tuesday, Thursday or Saturday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>20-40% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i>							
<b>Plyometrics</b>	<i>Plyometric drills begin at Level Two</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps</b> <b>Performance</b> <i>sets /reps</i>		<i>Record amount of weight used during sets in shaded areas. <b>NOTE: Perform slow to moderate lifting tempo</b> (up-on-two, down-on-four)</i>				
<b>Chest</b>	Bench press      1/12							
	Incline press      1/12							
	Chest stretch    30 sec							
<b>Back</b>	Pull downs      1/12							
	Up back stretch 30 sec							
<b>Shoulders</b>	Shoulder press    1/10							
	Shrugs            1/15							
	Shoulder stretch 30 sec							
	Rotator cuff      1/10							
<b>Biceps</b>	Curls            1/10							
	Incline DB curl   1/10							
<b>Triceps</b>	Press downs      1/20							
<b>Quads</b>	Leg ext            1/20							
<b>Hamstrings</b>	Leg curls          1/12							
<b>Calves</b>	3-way calf raises 1/21							
<b>Abs</b>	Crunches          1/15							
<b>Obliques</b>	Twists            1/15							

## STRATEGIC FITNESS PLAN

**Training Log    Level One    Week 2    Date \_\_\_\_\_**

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, F, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 2 x week</b> <i>Chapter 7</i> <i>Tuesday, Thursday or Saturday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>20-40% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i> <i>Chapter 8</i>							
<b>Plyometrics</b>	<i>Plyometric drills begin at Level Two</i> <i>Chapter 9</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets /reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform slow to moderate lifting tempo (up-on-two, down-on-four)</i>				
<b>Chest</b>	Bench press    1/12							
	Incline press    1/12							
	Chest stretch    30 sec							
<b>Back</b>	Pull downs    1/12							
	Up back stretch    30 sec							
<b>Shoulders</b>	Shoulder press    1/10							
	Shrugs    1/15							
	Shoulder stretch    30 sec							
	Rotator cuff    1/10							
<b>Biceps</b>	Curls    1/10							
	Incline DB curl    1/10							
<b>Triceps</b>	Press downs    1/20							
<b>Quads</b>	Leg press    1/20							
<b>Hamstrings</b>	Leg curls    1/12							
<b>Calves</b>	3-way calf raises    1/21							
<b>Abs</b>	Crunches    1/15							
<b>Obliques</b>	Side bends    1/15							

## STRATEGIC FITNESS PLAN

**Training Log    Level One    Week 3    Date \_\_\_\_\_**

Workout:	Training Plan:		M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, F, Sat)</b> <i>Chapter 6</i>								
<b>Cardio</b>	<b>30 minutes 2 x week</b> <i>Chapter 7</i> <i>Tuesday, Thursday or Saturday</i>								
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>20-40% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i> <i>Chapter 8</i>								
<b>Plyometrics</b>	<b>Plyometric drills begin at Level Two</b> <i>Chapter 9</i>								
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>	<i>Record amount of weight used during sets in shaded areas. <b>NOTE: Perform slow to moderate lifting tempo (up-on-two, down-on-four)</b></i>						
<b>Chest</b>	Bench press    1/12								
	Incline press    1/12								
	Chest stretch    30 sec								
<b>Back</b>	Pull downs    1/12								
	Up back stretch    30 sec								
<b>Shoulders</b>	Shoulder press    1/10								
	Shrugs    1/15								
	Shoulder stretch    30 sec								
	Rotator cuff    1/10								
<b>Biceps</b>	Curls    1/10								
	Incline DB curl    1/10								
<b>Triceps</b>	Press downs    1/20								
<b>Quads</b>	Leg ext    1/20								
<b>Hamstrings</b>	Leg curls    1/12								
<b>Calves</b>	3-way calf raises    1/21								
<b>Abs</b>	Crunches    1/15								
<b>Obliques</b>	Twists    1/15								

## STRATEGIC FITNESS PLAN

**Training Log    Level One    Week 4    Date \_\_\_\_\_**

Workout:	Training Plan:	M	Tu	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, F, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 1 x week</b> <i>Chapter 7</i> <i>Tuesday, Thursday or Saturday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>20-40% speed/intensity during first 4 weeks. 8 reps 70-yards, walk back.</i> <i>Chapter 8</i>							
<b>Plyometrics</b>	<i>Plyometric drills begin at Level Two</i> <i>Chapter 9</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. <b>NOTE: Perform slow to moderate lifting tempo</b> (up-on-two, down-on-four)</i>				
<b>Chest</b>	Bench press      1/12							
	Incline press      1/12							
	Chest stretch    30 sec							
<b>Back</b>	Pull downs      1/12							
	Up back stretch 30 sec							
<b>Shoulders</b>	Shoulder press    1/10							
	Shrugs            1/15							
	Shoulder stretch 30 sec							
	Rotator cuff      1/10							
<b>Biceps</b>	Curls            1/10							
	Incline DB curl   1/10							
<b>Triceps</b>	Press downs      1/20							
<b>Quads</b>	Leg press        1/20							
<b>Hamstrings</b>	Leg curls        1/12							
<b>Calves</b>	3-way calf raises 1/21							
<b>Abs</b>	Crunches        1/15							
<b>Obliques</b>	Side bends      1/15							

# NOTES:

**NOTE:** Continue the Fitness Plan for this Level until you complete your initial Eight-Week Commitment. For program continuation, additional copies of the Strategic Fitness Plans may be obtained from [www.readysetgofitness.com/plans.shtml](http://www.readysetgofitness.com/plans.shtml). All purchasers of this book have permission to copy plans for personal use. After the initial eight weeks of training, repeat the Fitness Level adding intensity (more weight, reps, speed), or move to the next Fitness Level.