

# STRATEGIC FITNESS PLAN

## Level Five

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Warm up</b>  <b>Sprints</b> <i>Chapter 8</i>  <b>Program A:</b> 8x60 meters 4x150 meters  Alternate with <b>Program B:</b> 2-4 sets of: 1x60 meters 1x150 1x300 (1-2 minutes rest inbetween)  <b>10-Minute            Stretching            Routine</b> <i>Chapter 6</i>	<b>Warm up</b>  <b>Plyometrics</b> 20 minutes <i>Chapter 9</i>  <b>Sprints:</b> 8x40 meters 8x20  <b>10-Minute            Stretching            Routine</b>	<i>Make-up            Day</i>	<b>Warm up</b>  <b>Plyometrics</b> 20 minutes  <b>Sprints:</b> Sprint ladder: 2x60 meters 2x100 2x200 2x100 2x60  <b>10-Minute            Stretching            Routine</b>	<b>10-Minute            Stretching            Routine</b>  <b>Cardio-30</b> <i>Chapter 7</i>	<b>Warm up</b>  <b>Sprints:</b> 8x10 meters 4X40 4X60  5 sets Bleacher runs and 5 sets of Bleacher Lunges. <i>walk-down            in between</i>  <b>10-Minute            Stretching            Routine</b>	<b>Rest</b>
<b>Weights</b> 1 hour <i>Chapter 10</i>  2 hour s 30 minutes	<b>Weights</b> 1 hour  2 hours		<b>Weights</b> 1 hour  2 hours 30 minutes	<b>Weights</b> 1 hour  1 hour 30 minutes	<b>Weights</b> 1 hour  2 hours 30 minutes	<b>TOTAL            WEEK            TIME:</b> 11 hours

Level Five is the maximum program designed for off-season, advanced athletes. It's set up for a four-week rotation. Heavy Olympic and power lifting are prescribed for one day a week (*Saturdays*). The weight-training routine is set for five days in the gym. Should you encounter time problems, the following split-routine could be substituted for a four-day-week split: Day 1, chest/back; Day 2, legs; Day 3, shoulders/arms; Day 4, Olympic lifts rotation.

# Heavy Olympic and Power Lifting

*One day a week, four week rotation*

<b>Week 1</b> <b>Training Plan</b> (Sat)	Performance <i>Weight</i> <i>sets / reps</i>
Hang Cleans    3 x 3-5	lbs
Squats            5 x 3-5	lbs

<b>Week 2</b> <b>Training Plan</b> (Sat)	Performance <i>Weight</i> <i>sets / reps</i>
Push Press    3 x 8-12	lbs
Dead Lifts     5 x 3-5	lbs

<b>Week 3</b> <b>Training Plan</b> (Sat)	Performance <i>Weight</i> <i>sets / reps</i>
Hang Cleans    3 x 3-5	lbs
One-Leg Squats 3 x 10	lbs

<b>Week 4</b> <b>Training Plan</b> (Sat)	Performance <i>Weight</i> <i>sets / reps</i>
Push Press    3 x 8-12	lbs
Squats            3 x 8	lbs

**Level Five** is demanding. No, it's very demanding. But it will produce great results! The goal is high-intensity, **injury-free training**. Listen to your body. Injury-free training during the off-season is important in maximizing results. Remember the Isshinryu 90-Percent Extension Rule and E-Lifts (*Chapter 9*).

# STRATEGIC FITNESS PLAN

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

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, T, Th, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b> <i>Chapter 7</i>	<b>30 minutes 2 x week</b> <i>Cardio is also multi-tasked with anaerobic training</i>							
<b>Sprint 8</b> <i>Chapter 8</i>	<b>30 minutes 3 x week</b> <i>90-95% speed/intensity. See Exercise Prescription.</i>							
<b>Plyometrics</b> <i>Chapter 9</i>	<b>20 minutes 2 x week</b> <i>2 sets plyo-drills</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 E-Lifts (Chp 9) on push &amp; press exercises</i>				
<b>Chest</b>	Bench press 3/8 Incline press 3/12 Cable chest press 3/10 Cable flies 3/10 Chest stretch 30 sec							
<b>Back</b>	Pull downs 5/12 Dumbbell rows 3/12 Up back stretch 30 sec Hyper ext 2/15							
<b>Shoulders</b>	Sh press 5/8 Front raises 3/10 Bent laterals 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 2/15							
<b>Biceps</b>	Curls 5/10 Incl DB curls 3/10 Bicep 21s 3 sets Forearm curls 2/10							
<b>Triceps</b>	Press downs 3/20 Kick backs 3/20 Rev press downs 3/15							
<b>Quads</b>	<i>Leg press superset</i> 3/10 <i>Squat jumps</i> 3/10 Lunges 3/10 Leg ext 3/20							
<b>Hamstrings</b>	Leg curls 3/10 Stiff leg dead lift 1/10							
<b>Calves</b>	3-way calf raises 3/20 Rev calf raises 1/50							
<b>Abs</b>	Leg raises 3/20 Crunches 2/20							
<b>Obliques</b>	Side bends 1/30							

Plyo-power lifts on Saturday

# STRATEGIC FITNESS PLAN

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

Workout:	Training Plan:	M	Tu	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, T, Th, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 2 x week</b> <i>Chapter 7</i>							
<b>Sprint 8</b>	<b>30 minutes 3 x week</b> <i>Chapter 8</i> <i>90-95% speed/intensity</i>							
<b>Plyometrics</b>	<b>20 minutes 2 x week</b> <i>Chapter 9</i> <i>2 sets plyo-drills</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 E-Lifts (Chp 9) on push &amp; press exercises</b></i>				
<b>Chest</b>	Bench press      3/8 Incline press    3/12 Decline press    3/10 D/B flies        3/10 Pullovers        1/25 Chest stretch    30 sec							
<b>Back</b>	Pull downs        5/12 Cable rows        3/12 Up back stretch 30 sec Hyper ext        2/20							
<b>Shoulders</b>	Sh press            5/5 Side raises        3/10 Bent laterals     3/10 Shrugs             3/20 Shoulder stretch 30 sec Rotator cuff      2/15							
<b>Biceps</b>	Curls                5/10 Incl DB curls     3/10 Bicep 21s        3 sets Hammer curls     2/10							
<b>Triceps</b>	Press downs       3/20 Tricep ext        3/20 Kick backs        3/15							
<b>Quads</b>	<i>Leg press superset</i> 3/10 <i>Squat jumps</i> 3/10 Hack squats       3/10 Hip flexors Rev   2/10							
<b>Hamstrings</b>	Leg curls           5/8							
<b>Calves</b>	3-way calf raises 6/20							
<b>Abs</b>	Leg raises         3/25 Crunches          2/30							
<b>Obliques</b>	Twists              1/30							

Plyo-power lifts on Saturday

## STRATEGIC FITNESS PLAN

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

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, T, Th, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b> <i>Chapter 7</i>	<b>30 minutes 2 x week</b>							
<b>Sprint 8</b> <i>Chapter 8</i>	<b>30 minutes 3 x week</b> <i>90-95% speed/intensity</i>							
<b>Plyometrics</b> <i>Chapter 9</i>	<b>20 minutes 2 x week</b> <i>2 sets plyo-drills</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 E-Lifts (Chp 9) on push &amp; press exercises</i>				
<b>Chest</b>	Bench press 3/8 Incline press 3/12 Cable chest press 3/10 Cable flies 3/10 Chest stretch 30 sec							Plyo-power lifts on Saturday
<b>Back</b>	Pull downs 5/12 Cable rows 3/12 Up back stretch 30 sec Hyper ext 2/20							
<b>Shoulders</b>	Sh press 5/8 Front raises 3/10 Bent laterals 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 2/15							
<b>Biceps</b>	Curls 5/10 Incl DB curls 3/10 Bicep 21s 3 sets Forearm curls 2/10							
<b>Triceps</b>	Press downs 3/20 French press 3/20 Rev press downs 1/15							
<b>Quads</b>	Leg press 3/20 One-leg squats 3/10 Leg ext 3/20 Hip flexors 3/10							
<b>Hamstrings</b>	Leg curls 3/10 Stiff leg dead lift 1/10							
<b>Calves</b>	3-way calf raises 3/20 Rev calf raises 1/50							
<b>Abs</b>	Leg raises 3/25 Crunches 2/30							
<b>Obliques</b>	Side bends 1/30							

## STRATEGIC FITNESS PLAN

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

Workout:	Training Plan:	M	Tu	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, T, Th, Sat)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 2 x week</b> <i>Chapter 7</i>							
<b>Sprint 8</b>	<b>30 minutes 3 x week</b> <i>Chapter 8</i> <i>90-95% speed/intensity</i>							
<b>Plyometrics</b>	<b>20 minutes 2 x week</b> <i>Chapter 9</i> <i>2 sets plyo-drills</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 E-Lifts (Chp 9) on push &amp; press exercises</b></i>				
<b>Chest</b>	Bench press 3/8 Incline press 3/12 Dips 3/10 Cable flies 3/10 Pullovers 1/25 Chest stretch 30 sec							
<b>Back</b>	Pull downs 5/12 T-bar rows 3/12 Up back stretch 30 sec Hyper ext 2/20							
<b>Shoulders</b>	Sh press 5/5 Side raises 3/10 Bent laterals 3/10 Shrugs 3/20 Shoulder stretch 30 sec Rotator cuff 2/15							
<b>Biceps</b>	Curls 5/10 Incl DB curls 3/10 Bicep 21s 3 sets Hammer curls 2/10							
<b>Triceps</b>	Press downs 3/20 French press 3/20 Rev press downs 3/15							
<b>Quads</b>	<i>Leg press superset</i> 3/10 <i>Squat jumps</i> 3/10 front squats 3/10 One-leg leg ext 3/10							
<b>Hamstrings</b>	Leg curls 5/8							
<b>Calves</b>	3-way calf raises 6/20							
<b>Abs</b>	Leg raises 3/25 Crunches 2/30							
<b>Obliques</b>	Twists 1/30							

Plyo-power lifts on Saturday

## **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.