Incoming Athlete Spring Manual – General Fitness Training

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Minnesota Strength

This General Preparation manual is a five week cycle of non-specific workouts for your sport. The goal is this cycle is to elevate your fitness levels in order to prepare you mentally and physically for the time when we begin specialized physical preparation. The Specialized preparation is when work becomes intensified to specifically prepare you for the demands that you will face in your sport. In order to maximize your potential we must begin to elevate your physical capacity so you will be able to endure the later cycles.

Each day during this cycle has a hyperlink in the calendar that takes you to that day's workout. When you click on the link it will take you to a list of everything to be completed for the day's workout. Everything on the list will also be hyperlinked to the Xlathlete website where you will have the exercise explained along with a picture or video.

Once you have completed everything the workout for that specific date, there is a link that takes you back to the calendar where you will get your workout for the next day.

It is your responsibility to email me two weeks before you need a new workout, so I will be able to get it to you in time.

Minnesota Strength

Month 1 - Off Season Training

Monday *Tuesday* *Wednesday* *Thursday* *Friday* *Saturday*

Week 1 Day 1 **Workout 1**	**Week 1 Day 2** **Workout 2**	**Week 1 Day 3** **Workout 3**	**Week 1 Day 4** **Workout 4**	**Week 1 Day 5** **Workout 5**	**Week 1 Day 6** **Workout 6**
Week 2 Day 1 **Workout 7**	**Week 2 Day 2** **Workout 8**	**Week 2 Day 3** **Workout 9**	**Week 2 Day 4** **Workout 10**	**Week 2 Day 5** **Workout 11**	**Week 2 Day 6** **Workout 12**
Week 3 Day 1 **Workout 13**	**Week 3 Day 2** **Workout 14**	**Week 3 Day 3** **Workout 15**	**Week 3 Day 4** **Workout 16**	**Week 3 Day 5** **Workout 17**	**Week 3 Day 6** **Workout 18**
Week 4 Day 1 **Workout 19**	**Week 4 Day 2** **Workout 20**	**Week 4 Day 3** **Workout 21**	**Week 4 Day 4** **Workout 22**	**Week 4 Day 5** **Workout 23**	**Week 4 Day 6** **Workout 24**
Week 4 Day 1 **Workout 25**	**Week 4 Day 2** **Workout 26**	**Week 4 Day 3** **Workout 27**	**Week 4 Day 4** **Workout 28**	**Week 4 Day 5** **Workout 29**	**Week 4 Day 6** **Workout 30**

Minnesota Strength

Workout 1

Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 7

Medicine Ball Total Body Circuits For Sport – Level 8-No Rest in Between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 - No Rest in Between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

Game Speed Conditioning - Gym - Level 3

Foam Roller Work

Click here to Return to Calendar

Minnesota Strength

Workout 2

Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 1 - 2 Sets - No Rest in Between Sets on this Sheet

Forearm Circuits For Sport - Workout 2 - No Rest in Between Sets on this Sheet

Plate Workout For Sport 1 - No Rest in Between Sets on this Sheet

27 Minute Interval Bike Workout Level 7 Time Counts Down
or
27 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 1

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Minnesota Strength

Workout 3

Dynamic Warm Up For Sport 1

Cone Agility Drills – **Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!**

GPP Ultimate Single Lift Workout For Sport – **Level 5**

Medicine Ball Total Body Circuits For Sport – **Level 10 - No Rest in Between Sets on this Sheet**

Core Workouts With Equipment For Sport – **Workout 2 - No Rest in Between Sets on this Sheet**

Shoulder Prehab Circuits For Sport – **Workout 1 –1 Set Each Exercise - No Rest in Between Sets on this Sheet**

Game Speed Conditioning - Gym - **Level 3**

Foam Roller Work

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Minnesota Strength

Workout 4

Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 2 Sets

Forearm Circuits For Sport - Workout 1 - No Rest in Between Sets on this Sheet

Plate Workout For Sport 2 - No Rest in Between Sets on this Sheet

27 Minute Interval Bike Workout Level 7 Time Counts Down
or
27 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 2

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Minnesota Strength

Workout 5

Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 5 - No Rest in Between Sets on this Sheet

Medicine Ball Total Body Circuits For Sport – Level 10 - No Rest in Between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 - No Rest in Between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Foam Roller Work

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Minnesota Strength

Workout 6

Dynamic Warm Up For Sport 1

Cone Agility Drills – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 2 - No Rest in Between Sets on this Sheet

Tabata Intervals For Sport: On-Field Training –
5 minutes rest
Bulgarian Jump Squat Conditioning

Band Stretching 2

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Minnesota Strength

Workout 7

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #6 – 2 Sets of Each, Plenty of Rest – Speed!!

Adaptability Training Collection For Sport –Pick One Sheet - Level 4

Medicine Ball Total Body Circuits For Sport – Level 11 - No Rest in Between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 1 - No Rest in Between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 2 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Foam Roller Work

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Workout 8

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #7 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 1 - No Rest in Between Sets on this Sheet

Plate Workout For Sport 1 -- No Rest in Between Sets on this Sheet

37 Minute Interval Bike Workout Level 7 Time Counts Down
or
37 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 1

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Minnesota Strength

Workout 9

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #6 – 2 Sets of Each - Plenty of Rest – Speed!!

GPP Ultimate Single Lift Workout For Sport – Level 5

Medicine Ball Total Body Circuits For Sport – Level 12 - No Rest in Between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 - No Rest in Between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 –1 Set Each Exercise - No Rest in Between Sets on this Sheet

Game Speed Conditioning - Gym - Level 3

Band Stretching 1

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Workout 10

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 8 Sets

Forearm Circuits For Sport - Workout 1

Plate Workout For Sport 2 – No Rest Between Sets on the Sheet

32 Minute Interval Bike Workout Level 7 Time Counts Down
32 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 2

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Minnesota Strength

Workout 11

Dynamic Warm Up For Sport 2

Cone Agility Drills – **Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!**

Super Endurance General Workout For Sport 1 – **Level 5**

Medicine Ball Total Body Circuits For Sport – **Level 10 - No Rest in Between Sets on this Sheet**

Core Workouts With Equipment For Sport – **Workout 2 - No Rest in Between Sets on this Sheet**

Shoulder Prehab Circuits For Sport – **Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet**

Game Speed Conditioning - Gym - **Level 4**

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Minnesota Strength

Workout 12

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 2 - No Rest in Between Sets on this Sheet

Tabata Intervals For Sport: On-Field Training – 5 minutes rest

Bulgarian Jump Squat Conditioning

Band Stretching 2

Click here to Return to Calendar

Minnesota Strength

Workout 13

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – 1

Ladder Drill 3 - 2 Sets

Adaptability Training Collection For Sport – Pick One Sheet - Level 4

Medicine Ball Total Body Circuits For Sport – Level 6 - No Rest in Between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 – 1 Set Each Exercise - No Rest in Between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Foam Roller Work

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Workout 14

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Shoulder YTWL Prehab Circuit For Sport - 1 Set Each Exercise – No Rest Between Sets on this Sheet

Plate Workout For Sport 1 – No Rest Between Sets on this Sheet

37 Minute Interval Bike Workout Level 7 Time Counts Down
or
37 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 1

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Minnesota Strength

Workout 15

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – **Agility Drill #7 – 2 Sets of Each - Plenty of Rest – Speed!!**

GPP Ultimate Single Lift Workout For Sport – **Level 5**

Medicine Ball Total Body Circuits For Sport – **Level 12 - – No Rest between Sets on this Sheet**

Core Workouts With Equipment For Sport – **Workout 1– No Rest Between Sets on this Sheet**

Shoulder Prehab Circuits For Sport – **Workout 2 – 1 Set of each exercise - No Rest in Between Sets on this Sheet**

Game Speed Conditioning - Gym - **Level 5**

Band Stretching 1

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Minnesota Strength

Workout 16

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 8 Sets

Forearm Circuits For Sport - Workout 1 – No Rest Between Sets on this Sheet

Ankle Prehab For Sport – Workout 1 – No Rest Between Sets on this Sheet
Plate Workout For Sport 2 - – No Rest Between Sets on this Sheet

45 Minute Interval Bike Workout Level 7 Time Counts Down
or
45 Minute Interval Bike Workout Level 7 Time Counts Up

Band Stretching 2

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Minnesota Strength

Workout 17

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – **Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!**

Super Endurance General Workout For Sport 1 – **Level 5**

Medicine Ball Total Body Circuits For Sport – **Level 10 – No Rest Between Sets on this Sheet**

Shoulder Prehab Circuits For Sport – **Workout 1 – 1 Set Each Exercise – No Rest between Sets on this Sheet**

Game Speed Conditioning - Gym - **Level 4**

Band Stretching 1

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Minnesota Strength

Workout 18

Dynamic Warm Up With Hurdles For Sport

Cone Agility Drills – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 2 – No Rest Between Sets on this Sheet

Sprint Workouts 16-Week Cycle – Week 16 –Friday workout

Tabata Intervals For Sport: On-Field Training – 5 minutes rest

Bulgarian Jump Squat Conditioning

Band Stretching 2

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Minnesota Strength

Workout 19

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 7

Medicine Ball Total Body Circuits For Sport – Level 8 – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 – No Rest Between Sets on this Sheet.

Shoulder Prehab Circuits For Sport – Workout 1 –1 Set each Exercise. – No Rest between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Band Stretching 1

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Workout 20

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 1 - 2 Sets

Forearm Circuits For Sport - Workout 2 – No Rest between Sets on this Sheet

Plate Workout For Sport 1 – No Rest between Sets on this Sheet

Eight-Week Conditioning Plan – Week 8 –Wednesday Workout

13 Minute Flush Bike Workout Time Counts Down or
13 Minute Flush Bike Workout Time Counts Up

Band Stretching 2

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Minnesota Strength

Workout 21

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

GPP Ultimate Single Lift Workout For Sport – Level 7

Medicine Ball Total Body Circuits For Sport – Level 10 - – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 - – No Rest between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 –1 Sets Each Exercise - No Rest in Between Sets on this Sheet

Sprint Workouts 16-Week Cycle – Week 16 – Wednesday

Foam Roller Work

Click here to Return to Calendar

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Workout 22

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 2 Sets

Forearm Circuits For Sport - Workout 1 – No Rest between Sets on this Sheet

Plate Workout For Sport 2 – No Rest between Sets on this Sheet

Eight-Week Conditioning Plan – Week 8 –Friday Workout

Band Stretching 1

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Minnesota Strength

Workout 23

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 5

Medicine Ball Total Body Circuits For Sport – Level 10 - – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 – No Rest between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 –1 Set Each Exercise – No Rest between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Foam Roller Work

Click here to Return to Calendar

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Workout 24

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 2 – No Rest between Sets on this Sheet

Sprint Workouts 16-Week Cycle – Week 16 –Friday workout

Tabata Intervals For Sport: On-Field Training –
5 minutes rest
Bulgarian Jump Squat Conditioning

Band Stretching 2

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Minnesota Strength

Workout 25

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #1 – 2 Sets of Each, Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 7

Medicine Ball Total Body Circuits For Sport – Level 8 – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 – No Rest between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 –1 Set Each Exercise – No Rest between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

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Minnesota Strength

Workout 26

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #2 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 1 - 2 Sets

Forearm Circuits For Sport - Workout 2 – No Rest between Sets on this Sheet

Plate Workout For Sport 1 - – No Rest between Sets on this Sheet

Eight-Week Conditioning Plan – Week 8 –Wednesday Workout

13 Minute Flush Bike Workout Time Counts Down or
13 Minute Flush Bike Workout Time Counts Up

Band Stretching 2

Click here to Return to Calendar

Minnesota Strength

Workout 27

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

GPP Ultimate Single Lift Workout For Sport – Level 7

Medicine Ball Total Body Circuits For Sport – Level 10 – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 – No Rest between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 – 1 Sets each Exercise – No Rest between Sets on this Sheet

Sprint Workouts 16-Week Cycle – Week 16 – Wednesday

Foam Roller Work

Click here to Return to Calendar

Minnesota Strength

Workout 28

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #5 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 4 - 2 Sets

Forearm Circuits For Sport - Workout 1 – No Rest between Sets on this Sheet

Plate Workout For Sport 2 - No Rest between Sets on this Sheet

Eight-Week Conditioning Plan – Week 8 –Friday Workout

Band Stretching 1

Click here to Return to Calendar

Minnesota Strength

Workout 29

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #3 – 2 Sets of Each - Plenty of Rest – Speed!!

Super Endurance General Workout For Sport 1 – Level 5

Medicine Ball Total Body Circuits For Sport – Level 10 – No Rest between Sets on this Sheet

Core Workouts With Equipment For Sport – Workout 2 – No Rest between Sets on this Sheet

Shoulder Prehab Circuits For Sport – Workout 1 –1 Sets each Exercise – No Rest between Sets on this Sheet

Game Speed Conditioning - Gym - Level 4

Foam Roller Work

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Minnesota Strength

Workout 30

Dynamic Warm Up For Sport 2

Cone Agility Drills – Agility Drill #4 – 2 Sets of Each, Plenty of Rest – Speed!!

Ladder Drill 3 - 2 Sets

Forearm Circuits For Sport - Workout 2 – No Rest between Sets on this Sheet

Sprint Workouts 16-Week Cycle – Week 16 –Friday Workout

Tabata Intervals For Sport: On-Field Training –
5 minutes rest
Bulgarian Jump Squat Conditioning

Band Stretching 2

Click here to Return to Calendar