

***XL*Athlete.com**

The Coach's Manual

A Guide To Using XL Athlete With Your Team



Getting Started

Welcome to XL Athlete. This website is designed to help coaches manage the sports performance training of their athletes. What this includes is strength training, speed development, injury prevention, conditioning, recovery, and nutrition. XL Athlete helps coaches in these areas by providing training manuals, workouts, drill sheets, exercise videos, training articles, coaching tools, and an online store. Since the website is quite large, and growing each week, this manual has been developed as a way to simplify the process of getting started.

How Can XL Athlete Help?

- **Strength Training**
- **Speed Development**
- **Injury Prevention**
- **Conditioning**
- **Recovery**
- **Nutrition**

What Does XL Athlete Provide?

- [Workouts](#)
- [Drill Sheets](#)
- [Exercise Videos](#)
- [Training Manuals](#)
- [Articles](#)
- [Coaching Tools](#)
- [Online Store](#)

Note: All text that is [blue](#) and [underlined](#) is linked to the internet. It is recommended that you click on these words for further clarity.

Getting Started

1. On the [XL Athlete Home Page](#), select *Sign Up* from the menu at the top of the page.



Getting Started

2. Fill in the required information, including name, password, valid email address, postal code, city, state, and country. If you are a ***Coach***, check the box toward the bottom. This will allow you to manage the maxes and programs of several athletes. Click ***Create New User*** once you have entered in all of the necessary information. An email will be sent to the address you provided to confirm and activate your new account. You may then log in.

1. SIGN UP - Fill out the required fields on this page to get your free account.
2. Once you have received your confirmation email, login in using your user name and password.
3. Click on PERSONAL MAXES - For Level 1 workouts - no need to fill out any maxes. Level 2 - 5 - only fill maxes for Back Squat, Bench Press, Front Squat. Level 5 - fill in all the maxes if possible. If you leave a blank, a zero will appear on your workout sheet, and you will have to choose the appropriate weight for exercise yourself. Click UPDATE
4. Click on WORKOUT SHEETS and select your workout and download. If you don't know how to do the exercise, click on the name of the exercise and watch the video.
5. The entire MONTH'S WORKOUTS will be on 1 sheet of paper (it doesn't matter if it's 2x a week, 3x a week, 4x a week)

User information

*Username:

*Password:

*Confirm password:

*E-mail:

Signup code:

Postal code:

City:

State:

Country:

Are you a coach, or do you need to create and maintain several profiles of body maxes? ☒

Getting Started

3. After you have logged in, you can choose to change your profile information, manage your athletes, and enter in your own personal maxes. The latter two features allow you to download and print off personalized programs for you and your athletes. Click ***Manage Children*** to enter in your athlete's maxes, or ***Personal Maxes*** to enter in your own.



Getting Started

4. To manage your athletes, click on *Manage Children*, and then *Add New Child*.



5. Enter in the athlete's name or email address in the box provided, and click *Save Child*.



Getting Started

6. To enter or change your athlete's maxes, click on the number assigned to the athlete you have added.

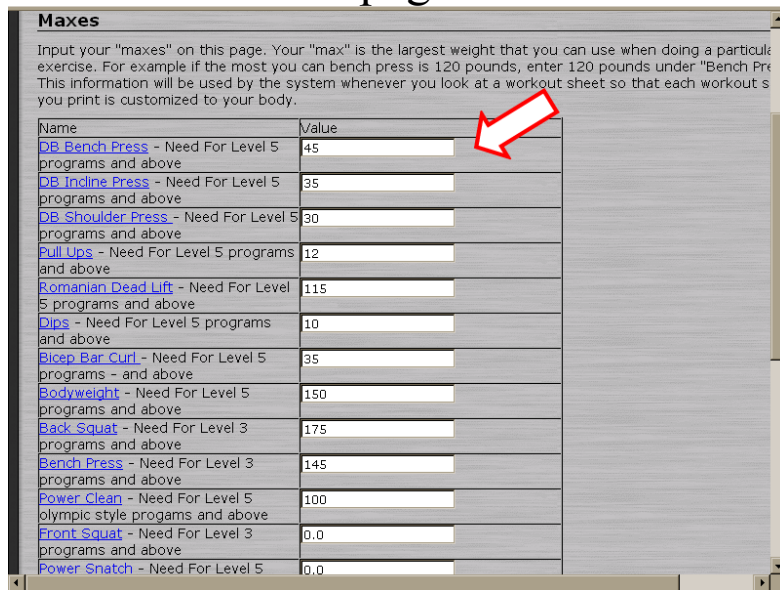


The screenshot shows the XLATHLETE website interface. At the top is the logo and a navigation bar with links: Home, Downloads, Workout Sheets, Drill Sheets, Articles, Exercises, Coaching Tools, Store, Glossary, My Profile, and Logout. Below this is a section titled 'Children'. It contains a table with columns 'No' and 'Username'. The first row has '1' in the 'No' column and 'Dave Henderson' in the 'Username' column. A red arrow points to the number '1'. Below the table are buttons for 'Delete checked' and 'Add new child'. At the bottom, there is a copyright notice: '© 2009 XL Athlete - xlathlete@sbwireless.net'.

No	Username
1	Dave Henderson

© 2009 XL Athlete - xlathlete@sbwireless.net

7. Once there, enter in the athlete's maxes for each exercise. When you have finished, click **Update** at the bottom of the page. Add the rest of the athletes.



The screenshot shows the 'Maxes' page. It includes an instruction: 'Input your "maxes" on this page. Your "max" is the largest weight that you can use when doing a particular exercise. For example if the most you can bench press is 120 pounds, enter 120 pounds under "Bench Press". This information will be used by the system whenever you look at a workout sheet so that each workout sheet you print is customized to your body.' Below this is a table with two columns: 'Name' and 'Value'. A red arrow points to the 'Value' column. The table lists various exercises with their corresponding max values.

Name	Value
DB Bench Press - Need For Level 5 programs and above	45
DB Incline Press - Need For Level 5 programs and above	35
DB Shoulder Press - Need For Level 5 programs and above	30
Pull Ups - Need For Level 5 programs and above	12
Romanian Dead Lift - Need For Level 5 programs and above	115
Dips - Need For Level 5 programs and above	10
Bicep Bar Curl - Need For Level 5 programs and above	35
Bodyweight - Need For Level 5 programs and above	150
Back Squat - Need For Level 3 programs and above	175
Bench Press - Need For Level 3 programs and above	145
Power Clean - Need For Level 5 olympic style programs and above	100
Front Squat - Need For Level 3 programs and above	0.0
Power Snatch - Need For Level 5	0.0

Getting Started

At this point, you are able to print off multiple workouts for your athletes. The sheets will print off in the order you have entered your athletes, so you may want to print the athlete list with its corresponding numbers, for reference.

Downloading Workouts: Step-By-Step

1. Select Workout Sheets

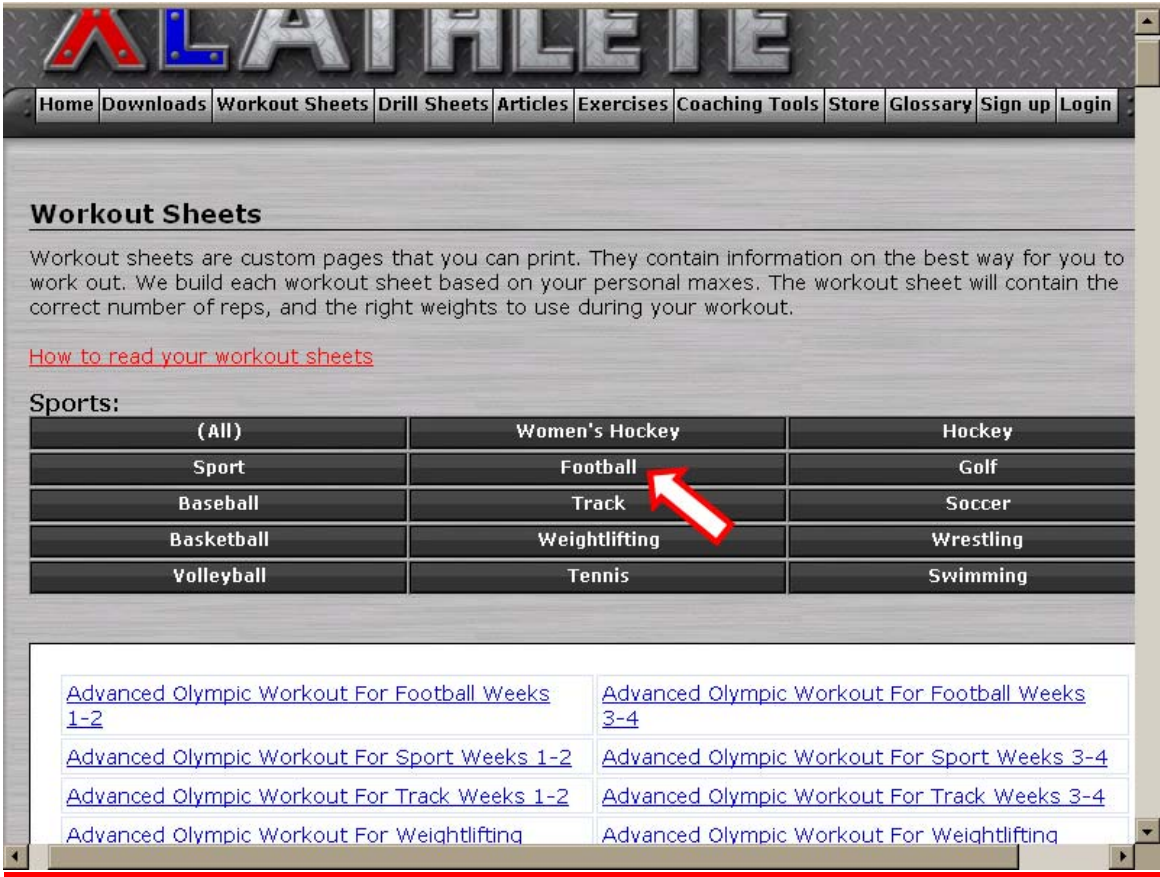
From the [home page](#) of XL Athlete, select *Workout Sheets* from the menu bar.



Downloading Workouts: Step-By-Step

2. Select Sport

From the [workout sheets page](#), select the sport you wish to train from the *Sports* menu.



Workout Sheets

Workout sheets are custom pages that you can print. They contain information on the best way for you to work out. We build each workout sheet based on your personal maxes. The workout sheet will contain the correct number of reps, and the right weights to use during your workout.

[How to read your workout sheets](#)

Sports:

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

Advanced Olympic Workout For Football Weeks 1-2

Advanced Olympic Workout For Football Weeks 3-4

Advanced Olympic Workout For Sport Weeks 1-2

Advanced Olympic Workout For Sport Weeks 3-4

Advanced Olympic Workout For Track Weeks 1-2

Advanced Olympic Workout For Track Weeks 3-4

Advanced Olympic Workout For Weightlifting

Advanced Olympic Workout For Weightlifting

Downloading Workouts: Step-By-Step

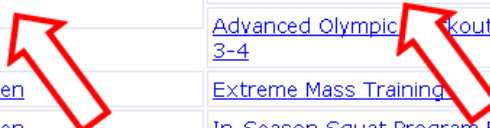
3. Select Workout

Select the workout you wish to use from the list of workouts. You may choose to download one of your own, with your own personal maxes, or download multiple workouts for your athletes. To print of your own workout, simply click on the one of your choice. To download multiple workouts for your athletes, click on ***View Workout Sheets For Children*** adjacent to the workout of your choice.

Sports:

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

Advanced Olympic Workout For Football Weeks 1-2	View Workout Sheets for Children
View Workout Sheets for Children	Advanced Olympic Workout For Football Weeks 3-4
View Workout Sheets for Children	Extreme Mass Training For Football
View Workout Sheets for Children	In-Season Squat Program For Football Weeks 1-4
View Workout Sheets for Children	Individual Clean and Jerk Maximum Load For Football Weeks 1-4
View Workout Sheets for Children	Individual Clean and Jerk Programs For Football Weeks 1-4
View Workout Sheets for Children	Individual Clean and Jerk Programs For Football Weeks 5-8
View Workout Sheets for Children	Individual Olympic-Combo Lift Maximum Load For Football Weeks 1-4
View Workout Sheets for Children	Individual Olympic-Combo Lift Programs For Football Weeks 1-4
View Workout Sheets for Children	Individual Olympic-Combo Lift Programs For Football Weeks 5-8



Downloading Workouts: Step-By-Step

4. Download The Workout

Download the workout or workouts (pdf format) to view and print.



Downloading Workouts: Step-By-Step

5. View and Print The Workout

Adobe Acrobat - [workout_sheet_Individual%20Power%20Clean%20Programs%20For%20Football%20Week...

File Edit Document Tools View Window Help

121%

XLAthlete.com Individual Power Clean Programs For Football

Week 1 - Workout 1

Name	Set/Reps	Weight	Reps Per Set	Rest After Set	Information
Warm Up/Prehab	Clean Grip RDL Strug	70.0	1 Rep	1:30	Use cluster sets (2+2)
Dynamic Warm Up	Front Squat	72.0	4 Reps	2:00	15 sec of rest between clusters
Clean and Jerk Warm Up	Hang Power Clean W/ Front Squat	72.0	4 Reps	2:00	Maximize Speed
	Clean From Hang Below Knees	75.0	4 Reps	2:00	
	Push Press	75.0	4 Reps	2:00	
	Split Jerk	75.0	4 Reps	2:00	

Week 2 - Workout 1

Name	Set/Reps	Weight	Reps Per Set	Rest After Set	Information
Warm Up/Prehab	Clean Grip RDL Strug	72.0	1 Rep	1:30	Use cluster sets (2+2) 15 sec rest
Dynamic Warm Up	Front Squat	75.0	4 Reps	2:00	
Clean and Jerk Warm Up	Hang Power Clean W/ Front Squat	75.0	4 Reps	2:00	
	Clean From Hang Below Knees	77.0	3 Reps	2:00	Use cluster sets (1+1+1) 15 sec rest
	Push Press	77.0	3 Reps	2:00	Maximize Speed
	Split Jerk	77.0	3 Reps	2:00	

Week 1 - Workout 2

Name	Set/Reps	Weight	Reps Per Set	Rest After Set	Information
Warm Up/Prehab	Clean Grip RDL Strug	70.0	1 Rep	1:30	Use cluster sets (2+2)
Dynamic Warm Up	Front Squat	72.0	4 Reps	2:00	15 sec of rest between clusters
Clean and Jerk Warm Up	Hang Power Clean W/ Front Squat	72.0	4 Reps	2:00	
	Clean From Hang Below Knees	75.0	4 Reps	2:00	
	Push Press	75.0	4 Reps	2:00	
	Split Jerk	75.0	4 Reps	2:00	

Week 2 - Workout 2

Name	Set/Reps	Weight	Reps Per Set	Rest After Set	Information
Warm Up/Prehab	Clean Grip RDL Strug	72.0	1 Rep	1:30	Use cluster sets (2+2)
Dynamic Warm Up	Front Squat	75.0	4 Reps	2:00	15 sec of rest between clusters
Clean and Jerk Warm Up	Hang Power Clean W/ Front Squat	75.0	4 Reps	2:00	
	Clean From Hang Below Knees	75.0	4 Reps	2:00	
	Push Press	75.0	4 Reps	2:00	
	Split Jerk	75.0	4 Reps	2:00	

1 of 2 8.5 x 11.03 in

Workouts In Detail

When using the [workout section](#), select the sport you are looking to train for. This will make the process of finding a workout much easier. Each workout on XL Athlete has been designed for a specific purpose, and is named accordingly. For example, if the name includes **Football**, that workout is specific to improving football performance. If it simply says **Sport**, the workout is general and can be used with any sport. The workout name will also usually contain an exercise focus, such as **Non-Olympic** or **Super Endurance**, and a time interval (weeks or months). Please consider the following examples:

1. [Sport Youth Strength Training](#)

This workout is for **Sport Youth**, which means that it is appropriate for beginner athletes in any sport with little to no training experience, but with experienced coaches present to help. There are also youth programs specific for each sport available as well. This workout does not contain the [Olympic Lifts](#) and instead focuses on simpler and more traditional weight training exercises such as the [back squat](#) and [bench press](#). Two months are covered in this workout.

2. [Football Advanced Olympic Weeks 1-2](#)

This workout is **Advanced**, which means that it is appropriate for athletes with prior training experience and a good amount of familiarity and technical proficiency in weight training exercises. It is an **Olympic** workout, meaning that it utilizes the [Olympic Lifts](#) (variations of the [snatch](#) and the [clean and jerk](#)), along with traditional weight training exercises, such as the [back squat](#) and [bench press](#). This workout is also designed specifically for the demands of the sport of **Football**, and covers the first two weeks of the training. The second two weeks of training are found in the adjacent workout: [Advanced Olympic Workout For Football Weeks 3-4](#).

Workouts In Detail

3. Sport Extreme Mass Training

This workout is designed to stimulate increases in muscle mass, which will increase the size of the athlete. The training involved in this workout is intense, and should be used with experienced trainees, who have mastered youth and beginner workouts previously. This workout comes in a general form (as linked above) or specific to a particular sport, such as [wrestling](#).

4. Sport In-Season Training Weeks 1-5

This workout specifically targets training during the competitive season. Designed to maintain strength levels and maximize sport performance, these workouts are short and allow for adequate recovery and restoration. This workout comes in a general form (as linked above) and may be used with any sport.

5. Sport Power Clean Weeks 1-4

These individual programs include daily and weekly workouts for one exercise only. These are designed to supplement another training program, such as the [Russian Squat Program](#), or a coach's own program. The programs are typically eight weeks long, with the second four weeks linked adjacent to the first.

6. Sport Off-Season Strength Training

This total body workout regimen is designed to serve as off-season strength training. Two days a week train the lower body, while two other days train the upper body. The workout focuses on speed strength, which is responsible for producing powerful and explosive movements essential for success in nearly all sports. The exercises are non-Olympic (not containing the [Olympic Lifts](#)), instead combining traditional training exercises such as the [back squat](#) and [bench press](#) with [plyometric movements and jumps](#).

Workouts In Detail

7. Sport Advanced Lower Body Weeks 1-3 and Sport Advanced Upper Body Weeks 1-3

These workouts are the *Advanced* versions of the previously discussed workouts. They are to be used with experienced athletes who have completed the non-advanced speed strength workouts and require a more intense training regimen. Here is an example of how to use these workouts:

Weeks 1-3				
Monday	Tuesday	Wednesday	Thursday	Friday
Lower Body Speed Strength Non-Olympic Advanced Weeks 1-3	Upper Body Speed Strength Non-Olympic Advanced Weeks 1-3	Off or Other Training	Lower Body Speed Strength Non-Olympic Advanced Weeks 1-3	Upper Body Speed Strength Non-Olympic Advanced Weeks 1-3
1st day of program	1st day of program		2nd day of program	2nd day of program

Weeks 4-6				
Monday	Tuesday	Wednesday	Thursday	Friday
Lower Body Speed Strength Non-Olympic Advanced Weeks 4-6	Upper Body Speed Strength Non-Olympic Advanced Weeks 4-6	Off or Other Training	Lower Body Speed Strength Non-Olympic Advanced Weeks 4-6	Upper Body Speed Strength Non-Olympic Advanced Weeks 4-6
1st day of program	1st day of program		2nd day of program	2nd day of program

Weeks 7-9				
Monday	Tuesday	Wednesday	Thursday	Friday
Lower Body Speed Strength Non-Olympic Advanced Weeks 7-9	Upper Body Speed Strength Non-Olympic Advanced Weeks 7-9	Off or Other Training	Lower Body Speed Strength Non-Olympic Advanced Weeks 7-9	Upper Body Speed Strength Non-Olympic Advanced Weeks 7-9
1st day of program	1st day of program		2nd day of program	2nd day of program

Drill Sheets

The [drill sheet section](#) of XL Athlete is one of the most complete and detailed sections on the website. It is also one of the most popular. Within this section is found a multitude of sheets, ranging from dynamic warm ups tailor-made for each sport, injury prevention and rehabilitation workouts, speed development training, conditioning, core strength training, recovery and restoration, and stretching. Each drill sheet is linked to the internet, so if you are unfamiliar with a particular exercise or movement, simply click on it to see a video demonstration.

Areas of Focus

- **Warm Up**
- **Injury Prevention/Rehabilitation**
- **Speed Development**
- **Conditioning**
- **Extra Workouts**
- **Core Strength**
- **Flexibility**
- **Recovery and Restoration**

Drill Sheets

Drill Sheet Categories

- [Adaptability Training](#)
- [Bike Conditioning Workouts](#)
- [Conditioning Plans](#)
- [Cone Agility Drills](#)
- [Core Workouts](#)
- [Dynamic Warm Up](#)
- [Flexibility and Stretching](#)
- [Game Speed Conditioning](#)
- [Increased Muscle Mass Workouts](#)
- [Ladder & Line Drills](#)
- [Medicine Ball Circuits](#)
- [Non-Spinal Loading Circuits](#)
- [Plate Workouts](#)
- [Plyometric Programs](#)
- [Pool Workout](#)
- [Post Workout Recovery](#)
- [Specific Prehab](#)
- [Speed Training](#)
- [Stadium Step Workouts](#)
- [Super Endurance Workouts](#)
- [Tabata Intervals](#)
- [Top End Speed Development](#)
- [Training For Injured Athletes](#)
- [Treadmill Conditioning Workouts](#)

Downloading Drill Sheets: Step-By-Step

1. Select Drill Sheets

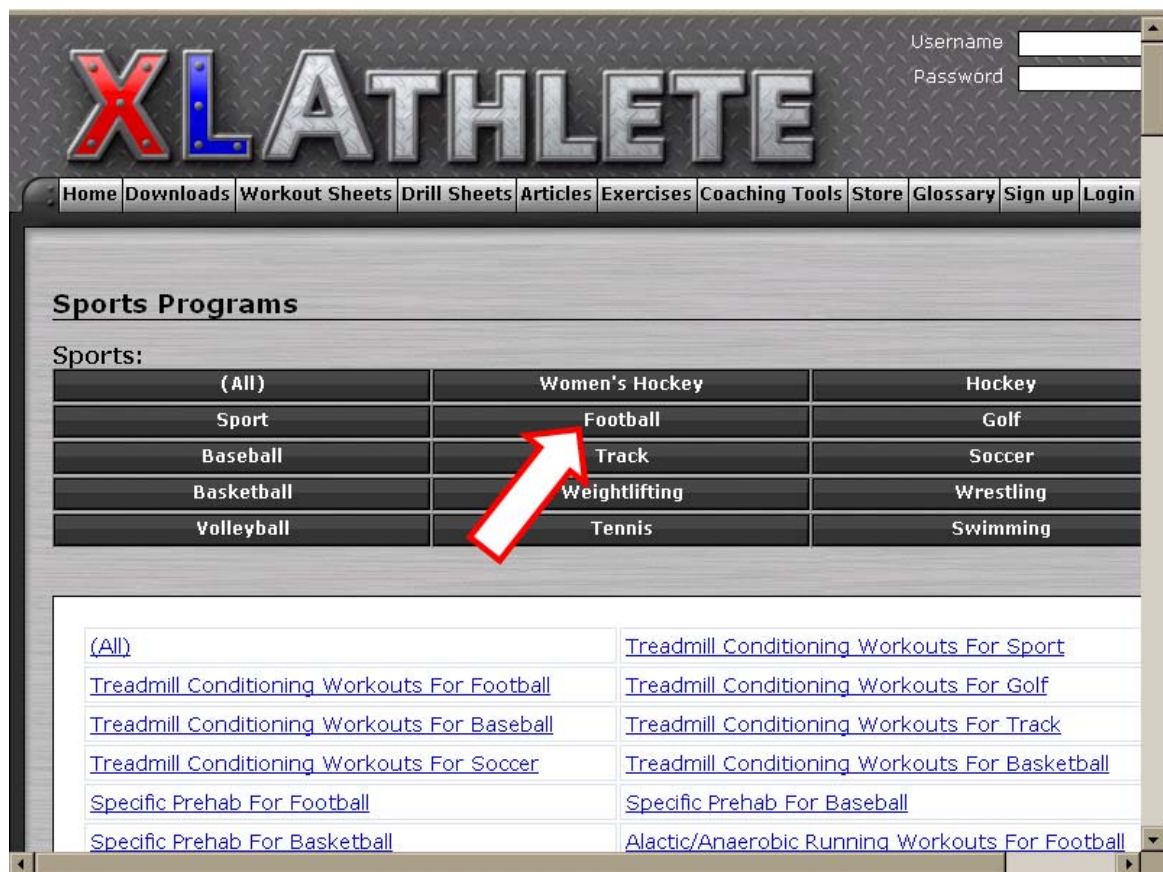
From the [home page](#) of XL Athlete, select ***Drill Sheets*** from the menu bar.



Downloading Drill Sheets: Step-By-Step

2. Select Sport

From the [drill sheets page](#), select the sport you wish to train from the *Sports* menu.



Downloading Drill Sheets: Step-By-Step

3. Select Drill

Select the drill you wish to use from the list of drills.

Sports:

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

(All)	Treadmill Conditioning Workouts For Football
Specific Prehab For Football	Alactic/Anaerobic Running Workouts For Football
Core Workouts For Football	Training For Injured Football Athletes
Ladder & Line Drills For Football	Speed Training For Football
Dynamic Warm Up For Football	Adaptability Training For Football
Top End Speed Development For Football	Flexibility and Stretching For Football
Cone Agility Drills For Football	Game Speed Conditioning For Football
Bike Conditioning Workouts For Football	Conditioning Plans For Football
Non-Spinal Loading Circuits For Football	Medicine Ball Circuits For Football
Stadium Step Workouts For Football	Post Workout Recovery For Football
Plate Workouts For Football	Plyometric Programs For Football
Super Endurance Workouts For Football	Increased Muscle Mass Workouts For Football
Tabata Intervals For Football	Football Specific Performance Circuits
Others	

Drill Sheets

Dynamic Warm Up

The purpose of a dynamic warm up is to get the body moving in ways comparable with the demands of a specific sport. While the body gets moving, the temperature inside the muscles rises and the heart starts to pump more blood throughout the body. The further the athlete progresses in the dynamic warm up, the more functional his or her body becomes and the easier it is to get the major muscle groups "loose" and ready for an intense workout.

XL Athlete has six basic dynamic warm up sheets, with [football](#), [basketball](#), and [weightlifting](#) each having an additional dynamic warm up to be used prior to practice or competition.

Specific Prehab

Prehab workouts are extremely important in preparing the body for the intensity of practice and competition. These drill sheets focus on the smaller muscle groups that are designed to help stabilize the larger muscle groups, especially during dynamic movements such as throwing. The body is designed in a way that ensures that the smaller muscles will always tire first. The point of prehab exercise is to keep those smaller muscles as intact and strong as possible. They are essentially the body's weakest link. If an athlete has been injured in the past, he or she can use these prehab workouts to help prevent further injury for that specific body area.

Specific Areas:

[Ankle Prehab](#)

[Groin Prehab](#)

[Hip Flexor Prehab](#)

[Knee Prehab](#)

[Shoulder Prehab Circuits](#)

[Shoulder YTWL Prehab Circuit](#)

Drill Sheets

Speed Development

[Cone drills](#) and [short sprints](#) work well to develop quickness, agility, and speed. They are designed in a manner that provides a high-level of stress to the body, whether it is accelerating and decelerating around cones, or working on straight-ahead acceleration and maximum speed. These drills will only work provided the athlete puts forth a maximum amount of effort, forcing the body to adapt to a higher level of performance. Quickness, agility, and speed drills should be completed prior to strength training. This ensures that each drill is executed with a minimal amount of fatigue, allowing the athletes to perform each drill the way it was intended and with maximum effort.

XL Athlete provides a [16-Week Sprint Training Program](#) as well as numerous [Cone Agility Drills](#), and [Top End Speed Development Drills](#).

Conditioning

One of the most important aspects of preparation for sport participation is conditioning. Fortunately, there are numerous ways to condition athletes available at XL Athlete.

Conditioning at XL Athlete

- [Adaptability Circuits](#)
- [Bike Conditioning Workouts](#)
- [Eight Week Conditioning Plan](#)
- [Game Speed Conditioning](#)
- [Pool Workout](#)
- [Russian Basketball](#)
- [Stadium Step Workouts](#)
- [Super Endurance Workouts](#)
- [Tabata Intervals](#)
- [Treadmill Conditioning Workouts](#)

Drill Sheets: Conditioning In Detail

Adaptability Circuits

The premise of adaptability training is exactly what its name implies. The body is incredible at adapting to the stress (exercise) that is loaded on it. In a 5-minute interval, an athlete might do 12-15 sets of 5 reps of each. That is 60 reps of each exercise instead of a more traditional 3x10 or 4x8 workout. So because the volume has been increased, the body has to adapt to the given stress. As the body adapts to the stress, the athletes are able and capable of handling more intense training without getting hurt. The results are amazing! This is a phenomenal tool to use within a training cycle or at the beginning of a training cycle. When you complete this training of 3 to 4 weeks you should return to general strength training program.

The screenshot shows a PDF document titled "XLathlete.com Adaptability Training For Sport Collection" open in Adobe Acrobat. The document contains several exercise sections, each with a table for tracking repetitions and a note to complete as many sets as possible in a 5-minute interval.

Db Incline - Lat Pull Down -) 1 set

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

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Right Leg Step Up- Left Leg Step Up-) 1 set

1	2	3	4	5	6
7	8	9	10	11	12

Complete as many sets as possible in the

Back Ext W/ X Pattern - Incline Over Head Sit Up -) 1 set

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

Complete as many sets as possible in the time required by the chosen level

Check Box Of Level Required

Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Drill Sheets: Conditioning In Detail

Bike Conditioning & Treadmill Conditioning Workouts

These conditioning options are fairly straightforward. There are numerous different time interval options and levels of difficulty to choose from, ranging from short flush workouts to very intense conditioning.

XLathlete.com
This is a 40 Minute Cardiovascular Bike Workout

Time	Intensity	Level	RPM
40:00-38:00	25%		80+
38:00-37:00	35%		100+
37:00-36:00	35%		70+
36:00-35:00	35%		100+
35:00-34:00	35%		70+
34:00-33:00	35%		100+
33:00-32:00	35%		70+
32:00-31:00	35%		100+
31:00-30:00	35%		70+
30:00-29:00	35%		100+
29:00-28:00	35%		70+
28:00-27:00	35%		100+
27:00-26:00	35%		70+
26:00-25:00	35%		100+
25:00-24:00	35%		70+
24:00-23:00	35%		100+
23:00-22:00	35%		70+
22:00-21:30	35%		110+
21:30-21:00	35%		70+
21:00-20:30	35%		110+
20:30-20:00	35%		70+
20:00-19:30	35%		110+
19:30-19:00	35%		70+

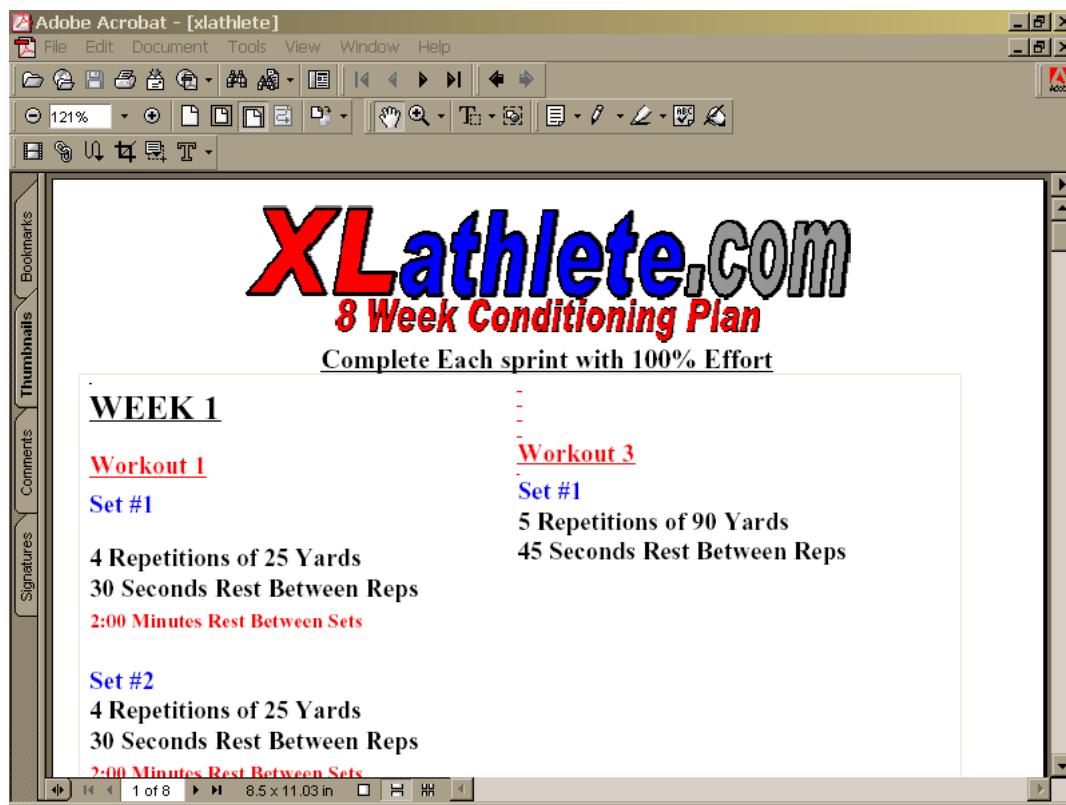
Time	Intensity	Level	RPM
9:00-8:45	35%		120+
8:45-8:00	35%		70+
8:00-7:30	35%		110+
7:30-7:00	35%		70+
7:00-6:30	35%		110+
6:30-6:00	35%		70+
6:00-5:30	35%		110+
5:30-5:00	35%		70+
5:00-4:30	35%		110+
4:30-4:00	35%		70+
4:00-3:30	35%		110+
3:30-3:00	35%		70+
3:00-2:30	35%		110+
2:30-2:00	35%		70+
2:00-0:00	20%		60+

Write the bike resistance level in the space provided.

Drill Sheets: Conditioning In Detail

Eight Week Conditioning Plan

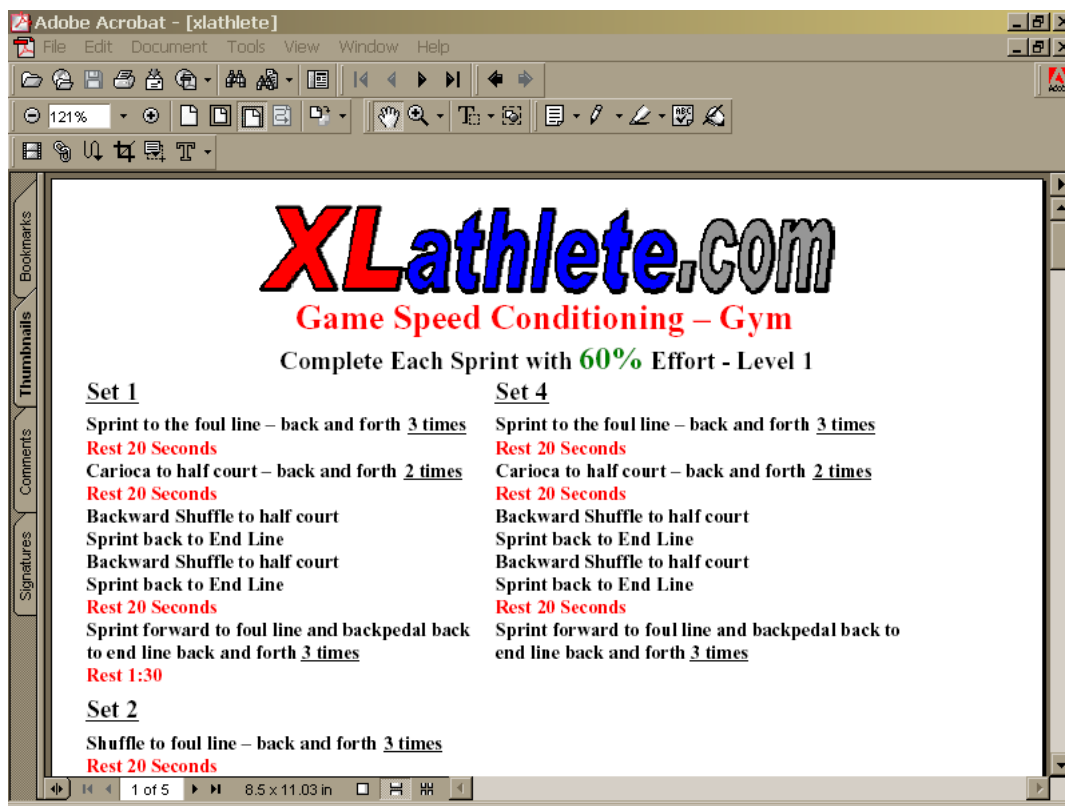
The eight-week conditioning plan is a complete conditioning program involving running. It may be incorporated into your existing training, or used on its own in the off-season.



Drill Sheets: Conditioning In Detail

Game Speed Conditioning

Game speed conditioning is designed to simulate the high metabolic action of a game situation. The rest interval between each repetition may be altered to better simulate each sport. This is one of the most game-specific conditioning tools available.



Pool Workout

Pool workouts can be used for many different situations in athletics. They can be used for injured athletes that need to keep in shape during the off-season or in-season. They can also be used as conditioning workouts for any athlete that wants to have some variety of training methods in their training plans.

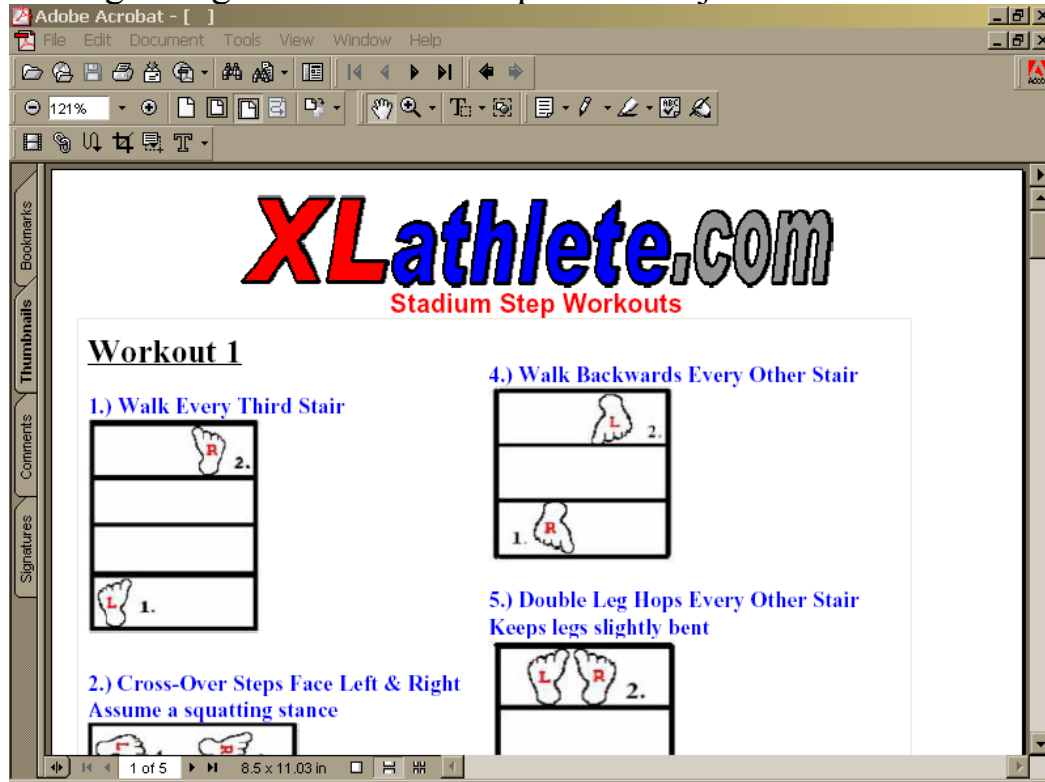
Drill Sheets: Conditioning In Detail

Russian Basketball and Trash Ball

Using a conditioning game is an awesome way to train athletes in a fun, yet intense manner. Both of these activities benefit from involving competition, which pushes the athletes harder, as well as elements of fun that keep conditioning fun.

Stadium Step Workouts

Stadium step workouts can be done as a leg workout for conditioning or after a workout to finish up with training work capacity. The difference between these stadium step workouts and others is the fact that these require the athletes NOT to run up the steps. Instead, they are to walk the steps. While running the steps is certainly another type of workout that can be done, the ones offered here focus on walking them in order to build work capacity and leg strength with far less impact on the joints.



Drill Sheets: Conditioning In Detail

Super Endurance Workouts

Super Endurance Workouts, similar to Adaptability Circuits, are designed to improve an athlete's work capacity. These workouts are easy to implement, and are very effective. They can be executed at the beginning of a training cycle as a way of getting each athlete into better shape, or periodically throughout the year as a means of providing variety and keeping each athlete's work capacity at a high level.

XLathlete.com
Super Endurance General Workout For Sport

Check the following level of preference. You can complete all sets at one block then move on to the next. You can also complete each block in order and at the end start back at block number one until you complete the desired sets. Complete the exercises/workout in order without rest.

X	Level	Sets	Reps	Conditioning Time
	1	1	10	10 Seconds
	2	1	12	15 Seconds
	3	2	10	10 Seconds
	4	2	12	15 Seconds
	5	2	14	20 Seconds
	6	3	12	20 Seconds
	7	3	16	30 Seconds

Block 3
[Piston Squat-](#)
[Tricep Push Down-](#)
[Full Bench Curl Up-](#)
Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 4
[Ball Leg Curl-](#)
[Over Head Lateral Raise-](#)
[Gopher U Abs-](#)
Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 5
[Twisting Row-](#)
[Floor Tricep Dumbbell Extension-](#)

Drill Sheets: Conditioning In Detail

Tabata Intervals

Tabata Intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

XLathlete.com
Tabata Intervals For Sport: Total Body Training

Introduction

Tabata intervals are an excellent way to train athletes in a simplistic and efficient manner. Through short and very intense bursts of exercise, athletes will significantly improve both aerobic and anaerobic systems at the same time. This will aid performance as well as recovery in both novice and elite athletes.

How To Perform The Intervals

Intense exercise is performed for 20 seconds, followed by 10 seconds of rest. This repeats, without stoppage, for 8 bouts. In order to receive maximum benefit from each interval routine, the athlete must exert a maximum amount of effort. Failure to do so will yield little to no results and wasted time. Try to complete as many repetitions of the required

Exercises: Listed Below

Bout	Time	Performance
1	20 Sec	PUSH UP
	10 Sec	REST
2	20 Sec	PULL UP
	10 Sec	REST
3	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
4	20 Sec	SQUAT JUMP
	10 Sec	REST
5	20 Sec	PUSH UP
	10 Sec	REST
6	20 Sec	PULL UP
	10 Sec	REST
7	20 Sec	BODY WEIGHT SQUAT
	10 Sec	REST
8	20 Sec	SQUAT JUMP
	10 Sec	REST

Exercise Videos

XL Athlete has over **800** exercise videos freely available for anyone to view. Expect this number to continue to increase, as more videos are being produced and uploaded often. The exercises are organized by sport and by muscle group or movement type.

Exercise Video Categories

- [Dynamic Warm Up](#)
- [Legs](#)
- [Arms](#)
- [Chest](#)
- [Back](#)
- [Shoulders](#)
- [Core Training With Equipment](#)
- [Core Training Without Equipment](#)
- [Single Arm Exercises](#)
- [Single Leg Exercises](#)
- [Medicine Ball Exercises](#)
- [Plate Exercises](#)
- [Partner Exercises](#)
- [Manual Resistance](#)
- [Isometric Exercise](#)
- [Olympic Lifts](#)
- [Plyometric Training](#)
- [Squat Variations](#)
- [Band Training](#)
- [Prehab Exercise](#)
- [Balance Training](#)
- [Restorative](#)

Exercise Videos: Step-By-Step

1. Select Exercise Video Section

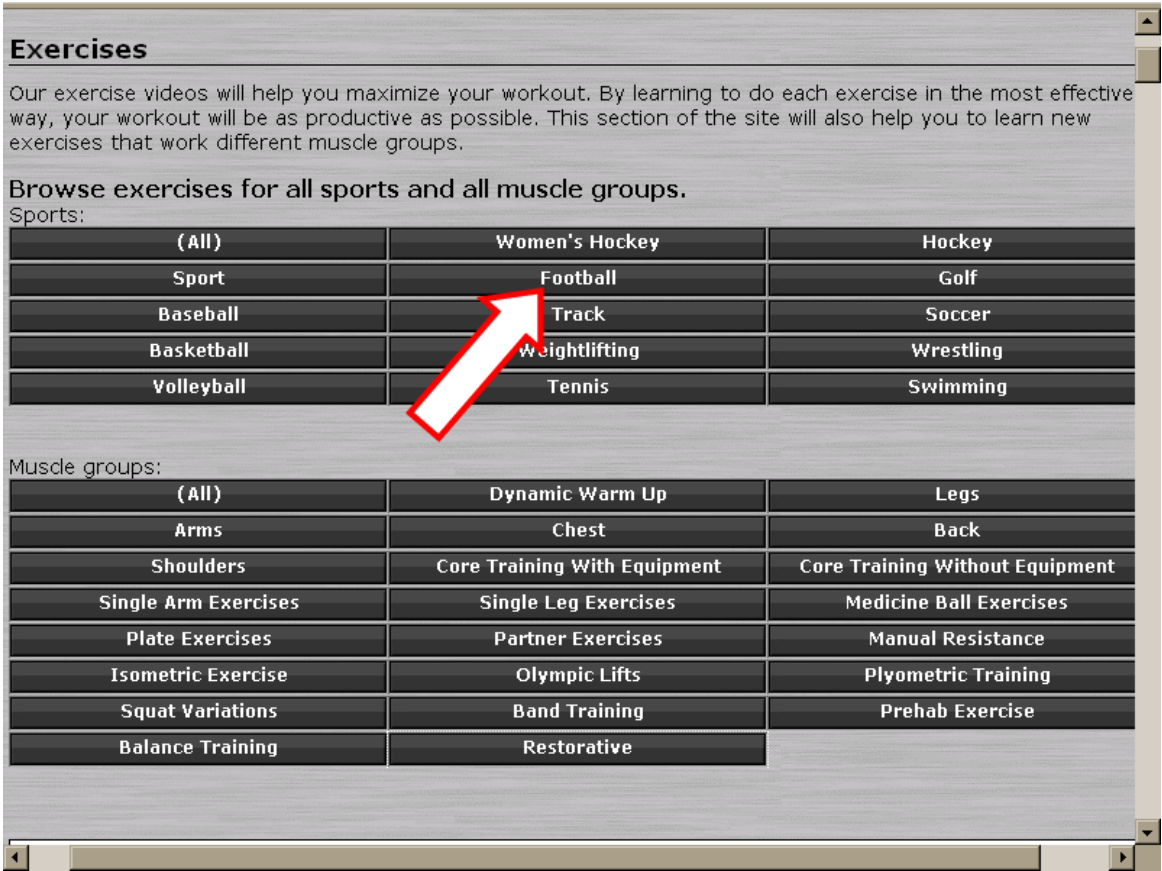
To access the [exercise video section](#), click on *Exercises* from the menu on the home page.



Exercise Videos: Step-By-Step

2. Select Sport

From the [exercise video section](#), select the sport you wish to train from the *Sports* menu.



Exercises

Our exercise videos will help you maximize your workout. By learning to do each exercise in the most effective way, your workout will be as productive as possible. This section of the site will also help you to learn new exercises that work different muscle groups.

Browse exercises for all sports and all muscle groups.

Sports:

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

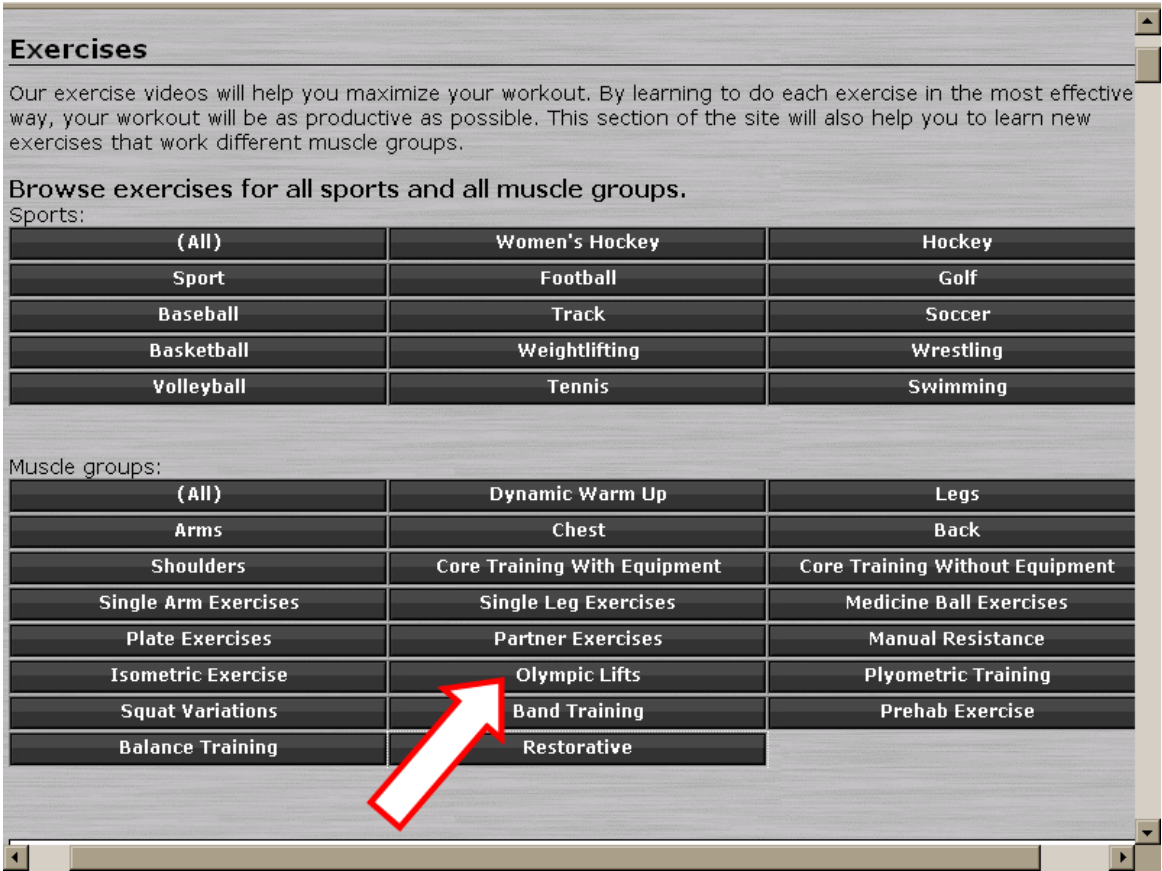
Muscle groups:

(All)	Dynamic Warm Up	Legs
Arms	Chest	Back
Shoulders	Core Training With Equipment	Core Training Without Equipment
Single Arm Exercises	Single Leg Exercises	Medicine Ball Exercises
Plate Exercises	Partner Exercises	Manual Resistance
Isometric Exercise	Olympic Lifts	Plyometric Training
Squat Variations	Band Training	Prehab Exercise
Balance Training	Restorative	

Exercise Videos: Step-By-Step

3. Select Category

From the [exercise video section](#), select the sport you wish to train from the *Muscle Groups* menu.



Exercises

Our exercise videos will help you maximize your workout. By learning to do each exercise in the most effective way, your workout will be as productive as possible. This section of the site will also help you to learn new exercises that work different muscle groups.

Browse exercises for all sports and all muscle groups.

Sports:

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
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Volleyball	Tennis	Swimming

Muscle groups:

(All)	Dynamic Warm Up	Legs
Arms	Chest	Back
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Plate Exercises	Partner Exercises	Manual Resistance
Isometric Exercise	Olympic Lifts	Plyometric Training
Squat Variations	Band Training	Prehab Exercise
Balance Training	Restorative	

Exercise Videos: Step-By-Step

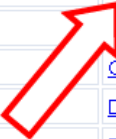
4. Select Video

Click an exercise video link and view it.

Muscle groups:

(All)	Dynamic Warm Up	Legs
Arms	Chest	Back
Shoulders	Core Training With Equipment	Core Training Without Equipment
Single Arm Exercises	Single Leg Exercises	Medicine Ball Exercises
Plate Exercises	Partner Exercises	Manual Resistance
Isometric Exercise	Olympic Lifts	Plyometric Training
Squat Variations	Band Training	Prehab Exercise
Balance Training	Restorative	

Clean	Clean and Jerk
Clean From Blocks Above Knee	Clean From Blocks Below Knee
Clean From Hang Above Knee	Clean From Hang Below Knee
Clean Pull	Clean Pull From Blocks Above Knee
Clean Pull From Blocks Below Knee	Clean Pull From Hang Above Knee
Dead Hang Clean	Dead Hang Snatch
Drop Snatch	Dumbbell Clean and Jerk
IsoMetric Jerk Support	Isometric Split Jerk Support
Muscle Clean	Muscle Snatch
One Arm Dumbbell Snatch	Overhead Squat
Power Clean	Power Clean and Jerk



Training Manuals

XL Athlete also constructs entire training manuals for coaches to download and use. These manuals include strength programs, speed development, conditioning, injury prevention, warm ups, restoration, and nutrition. Off-season and in-season manuals are available.

Training Manuals: Step-By-Step

1. Select Downloads Page

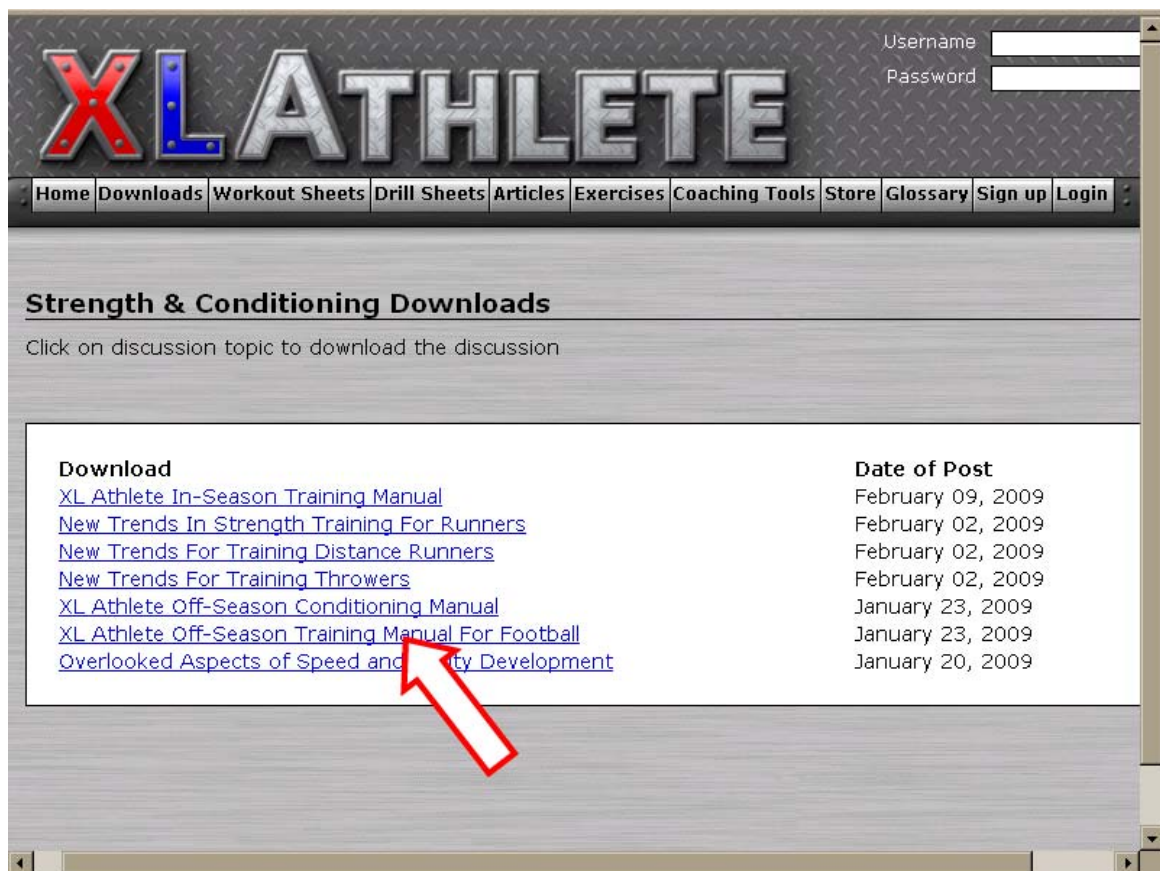
From the [home page](#) of XL Athlete, select **Downloads** from the menu bar.



Training Manuals: Step-By-Step

2. Select Training Manual

Click and download the manual of your choice from the list.



Articles

XL Athlete has numerous contributors and authors. The training information available on this website has been developed by strength coaches working with athletes from the NFL, NBA, NHL, MLB, the Olympics, and the NCAA. These very same methods have been applied to thousands of youth athletes from various levels with great success, and are now available for you as well.

Articles: Step-By-Step

1. Select Articles Page

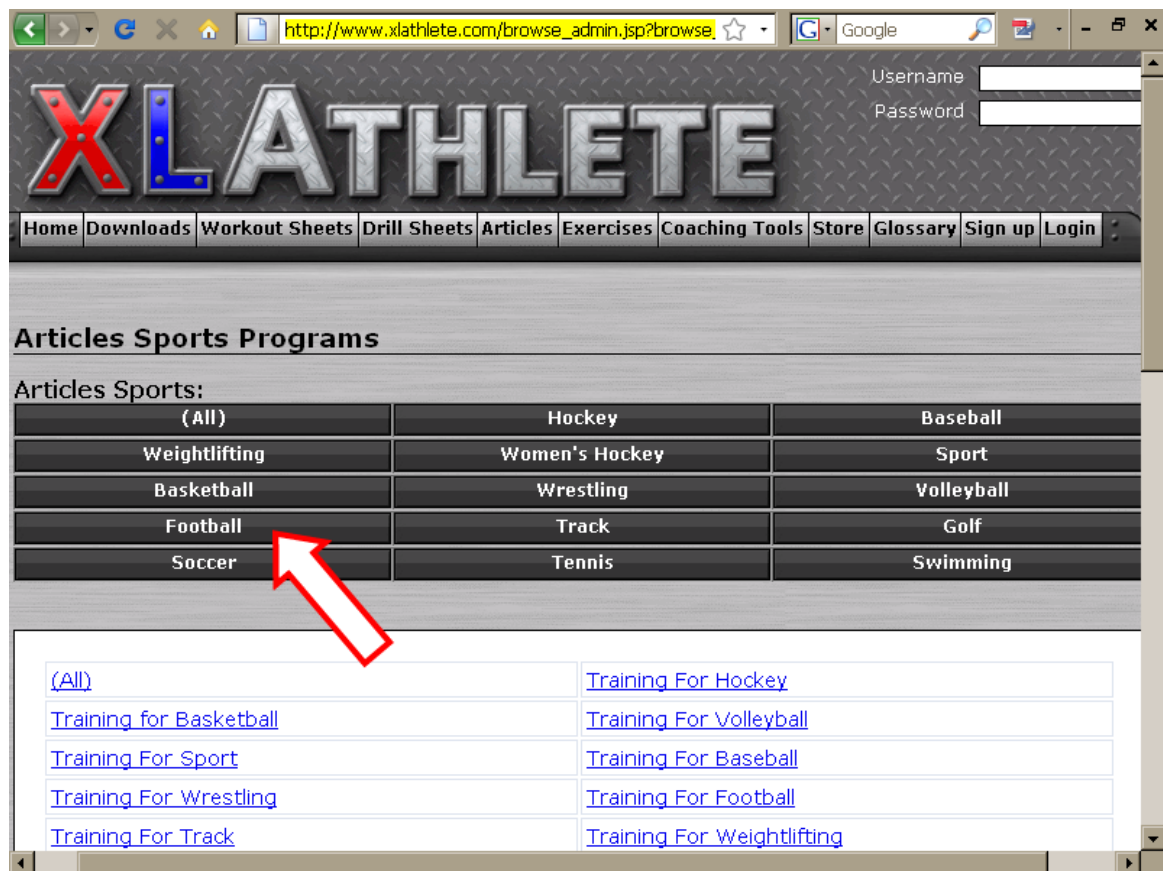
From the [home page](#) of XL Athlete, select *Articles* from the menu bar.



Articles: Step-By-Step

2. Select Sport

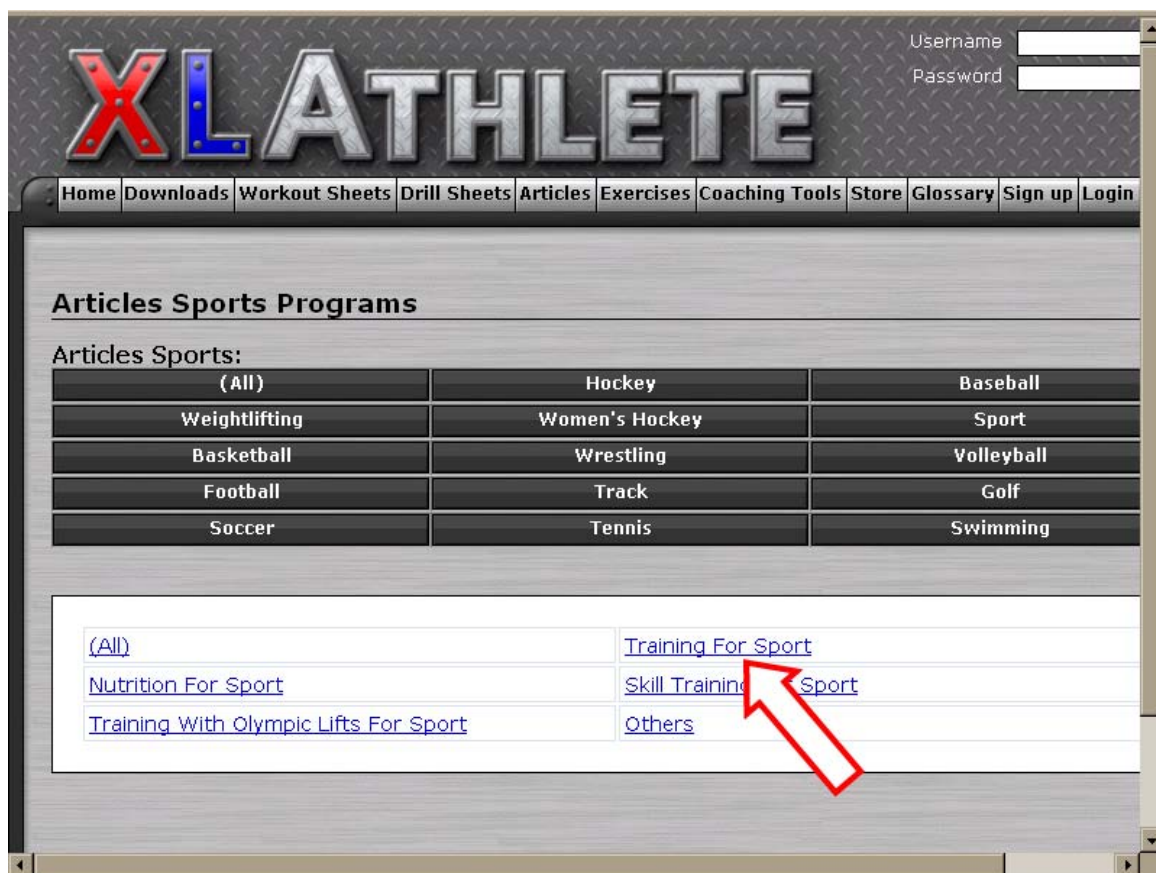
From the [articles page](#), select the sport you wish to train from the *Sports* menu.



Articles: Step-By-Step

3. Select Category

Select the category you wish to download an article from. You may choose from Training, Training With The Olympic Lifts, Skill Training, and Nutrition.



Articles: Step-By-Step

4. Select Article

Select the article you would like to read.



A Quick First Step	Adaptability Training For Sport
Are Quick Feet the Key to Quickness?	Band Training
Cardiovascular Training For Your Sport	Cluster Sets
Coaching The Squat For Taller Athletes	Development of Jump Exercises
Efficient Training Through Goal Setting	Failing Huge
Get Outside Your Box	Is Your Training Specific
Machines Vs. Free Weights	Make Your Practice More Difficult Than Competition
Overcoaching in the Weight Room	Planning A Basic Strength Training Program
Put a Twist in Your Jump	Quickness, Agility, and Speed Development
Recovery Methods	Responses and Adaptations To Ballistic Training
Russian Basketball	Setting Up Your Home Gym
Should Parents Teach Skills	Simple Muscle-Building Tips
Specialized Strength Training	Specific Adaptation To Imposed Demand and Transfer
The Lost Variable In The Quest For Power	The Many Variations Of The Squat
The Science of Muscle Building	The Squat
The Walking Lunge: Execution and Progression	Training Explosiveness - Weightlifting and Beyond

Coaching Tools

Coaching tools give the coach the power to use information to make better decisions. Our coaching tools ask for a few bits of information, and then do all of the calculations that required.

What Can Coaching Tools Do?

- **Estimate maxes**
- **Convert measurements**
- **Provide guidelines for conditioning**
- **Provide guidelines for speed training**
- **Provide guidelines for strength training**

Coaching Tools: Step-By-Step

1. Select Coaching Tools Page

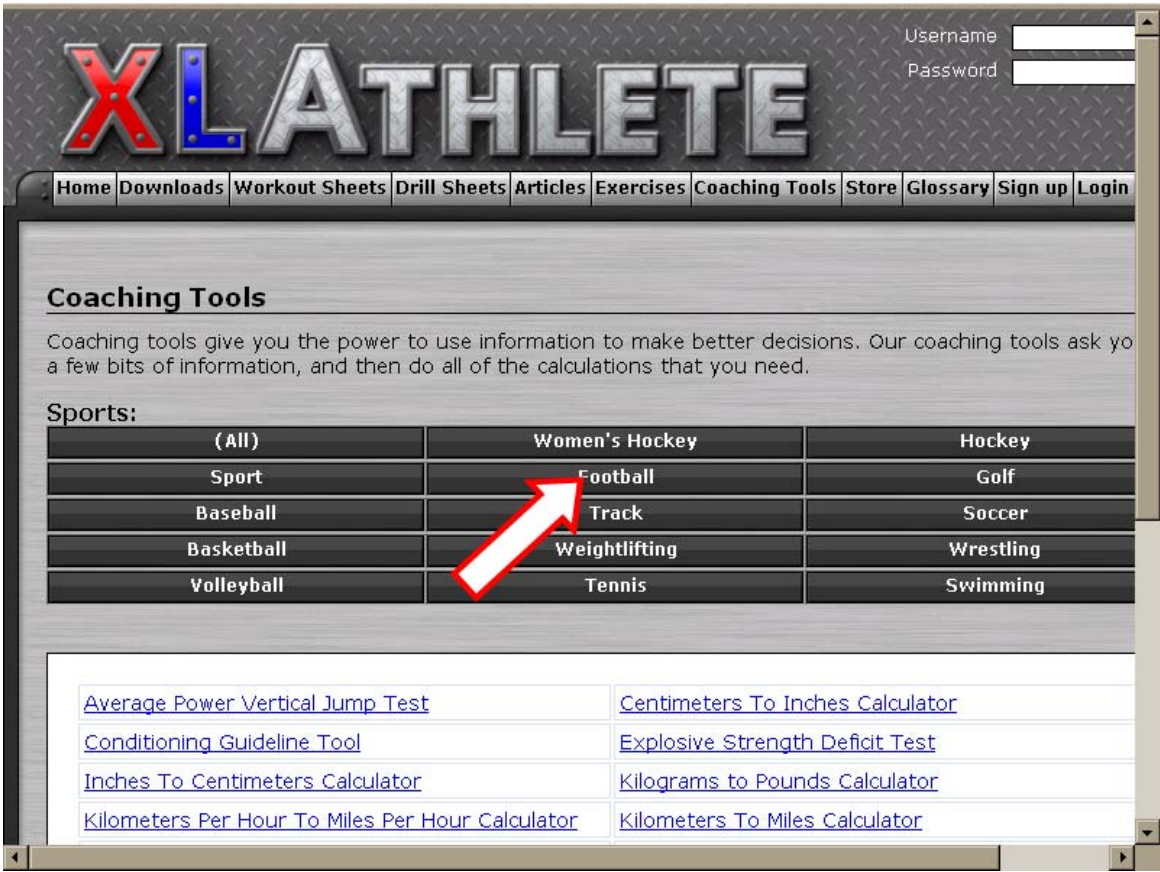
From the [home page](#) of XL Athlete, select **Coaching Tools** from the menu bar.



Coaching Tools: Step-By-Step

2. Select Sport

From the [coaching tools page](#), select the sport you wish to train from the *Sports* menu.



The screenshot shows the XLATHLETE website interface. At the top, there's a navigation bar with links: Home, Downloads, Workout Sheets, Drill Sheets, Articles, Exercises, Coaching Tools, Store, Glossary, Sign up, and Login. Below this, the 'Coaching Tools' section is highlighted. It includes a description: 'Coaching tools give you the power to use information to make better decisions. Our coaching tools ask you a few bits of information, and then do all of the calculations that you need.' Below the description is a 'Sports:' section with a table of sport options. A red arrow points to the 'Football' option in the second column of the table. At the bottom, there are links to various calculators and tools.

(All)	Women's Hockey	Hockey
Sport	Football	Golf
Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

Average Power Vertical Jump Test	Centimeters To Inches Calculator
Conditioning Guideline Tool	Explosive Strength Deficit Test
Inches To Centimeters Calculator	Kilograms to Pounds Calculator
Kilometers Per Hour To Miles Per Hour Calculator	Kilometers To Miles Calculator

Coaching Tools: Step-By-Step

3. Select Coaching Tool

Select the coaching tool you wish you use, and fill in the required information.

Baseball	Track	Soccer
Basketball	Weightlifting	Wrestling
Volleyball	Tennis	Swimming

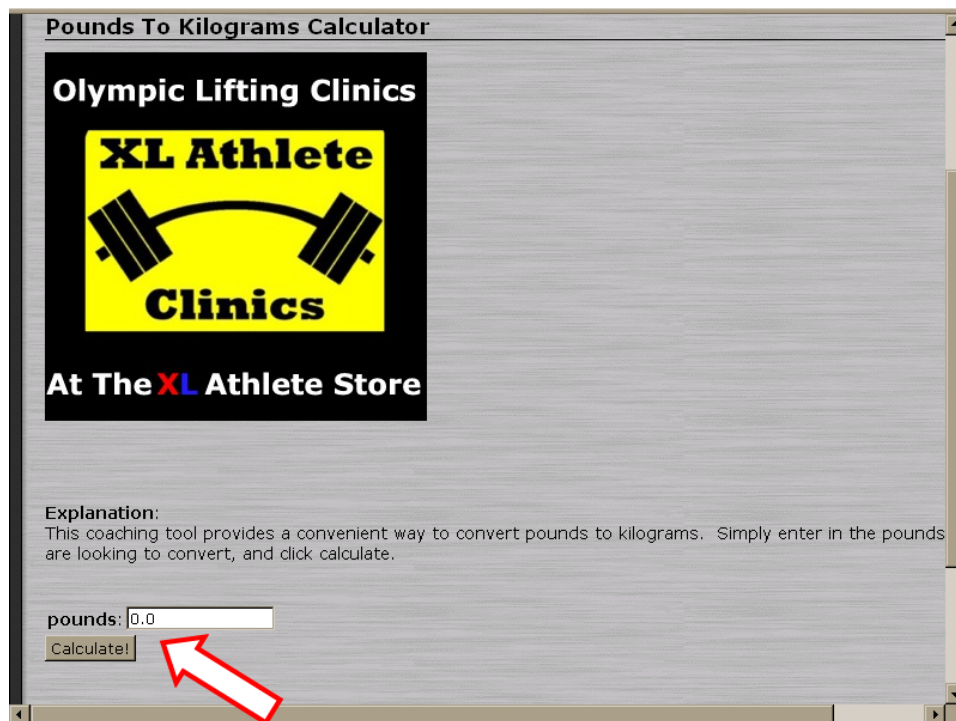
Average Power Vertical Jump Test	Centimeters To Inches Calculator
Conditioning Guideline Tool	Explosive Strength Deficit Test
Inches To Centimeters Calculator	Kilograms to Pounds Calculator
Kilometers Per Hour To Miles Per Hour Calculator	Kilometers To Miles Calculator
Meters Per Second To Miles Per Hour Calculator	Meters To Yards Calculator
Miles Per Hour To Kilometers Per Hour Calculator	Miles Per Hour To Meters Per Second Calculator
Miles To Kilometers Calculator	Peak Power Vertical Jump Test
Pounds To Kilograms Calculator	Repetition Calculator for Endurance Athletes Max Estimator
Repetition Calculator for Strength Athletes Max Estimator	Speed Training Guideline
	Yards To Meters Calculator

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Coaching Tools In Detail

Measurement Conversion Calculators

These coaching tools make converting measurements very easy. Whether it is converting pounds to kilograms or yards to meters (and vice versa), these calculators will make the job easier. Simply enter in the number you are looking to convert and click ***Calculate***.



[**Centimeters To Inches Calculator**](#)

[**Inches To Centimeters Calculator**](#)

[**Kilograms to Pounds Calculator**](#)

[**Kilometers Per Hour To Miles Per Hour Calculator**](#)

[**Kilometers To Miles Calculator**](#)

[**Meters Per Second To Miles Per Hour Calculator**](#)

[**Meters To Yards Calculator**](#)

[**Miles Per Hour To Kilometers Per Hour Calculator**](#)

[**Miles Per Hour To Meters Per Second Calculator**](#)

[**Miles To Kilometers Calculator**](#)

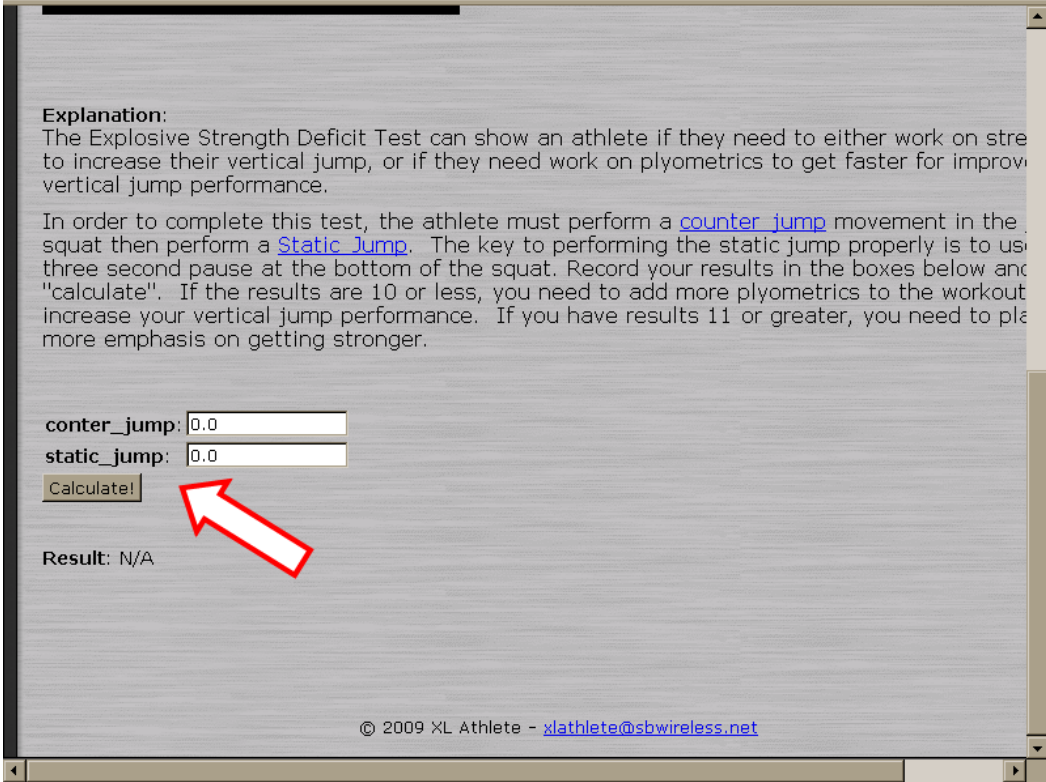
[**Pounds To Kilograms Calculator**](#)

[**Yards To Meters Calculator**](#)

Coaching Tools In Detail

Training Guideline Tools

These coaching tools make training suggestions based upon the variables entered. For example, The [Explosive Strength Deficit Test](#) can show an athlete if they need to either work on strength to increase their vertical jump, or if they need work on plyometrics to get faster for improved vertical jump performance. Simply enter in the numbers required and click *Calculate*.



The screenshot shows a web-based interface for the Explosive Strength Deficit Test. It includes an "Explanation" section with text about the test's purpose and procedure. Below this, there are two input fields: "conter_jump:" and "static_jump:", both containing the value "0.0". A "Calculate!" button is positioned below these fields, with a red arrow pointing to it. The "Result:" field displays "N/A". At the bottom, a copyright notice reads "© 2009 XL Athlete - xlathlete@sbwireless.net".

Explanation:
The Explosive Strength Deficit Test can show an athlete if they need to either work on stre to increase their vertical jump, or if they need work on plyometrics to get faster for improv vertical jump performance.

In order to complete this test, the athlete must perform a [counter_jump](#) movement in the squat then perform a [Static Jump](#). The key to performing the static jump properly is to use three second pause at the bottom of the squat. Record your results in the boxes below and "calculate". If the results are 10 or less, you need to add more plyometrics to the workout increase your vertical jump performance. If you have results 11 or greater, you need to pla more emphasis on getting stronger.

conter_jump:
static_jump:

Result: N/A

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[**Average Power Vertical Jump Test**](#)

[**Conditioning Guideline Tool**](#)

[**Explosive Strength Deficit Test**](#)

[**Peak Power Vertical Jump Test**](#)

[**Repetition Calculator for Endurance Athletes Max Estimator**](#)

[**Repetition Calculator for Strength Athletes Max Estimator**](#)

[**Speed Training Guideline**](#)

Online Store

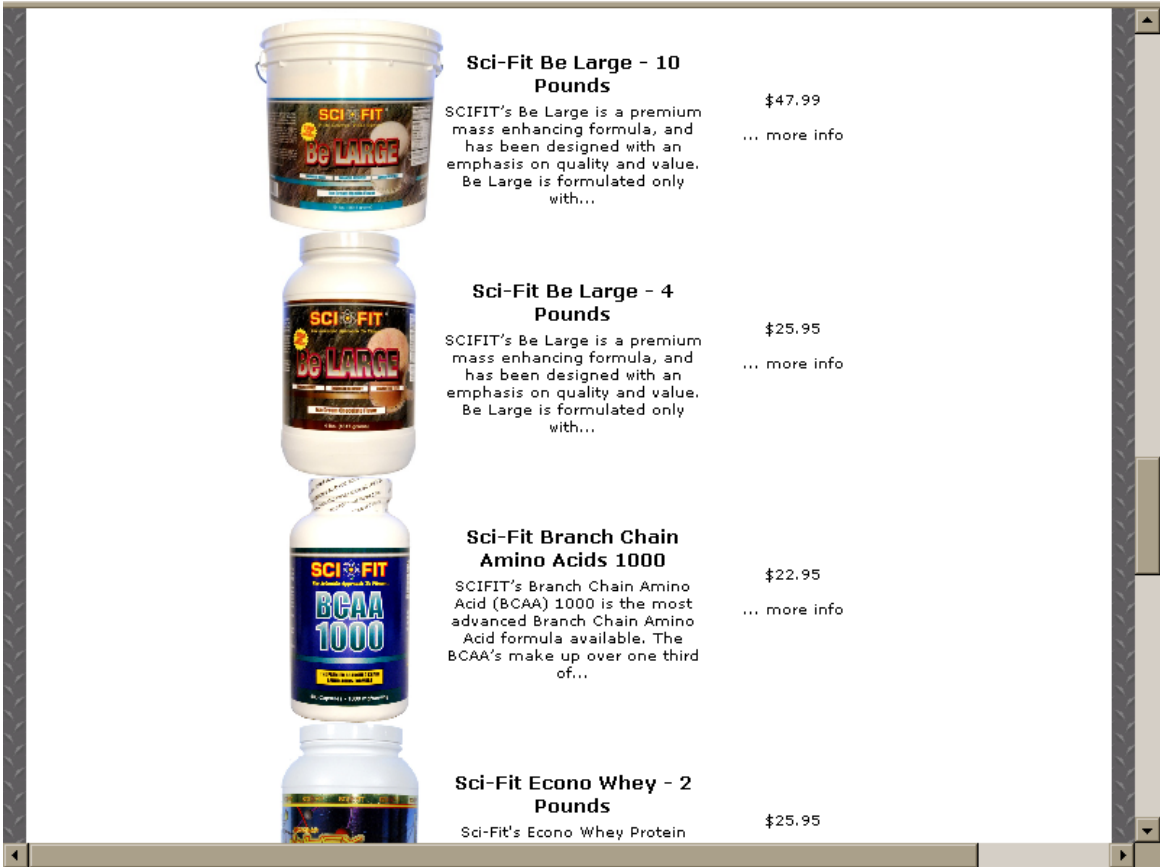
The [XL Athlete Online Store](#) can be reached through the homepage by clicking *Store*.



Online Store In Detail

Nutrition and Supplements

XL Athlete offers a wide variety of nutrition and supplement options to its clients. We stand committed to provide you with innovative, high-quality products at an affordable price. If you are seeking to gain an edge in your performance, or simply looking to lead a healthier lifestyle, you have come to the right place.



	Sci-Fit Be Large - 10 Pounds SCIFIT's Be Large is a premium mass enhancing formula, and has been designed with an emphasis on quality and value. Be Large is formulated only with...	\$47.99 ... more info
	Sci-Fit Be Large - 4 Pounds SCIFIT's Be Large is a premium mass enhancing formula, and has been designed with an emphasis on quality and value. Be Large is formulated only with...	\$25.95 ... more info
	Sci-Fit Branch Chain Amino Acids 1000 SCIFIT's Branch Chain Amino Acid (BCAA) 1000 is the most advanced Branch Chain Amino Acid formula available. The BCAA's make up over one third of...	\$22.95 ... more info
	Sci-Fit Econo Whey - 2 Pounds Sci-Fit's Econo Whey Protein	\$25.95

Online Store In Detail

Sports Performance Bookstore

XL Athlete has one of the most extensive sports performance bookstores in the world. With authors such as Dr. Mel Siff, Dr. Michael Yessis, Dr. Yuri Verkhoshanksy, and Dr. Vladimir Issurin to name a few, there is something here for anyone seeking to expand their knowledge of strength training. We are proud to offer the Soviet Sports Review, which is an extremely valuable collection of training information from the former Soviet Union. We also have an extensive collection of DVDs as well.

Featured Products ...
All Products ...

New Products [more]

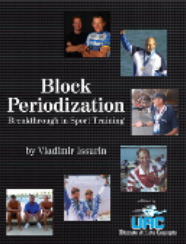
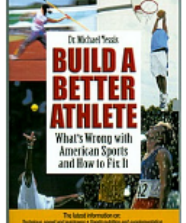
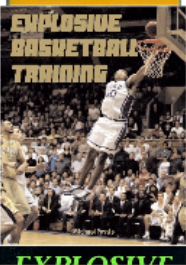
Sci-Fit ZMA (Zinc and Magnesium)
\$22.95

Werkman IWF Certified Competition Set w/ Rubber Friction Plates
\$3,488.00

Do-Win Rogue Weightlifting Shoes (Black & White)
\$109.00
Featured [more]


add selected products to cart

Displaying 1 to 15 (of 17 products) 1 2 [Next >>]

Product Image	Item Name -	Price
	Block Periodization Block Periodization is an advanced text designed for high-level coaches working with elite athletes. The basis of contemporary training was founded...	\$65.00 Add:
	Building A Better Athlete This just released book by Dr. Yessis is the most comprehensive sports training book ever written on what it takes to develop an athlete. It covers...	\$22.00 Add:
	Explosive Basketball Training Dr. Michael Yessis has written the most complete book on how to become a great basketball player. This is the only book that looks at technique and...	\$19.95 Add:

Online Store In Detail

Training Equipment

XL Athlete strives to provide its clients with some of the best training equipment on the market today. These products have been extensively tested and used by the very same coaches who contribute to the XL Athlete website. We stand behind each piece of equipment offered here, and are proud to offer them to you. We carry competition and training barbells, weights, racks, platforms, shoes, and other equipment to suit your needs.

New Products [more]



Werksan IWF Certified School Age Competition Bumper Plates
\$211.00



Sci-Fit Sleep-N-Tight
\$29.95



Sci-Fit Protein Twist Sports Drink
\$26.00

Featured [more]



Supertraining
\$65.00

add selected products to cart

Displaying 1 to 15 (of 20 products) 1 2 [Next >>]

Product Image	Item Name-	Price
	Werksan Black Rubber Training Bumper Plates Werksan Black Rubber Training Bumpers are TOUGH! Tested in school athletic centers, weightlifting halls, and honorable garage gyms everywhere, there...	\$99.00 ... more info
	Werksan Black Rubber Training Bumper Sets Werksan Black Rubber Training Bumpers are TOUGH! Tested in school athletic centers, weightlifting halls, and honorable garage gyms everywhere, there...	\$329.00 ... more info
	Werksan Customized Bumper Plates Werksan Customized Bumpers FOR YOUR SCHOOL OR GYM! Available with black, blue, red, yellow or green and your choice of artwork. Plates feature an...	\$320.00 ... more info Min: 10
	Werksan Economy Bumper Plates Werksan Economy Bumpers provide plenty of bang for your buck, and hold up well under daily use. The bumpers are sold in PAIRS. Please select the size...	\$225.00 ... more info
	Werksan IWF Certified Competition Bumper	

Online Store In Detail

Coaching Clinics

At XL Athlete, we realize that you strive to provide the best training methods for your athletes, and seek to contribute to the overall success of your athletic department or fitness facility. XL Athlete can help you to provide the most up to date, scientifically-based training methods that you can implement in your strength and conditioning program. We will also personalize these methods to best fit your facilities, athletes and coaching staff. XL Athlete has already conducted clinics at high schools and fitness centers across the country with great success. We can format the clinics to consult with your entire coaching staff, or if you prefer, to work directly with your athletes. We have achieved the best results through working directly with the coaching staff. By consulting with coaches, you can be assured that the people working with your athletes on a daily basis gain the knowledge to take their team to the next level. Our experienced and certified clinicians across the country can work with your school or fitness center to design an agenda to make sure you get what your program needs in order to be successful.

Mental Edge Services

A positive attitude is strongly connected the ability to enjoy participation in sport. The mental skills required to achieve individual goals are often overlooked, as the primary focus of coaches and athletes is usually concentrated more on physical abilities and performance. XL Athlete's Mental Edge Services seek to increase personal achievement and elevate the experience of individuals through outstanding seminars, clinics, and mentoring services. We encourage coaches, athletes, and parents to explore XL Athlete's Mental Edge Services to improve focus, motivation, development, and self-confidence.

***XL*Lathlete.com**

THE COACH'S MANUAL

AUTHORS & CONTRIBUTORS:

Jonathon Janz, MS, CSCS, USAW

Cal Dietz, M.Ed.

**If you have any questions or
comments, please email us at
xlathlete@sbwireless.net**