

TEMPLATE 4: ATHLETIC PERFORMANCE PLAN *by*



- CLIENT CATEGORY: ATHLETES
- KEY WORKOUT TYPES: PLYOMETRICS, SPEED TRAINING, AGILITY DRILLS
- TEMPLATE STRUCTURE:
 - DAY 1: AGILITY & SPEED (30–40 MINUTES)
 - EXERCISES: LADDER DRILLS (5 MIN), SPRINT DRILLS (4x40 METERS), CONE DRILLS (3x10 REPS)
 - REST: 1–2 MINUTES BETWEEN DRILLS
 - DAY 2: POWER & PLYOMETRICS (30–45 MINUTES)
 - EXERCISES: BOX JUMPS (4x8 REPS), MEDICINE BALL SLAMS (4x12 REPS), BROAD JUMPS (3x10 REPS)
 - REST: 1–2 MINUTES BETWEEN DRILLS
 - DAY 3: RECOVERY & FLEXIBILITY (30–40 MINUTES)
 - EXERCISES: FOAM ROLLING (10 MIN), DYNAMIC STRETCHING (10 MIN), YOGA FLOW (15 MIN)
- WARM-UP/COOL-DOWN: SPORT-SPECIFIC DYNAMIC WARM-UP; STATIC STRETCHING FOR COOL-DOWN.

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