

# XLAthlete.com

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.

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## Month 1 - Off Season Training

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Saturday*

<b>Week 1 Day 1</b> <a href="#"><u>Workout 1</u></a>	<b>Week 1 Day 2</b> <a href="#"><u>Workout 2</u></a>	<b>Week 1 Day 3</b> <a href="#"><u>Workout 3</u></a>	<b>Week 1 Day 4</b> <a href="#"><u>Workout 4</u></a>	<b>Week 1 Day 5</b> <a href="#"><u>Workout 5</u></a>	<b>Week 1 Day 6</b> <a href="#"><u>Workout 6</u></a>
<b>Week 2 Day 1</b> <a href="#"><u>Workout 7</u></a>	<b>Week 2 Day 2</b> <a href="#"><u>Workout 8</u></a>	<b>Week 2 Day 3</b> <a href="#"><u>Workout 9</u></a>	<b>Week 2 Day 4</b> <a href="#"><u>Workout 10</u></a>	<b>Week 2 Day 5</b> <a href="#"><u>Workout 11</u></a>	<b>Week 2 Day 6</b> <a href="#"><u>Workout 12</u></a>
<b>Week 3 Day 1</b> <a href="#"><u>Workout 13</u></a>	<b>Week 3 Day 2</b> <a href="#"><u>Workout 14</u></a>	<b>Week 3 Day 3</b> <a href="#"><u>Workout 15</u></a>	<b>Week 3 Day 4</b> <a href="#"><u>Workout 16</u></a>	<b>Week 3 Day 5</b> <a href="#"><u>Workout 17</u></a>	<b>Week 3 Day 6</b> <a href="#"><u>Workout 18</u></a>
<b>Week 4 Day 1</b> <a href="#"><u>Workout 19</u></a>	<b>Week 4 Day 2</b> <a href="#"><u>Workout 20</u></a>	<b>Week 4 Day 3</b> <a href="#"><u>Workout 21</u></a>	<b>Week 4 Day 4</b> <a href="#"><u>Workout 22</u></a>	<b>Week 4 Day 5</b> <a href="#"><u>Workout 23</u></a>	<b>Week 4 Day 6</b> <a href="#"><u>Workout 24</u></a>
<b>Week 4 Day 1</b> <a href="#"><u>Workout 25</u></a>	<b>Week 4 Day 2</b> <a href="#"><u>Workout 26</u></a>	<b>Week 4 Day 3</b> <a href="#"><u>Workout 27</u></a>	<b>Week 4 Day 4</b> <a href="#"><u>Workout 28</u></a>	<b>Week 4 Day 5</b> <a href="#"><u>Workout 29</u></a>	<b>Week 4 Day 6</b> <a href="#"><u>Workout 30</u></a>

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## **Workout 1**

### **[Dynamic Warm Up For Sport 1](#)**

**[3 cone drill](#) - 3 repetitions 45 seconds rest**

**[Super Endurance General Workout For Sport 1](#) – Level 7**

**[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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## **Workout 2**

**[Dynamic Warm Up For Sport 1](#)**

**[7 cone star drill](#) - 3 repetitions 45 seconds rest**

**[Isometric Conditioning Circuit For Sport 1](#) – Level 7**

**[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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## **Workout 3**

**[Dynamic Warm Up For Sport 1](#)**

**[Pro Agility](#) 3 repetitions 45 seconds rest**

**[Adaptability Training](#) – Level 5, Day 1**

**[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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## **Workout 4**

### **Dynamic Warm Up For Sport 1**

**5 cone drill 3 repetitions 45 seconds rest**

### **Simple Series Circuit 1 – Level 4**

**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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## **Workout 5**

**[Dynamic Warm Up For Sport 1](#)**

**[Back Peddle Sprint Drill](#) 3 repetitions 45 seconds rest**

**[General Work Capacity Circuit 1](#) – Level 4**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - No  
Rest in Between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 4**

**[Foam Roller Work](#)**

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## **Workout 6**

**[Dynamic Warm Up For Sport 1](#)**

**[6 cone drill](#) - 3 repetitions 45 seconds rest**

**[GPP Ultimate Single Lift Workout For Sport- Level 7](#)**

**[Tabata Intervals For Sport: On-Field Training](#) –  
5 minutes rest**

**[Bulgarian Jump Squat Conditioning](#)**

**[Band Stretching 2](#)**

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## **Workout 7**

### **Dynamic Warm Up For Sport 2**

**5 yard Figure 8 drill - 3 repetitions 45 seconds rest**

**Super Endurance for Sport 2 – Level 7**

**Core Workouts With Equipment For Sport – Workout 1 - 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](#)**

**[4 Cone X Drill](#) - 3 repetitions 45 seconds rest**

**[Isometric Conditioning Circuit For Sport 2](#) – Level 7**

**[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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## **Workout 9**

**[Dynamic Warm Up For Sport 2](#)**

**[Pro Agility](#) - 3 repetitions 45 seconds rest**

**[Adaptability Training](#) – Level 5, Day 2**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - 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](#)**

**[5 Cone M Drill](#) 3 repetitions 45 seconds rest**

**[Simple Series Circuit 2](#) – Level 4**

**[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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## **Workout 11**

**[Dynamic Warm Up For Sport 2](#)**

**[T Drill](#) 3 repetitions 45 seconds rest**

**[General Work Capacity Circuit 2](#) – Level 4**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - No  
Rest in Between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 4**

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## **Workout 12**

**[Dynamic Warm Up For Sport 2](#)**

**[Snake Cone Drill](#) - 3 repetitions 45 seconds rest**

**[GPP Ultimate Single Lift Workout For Sport- Level 7](#)**

**[Tabata Intervals For Sport: On-Field Training](#) – 5 minutes  
rest**

**[Bulgarian Jump Squat Conditioning](#)**

**[Band Stretching 2](#)**

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## **Workout 13**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Star Cone Drill #4](#) - 3 repetitions 45 seconds rest**

**[Super Endurance for Sport 1](#) – Level 7**

**[Medicine Ball Total Body Circuits For Sport](#) – Level 6 - 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**

**Pro Agility 3 repetitions 45 seconds rest**

### **Isometric Conditioning Circuit For Sport 1 – Level 7**

**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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## **Workout 15**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Mirror Drill](#) - 3 repetitions 45 seconds rest**

**[Adaptability Training](#) – Level 5, Day 3**

**[Core Workouts With Equipment For Sport](#) – Workout 1– No Rest Between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 5**

**[Band Stretching 1](#)**

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## **Workout 16**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[R Drill](#)** - 3 repetitions 45 seconds rest

**[Simple Series Circuit 3](#)** – Level 4

**[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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## **Workout 17**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[Pro Agility](#) - 3 repetitions 45 seconds rest**

**[General Work Capacity Circuit 3](#) – Level 4**

**[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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## **Workout 18**

**[Dynamic Warm Up With Hurdles For Sport](#)**

**[4 Corner Drill](#) - 3 repetitions 45 seconds rest**

**[GPP Ultimate Single Lift Workout For Sport](#)- Level 7**

**[Sprint Workouts 16-Week Cycle](#) – Week 16 –Friday workout**

**[Tabata Intervals For Sport: On-Field Training](#) – 5 minutes rest**

**[Band Stretching 2](#)**

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## **Workout 19**

**[Dynamic Warm Up For Sport 2](#)**

**[4 Cone Tennis Ball Drill](#) - 3 repetitions 45 seconds rest**

**[Super Endurance for Sport 2](#) – 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](#)**

**[4 Cone Cross Drill](#) - 3 repetitions 45 seconds rest**

**[Isometric Conditioning Circuit For Sport 2](#) – Level 7**

**[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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## **Workout 21**

**[Dynamic Warm Up For Sport 2](#)**

**[Pro Agility](#) - 3 repetitions 45 seconds rest**

**[Adaptability Training](#) – Level 5, Day 4**

**[Core Workouts With Equipment For Sport](#) – Workout 2 - – No  
Rest between Sets on this Sheet**

**[Sprint Workouts 16-Week Cycle](#) – Week 16 – Wednesday**

**[Foam Roller Work](#)**

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## **Workout 22**

**[Dynamic Warm Up For Sport 2](#)**

**[Agility Jump Drill](#) 3 repetitions 45 seconds rest**

**[Simple Series Circuit 1](#) – Level 4**

**[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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## **Workout 23**

**[Dynamic Warm Up For Sport 2](#)**

**[Mirror Drill](#) - 3 repetitions 45 seconds rest**

**[General Work Capacity Circuit 1](#) – Level 4**

**[Core Workouts With Equipment For Sport](#) – Workout 2 – No  
Rest between Sets on this Sheet**

**[Game Speed Conditioning - Gym](#) - Level 4**

**[Foam Roller Work](#)**

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## **Workout 24**

**[Dynamic Warm Up For Sport 2](#)**

**[Pro Agility](#) 3 repetitions 45 seconds rest**

**[GPP Ultimate Single Lift Workout For Sport- Level 7](#)**

**[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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## **Workout 25**

**[Dynamic Warm Up For Sport 2](#)**

**[3 cone drill](#) - 3 repetitions 45 seconds rest**

**[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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## **Workout 26**

### **Dynamic Warm Up For Sport 2**

**7 cone star drill 3 repetitions 45 seconds rest**

### **Isometric Conditioning Circuit For Sport 1 – Level 7**

**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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## **Workout 27**

**[Dynamic Warm Up For Sport 2](#)**

**[Pro Agility](#) - 3 repetitions 45 seconds rest**

**[Adaptability Training](#) – Level 5, Day 5**

**[Medicine Ball Total Body Circuits For Sport](#) – Level 10 – No Rest between Sets on this Sheet**

**[Sprint Workouts 16-Week Cycle](#) – Week 16 – Wednesday**

**[Foam Roller Work](#)**

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## **Workout 28**

**[Dynamic Warm Up For Sport 2](#)**

**[5 cone drill](#) - 3 repetitions 45 seconds rest**

**[Simple Series Circuit 2](#) – Level 4**

**[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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## **Workout 29**

**Dynamic Warm Up For Sport 2**

**Back Peddle Sprint Drill - 3 repetitions 45 seconds rest**

**General Work Capacity Circuit 2 – Level 4**

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

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

**Foam Roller Work**

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## **Workout 30**

**[Dynamic Warm Up For Sport 2](#)**

**[6 cone drill](#) - 3 repetitions 45 seconds rest**

**[GPP Ultimate Single Lift Workout For Sport- Level 7](#)**

**[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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