Phase 1 – Mobility and Stability

The goal of this phase is to undue to damage that was done during the season. We are looking to reduce muscle tightness, re-engage important muscles that may have been neglected, and reduce any muscle imbalances that may have developed. THIS PHASE IS IMPORTANT AS ADDING RESISTANCE TO DYSFUCTIONAL MOVEMENT PATTERNS WILL RESULT IN INJURY. We are trying to prepare you for the work to come.

In essence this phase is still apart of your active recovery.

The second goal of this phase is to introduce you to some warm up programs and to get you moving while continuing to recover from the season; stretching and foam rolling are also very important at this time.

This phase will be 2 weeks in length but the mobility and stability exercises will be maintained and progressed throughout the program. Please ensure that you have mastered them.

Weekly Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>General warm-up</td>
<td>General warm-up</td>
<td>General warm-up</td>
<td>General warm-up</td>
<td>General warm-up</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Foam rolling</td>
<td>Foam rolling</td>
<td>Foam rolling</td>
<td>Foam rolling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soft Tissue Stretching</td>
<td>Soft Tissue Stretching</td>
<td>Soft Tissue Stretching</td>
<td>Soft Tissue Stretching</td>
<td>Cross training</td>
<td>Off day</td>
<td></td>
</tr>
<tr>
<td>Lower body mobility exercises</td>
<td>Upper Body mobility exercises</td>
<td>Lower Body mobility exercises</td>
<td>Upper Body mobility exercises</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Linear dynamic warm-up</td>
<td>Multi direction warm-up</td>
<td>Linear warm up</td>
<td>Multi directional warm up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lower body stability</td>
<td>Upper body stability</td>
<td>Lower body stability</td>
<td>Upper body direction</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio</td>
<td>Cardio</td>
<td>Cardio</td>
<td>Cardio</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexibility</td>
<td>Flexibility</td>
<td>Flexibility</td>
<td>Flexibility</td>
<td>Flexibility</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lower Body Mobility Exercises

Lunges with torso rotations
Walking toe touches with arms to your sides, thumbs up
Full, body weighted squats
Spider Man lunges

Upper Body Mobility

Shoulder Wall extensions – standing

Phase 1 Dynamic Warm-Ups

Linear

Hip Swings front to back
Dog in Bush
Reverse Lunges
A, B, Cs
Single leg zig zags into a jog
Line over and backs
Jog, pivot into a jog

Upper Body

Pendulums
Arm circles with skipping
Arm cross flexion with skipping
Push-ups

Multi-Directional

Hip swings front to back and side to side
Dog in Bush
Lateral lunges
Cross over lunges
A, B, C’s
Shuffles
Carioca
Lateral quick feet on line
The warm-ups at this stage should take approximately 15 minutes and the mobility exercises should take about 10.

**Lower body Initiation and Stability Exercises**

Abdominal setting + progressions  
Supine hip flexion on ball – shoulders resting on a ball, bridge position and raising 1 knee at a time  
Double leg supine glute setting – lying on your back with your feet flat and knees bent. Lift the hips while maintaining foot contact until full contraction and hold for a count of 1. Progress to single leg variations  
Side lying clams – lying on your side with your hips and knees flexed. Lift the upper leg toward the ceiling while maintaining foot contact with the lower leg

Planking variations

**Upper Body Initiation and Stability Exercises**

I, Y, Ts – begin standing but progress to a ball  
Shoulder scaption  
Slower trap shoulder depressions

**Cardiovascular Training**

Cardiovascular training at this time is light and either continuous or long interval in nature.

I don’t want you to run at this time as we want to balance out the imbalances before running. We want to build some strength and conditioning before we attempt to begin a running program.

**Intensity Levels**

Week 1: begin with 1 set of 10 for each exercise. If you find your technique falters before completion then terminate the set  
Cardio training begins with 20 mins at a heart rate of 140 bpm

Week 2: progress to 2 sets of 10 for each exercise  
Cardio training bumps up to 30 minutes.