

HARD CORE TRAINING 2012 NOV.2ND- FEB.29TH



HARD CORE Training (HCT) is a 16-week program that systematically progresses participants from off-season conditioning through pre-season training allowing athletes to achieve optimum levels of physiological, psychological, physical and performance adaptations.

All sessions focuses on key training elements that build upon one another each week culminating in a challenging progression of training routines. All levels of ability are accommodated, however **participants must be healthy with no injuries (ie: shoulder, knee, hip, back etc...) to join** since most exercises require full use and range of motion of all joints.

Below is a detailed description of what participants can expect throughout the program.

Session Dates*:

* In observance of Thanksgiving and Christmas/Winter Break sessions will not be held on Nov. 23rd or Dec. 28th.

Session 1: Nov. 2

Session 2: Nov. 9

Session 3: Nov. 16

Session 4: Nov. 30

Session 5: Dec. 7

Session 6: Dec. 14

Session 7: Dec. 21

Session 8: Jan. 4

Session 9: Jan. 11

Session 10: Jan. 18

Session 11: Jan. 25

Session 12: Feb. 1

Session 13: Feb. 8

Session 14: Feb. 15

Session 15: Feb. 22

Session 16: Feb 29

Prior to the program

All participants are required to submit information regarding personal history such as occupation, lifestyle and medical background. In addition, participants are required to submit their primary and secondary performance goals for the 2012 season.

Session 1:

Dynamic Postural Assessment

Assess flexibility on both sides of the body as well as integrated total body strength

Identify imbalances in anatomy, physiology or biomechanics that may decrease participants ability to perform at optimum levels and possibly lead to injury

*Based on postural assessment participants will receive a specific exercise plan for correcting muscular imbalances

Performance Testing

Upper Extremity Stability: Davies Test

Core Stability /Strength: Plank Test

Lower Extremity Agility: Shark Skill Test

Upper Body Strength: Push Up Test

Lower Body Strength: Hop Test

Sessions 2,3,4,5

Phase 1: Stabilization Endurance Training

Goals

- Improve muscular endurance
- Enhance joint stability
- Increase flexibility
- Enhance control of posture
- Improve balance, coordination and stability

Training Strategies

- ✓ Corrective flexibility
- ✓ Training in unstable, yet controllable environments
- ✓ Low loads, high repetitions

Sessions 6,7,8*,9

* Mid-way performance testing during this session

Phase 2: Strength Endurance Training

Goals

- Improve stabilization endurance from previous phase
- Increase muscles strength
- Improve overall work capacity

- Enhance joint stabilization
- Increase lean body mass

Training Strategies

- ✓ Active flexibility
- ✓ Circuit and superset strength and stability exercises
- ✓ Moderate loads and repetitions

Sessions 10,11,12

Phase 3: Maximum Strength

Goals

- Increase muscle strength
- Improve muscular force production
- Enhance speed, agility and quickness

Training Strategies

- ✓ Active Flexibility
- ✓ Circuit and superset dynamic strength and traditional strength exercises; speed, agility and quickness training
- ✓ High loads, low repetitions

Sessions 13,14,15

Phase 4: Power

Goals

- Enhance muscular strength

- Increase muscular force production
- Enhance speed strength

Training Strategies

- ✓ Dynamic flexibility
- ✓ Plyometric training
- ✓ Superset strength and power exercises

Session 16:

Final Testing and Evaluation

Payment and Cancellation Policy

HCT is a comprehensive 16-session program that progressively takes participants through an entire periodization cycle so that they reach optimum levels of stability, strength, endurance, power and speed by the beginning of the 2012 racing season. **As such, the program requires commitment for the full 4 months. The program is paid for in 4-monthly installments of \$140 each, regardless of the amount of sessions attended in any given month. Refunds cannot be granted once the program has begun.**