UNIVERSITY OF CAMBRIDGE	Cambridge University Ultimate Club											
Session A		Bodyweight (kg)										
Phase 1	Date:											
Name:	Freshness: (1-10, 1 = exhausted, 10 = v. fresh)											
Sport: Ultimate	Session R											
WARM UP - Whole Group Together (15mins)												
Self Massage(Foam Rolling): 10-20 passes	Calves, Hamst	rings, IT Bai	nd, Quads, (	Glutes, Lats, Thor	acic Spine	5						
Activations 8-10 reps:	Glute Bridges, Side Lying Clams, Scapular Retractions,					es, Lateral	Band Wa	alks				
Dynamics 8-10 reps:	Deep Squat, Sl	houlder Fle	xion, Hip Hi	nge, Split Squat,	Lateral So	quat, Leg S	wings, Gr	oiners, T S	Spine Mob	oilisation		
Exercise	Sets	Reps	Tempo	Rest	Week 1		Week 2		Week 3		Week 4	
					Reps	Load	Reps	Load	Reps	Load	Reps	Load
PLYOS - Whole Group Together (10mins)												
A1) Jump & Stick Linear	2	6	х	45s		BW		BW		BW		BW
						BW		BW		BW		BW
A2) Hop & Stick In Place	2	5	х	45's		BW		BW		BW		BW
						BW		BW		BW		BW
A3) Front Med Ball Scoop Toss From Side	2	6	х	45's								
A4) Heidens	2	5 (5E.L)	x	45's		BW BW		BW BW		BW BW		BW BW
STRENGTH 1 - One Third of Group (10mins)												
B1) DB Low Incline Bench Press	3 (Straight)	8-10	2-0-1-0	30s before B2								
B2) Single Leg Romanian Deadlift	3 (Straight)	8-10	3-0-1-0	30s before B3								
B3) Swiss Ball Dead Bug / Foam Roller Half Dead Bug	3 (Straight)	10-12	2-0-2-0	30s before B1								
STRENGTH 2 - One Third of Group (10mins)												
C1) Skater Squat / Supported Skater Squat	3 (Straight)	8-10	3-0-1-0	30s before C2								
C2) Band No Money	3 (Straight)	10-12	2-0-1-0	30s before C3								
C3) Landmine Anti Rotation	3 (Straight)	10-12	2-0-2-0	30s before C1								
STRENGTH 3 - One Third of Group (10mins)									1			
D1) TRX Inverted Row	3 (Straight)	8-10	2-0-1-0	30s before B2								
D2) Valslide Leg Curl	3 (Straight)	8-10	3-0-1-0	30s before B3								
D3) Side Plank / Side Plank with Hip Flexion & Abd.	3 (Straight)	45-60s	n/a	30s before B1								