



Thompson Okanagan FC

Off Season Intro, Basics, Fundamentals

Technique and Form

Injury Prevention

Mobility

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<u>Workout 1</u>		<u>Workout 2</u>		<u>Workout 3</u>	
<p>Prep Lifts 2 x 12</p> <p>KB Swings</p> <p>Tubing -Face Row and Rotate</p> <p>Sumo Squat 3 x 10</p> <p>(open stance, toes turned out, knees in line w/ toes)</p> <p>DB Incline Press</p> <p>Inverted (horizontal) Row</p> <p>Goblet Squat</p> <p>Box Step Up (DB)</p> <p>Bench Push-Up</p> <p>Lat Pull-Down</p> <p>CORE 3 x 15</p> <p>U-Crunches</p> <p>Glute Bridges</p> <p>Side Bridge (20 sec)</p> <p>Plank on SB with alt knee drive</p>	<p>Conditioning</p> <p>15/15 running for 15 minutes</p> <p>(15 seconds at 75% of full speed, 15 second jog or walk - for 15 minutes)</p>	<p>Prep Lifts 2 x 10</p> <p>ITYWs</p> <p>Good Mornings (flat back)</p> <p>Lateral Low Walk</p> <p>3 x 10-12</p> <p>Single RDL (pendulum)</p> <p>Split Squats</p> <p>Seated Shoulder Press</p> <p>SB Hamstring Curls</p> <p>Standing 3 pt Row</p> <p>CORE 3 x 15</p> <p>Push Up to Side Plank (12)</p> <p>Alt Supermans' (6+6)</p> <p>Front Bridge (30 sec)</p>	<p>Conditioning</p> <p>30-45 min. Run changing pace at various intervals</p>	<p>Prep Lifts 2 x 10</p> <p>TRX Y's</p> <p>Cuban Press</p> <p>Box Step w/Knee Drive</p> <p>3 x 10-12</p> <p>Walking Lunges (12/12)</p> <p>Seated Row</p> <p>Goblet Squat</p> <p>KB Swings</p> <p>Calf Raises</p> <p>Farmers Carry (1 min)</p> <p>Medium Box Jump</p> <p>Circuit (minimal rest b/t ex's)</p> <p>Tuck Jump 3 x 8</p> <p>Glute Bridges 3 x12</p> <p>Squat Jump 3 x 10</p>	<p>Conditioning</p> <p>15/15 running for 15 minutes</p> <p>(15 seconds at 75% of full speed, 15 second jog or walk - for 15 minutes)</p>
Prepared by Jeff Thorburn BKin(AT), CAT[C], CSEP-CPT; 2015					

Thompson Okanagan FC Training Exercise Demos on Youtube

Workout 1

KB (Kettle Bell) Swings <https://www.youtube.com/watch?v=nBVvIXpsaPI>

Tubing <https://www.youtube.com/watch?v=ECj-ILlxwew>

Sumo Squat <https://www.youtube.com/watch?v=9ZuXKqRbT9k>

DB (Dumbbell) Incline Press <https://www.youtube.com/watch?v=8iPEnn-ltC8>

Inverted (Horizontal) Row <https://www.youtube.com/watch?v=XZV9lwluPjw>

Goblet Squat <https://www.youtube.com/watch?v=J0nClenJc7o>

Box Step Up (DB) <https://www.youtube.com/watch?v=KDwzB6xuZ9o>

Bench Push Up <https://www.youtube.com/watch?v=juGXvXyIV1U>

Lat Pull Down <https://www.youtube.com/watch?v=6HACluk2SCK>

U Crunches <https://www.youtube.com/watch?v=MKmrqcoCZ-M>

Workout 2

I T Y W's https://www.youtube.com/watch?v=Mr_kYGh8peo

Good Mornings <https://www.youtube.com/watch?v=5Xj6XUa77qc>

Lateral Low Walk <https://www.youtube.com/watch?v=DUAmQz6Xw8g>

Single RDL (Pendulum) https://www.youtube.com/watch?v=XulQY10Fz_8

Split Squats <https://www.youtube.com/watch?v=q3oJlfPm5Tk>

Seated Shoulder Press <https://www.youtube.com/watch?v=qEwKCR5JCog>

SB (Swiss Ball) Hamstring Curls https://www.youtube.com/watch?v=H-vC8g-nV_4

Standing 3 Pt Row <https://www.youtube.com/watch?v=8rvAW1P0KCK>

Push Up to Side Plank <https://www.youtube.com/watch?v=o2Qek4N2ea8>

Alt. Supermans <https://www.youtube.com/watch?v=Gui5TqiKjZI>

Front Bridge (Plank) <https://www.youtube.com/watch?v=pSHjTRCQxIw>

Workout 3

TRX Ys <https://www.youtube.com/watch?v=iz-6mGus5jk>

Cuban Press <https://www.youtube.com/watch?v=Z7dgbme2Gcw>

Box Step Up (w/ Knee Drive <https://www.youtube.com/watch?v=7CDA8TJ83io>

Walking Lunges <https://www.youtube.com/watch?v=D7KaRcUTQeE>

Seated Row <https://www.youtube.com/watch?v=GZbfZ033f74>

Goblet Squat <https://www.youtube.com/watch?v=J0nClenJc7o>

KB Swings <https://www.youtube.com/watch?v=nBVvlXpsaPl>

Calf Raises <https://www.youtube.com/watch?v=wxwY7GXxL4k>

Farmer's Carry <https://www.youtube.com/watch?v=EC34rDxafyQ>

Medium Box Jump https://www.youtube.com/watch?v=yTRefo_e5D0

Tuck Jump <https://www.youtube.com/watch?v=zh1v8jINBZ0>

Glute Bridges <https://www.youtube.com/watch?v=8bbE64NuDTU>

Squat Jump <https://www.youtube.com/watch?v=DeTBwEL4m7s>