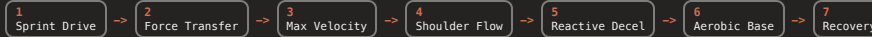


Minimal-Equipment Athleticism

Balanced speed, strength, power, cardio, mobility, and recovery without heavy weights.

Training order



WARMUP

Lower/sprints: ankles, leg swings, 90/90, Cossack pry, skips. Upper: wrists, scap push-ups, pull-aparts, light rows.

COOLDOWN

Lower/sprints: easy walk, hamstrings, calves, hip flexors, adductors. Upper: pecs, lats, forearms, thoracic rotations.

SESSION 1

1 Sprint Drive Strength

Force production for acceleration · 45-50 min

EXERCISE	SETS	REPS	REST
Double KB RDL	4	5-6	90s
Bulgarian split squat	4	6/side	90s
Heavy KB swing	5	12	60s
Offset farmer's carry	4	30 yd/side	90s
Nordic curl	3	5-8	90s
Single-leg calf raise	3	12/side	60s

Progress: add 2-5 lb to RDL/split squat every 1-2 weeks, then add reps.

SESSION 2

2 Upper-Body Force Transfer

Rings + trunk stiffness · 40-45 min

EXERCISE	SETS	REPS	REST
Wide grip pulls	3-4	8-12	90s
Bulgarian dips	3-4	6-10	90s
Rows	3	10-15	75s
Push-ups	3	10-15	75s
Y/T raises	3	12-15	60s
Bicep isolation	2	10-12	60s
Tricep extensions	2	10-12	60s
Pallof press	3	10/side	45s
Ring support hold	1	60 sec	-

Perfect form, moderate volume. Sprints are tomorrow.

SESSION 3

3 Max Velocity Practice

Top-speed exposure + full recovery

Warmup	10-15 min	Jog, dynamic mobility, A/B skips, butt kicks
Build-ups	3 x 40m	60%, 70%, 80%; walk back
Main set	6-8 x 40-60m	100% max velocity; full recovery
Cool down	10 min	Easy jog + hamstring/calf/hip flexor stretch

No lower-body gym work. Stop when form breaks.

SESSION 4

4 Shoulder Recovery Flow

Blood flow + external rotation · 25-30 min

EXERCISE	SETS	REPS	REST
Strict pull-ups	2	8-12	60s
Bulgarian dips	2	8-12	60s
Rows	2	12-15	45s
Push-ups	2	12-15	45s
Face pulls	3	20	45s
Bicep isolation	2	12-15	45s
Tricep extensions	2	12-15	45s
Dead bug / side plank	2-3	8/side or 30 sec	45s
Ring support hold	1	45 sec	-

Face pulls replace Y/T raises: external rotation, rear delts, low CNS demand.

SESSION 5

5 Reactive Power + Deceleration

Jumps + lateral + clean stops · 35-40 min

EXERCISE	SETS	REPS	REST
Box / broad jumps	4	5	60s
KB swing, light + fast	3	15-20	60s
Lateral bounds	3	4/side	90s
Decel drops / snap-downs	3	3-5	60s
Pogo jumps	3	20	45s
Single-leg RDL	3	10/side	60s
Cossack squat	3	8/side	60s

Progress: jump cleanly, land quietly, control lateral bounds. Do not chase load.

SESSION 6

6 Aerobic Base Builder

Easy conversational pace only

Run
45-60 min

Row
45-60 min

Bike
60-90 min

Swim
45-60 min

Conversational pace. If breathing is heavy, slow down. Max 75 min running or 90 min cycling.