The SNERTZ Ultimate workout

Chuck says: Over the years of playing ultimate and trying all kinds of workouts I finally have developed what I think is the best training for ultimate. I plan to do this workout only twice a week because I am old and take longer to recover. I will never do this workout two days in a row. I usually swim or mountain bike on my off days. The week before a tournament I will only do this workout once and I will cut everything in half except for the warm up and cool down. Make a note that everything must be done at 100 percent effort unless otherwise stated. What I mean by 100 percent is that it is done absolutely as hard as you can go. Playing Ultimate is like doing a series of anaerobic exercises with recovery breaks. My workout plan is to simulate what happens to your body during a point of ultimate. This workout will take about 45 min. to an hour to do [Jo's note: 1hr 15 min for me] and is much more intense than a simple hour run, which in my opinion does nothing but develop slow twitch aerobic muscles. Slow twitch muscles are great for marathons but I guarantee I will shut down a marathoner in a game of ultimate. Being able to explode, recover, explode, recover, .....etc is what will get you open. Even if you are not as fast as your opponent you can still get open if you are able to recover from a sprint or cut quicker.

- Mile warm up jog
- 4 X 100yds strides at 50% effort
- 2 X 40yds grapevines at 50 % concentrating on quick feet
- 2 X 40yds slides at 50 % stay low, bend knees
- 2 X 40yds high knees at 50%
- 2 X 40yds butt kickers at 50%
- 2 X 40yds exaggerated skips at 50%
- 15-30 pushups 75-100 situps

(stretch)

- 4 X 15 ground jumps – sprint 40yds after 15 jumps (ground jumps - touch the ground and then jump as high as you can reaching for the sky, landing and repeating as fast as you can w/ no rest in between)

puke
- 4 X 15 jump tucks – sprint 40yds after 15 jumps (jump tucks – jump as high as you can tucking your knees to your chest) - again no rest in between

hurl

- 15-30 pushups 75-100 situps

- 2 X 40yds lunge/twists (regular lunges however you twist your torso left and right at the bottom of each lunge – do not slam knees into ground – control with your quads – these will give you the power to keep pivoting and faking late in the day)

- 2 X 40 one-legged hops for distance. Use left leg for 20 yds, then right leg. Turn around and come back.

- 2 x 10 forward cone-hops, 2 x 10 sideways cone hops: a "cone hop" is exactly that, hop over a cone or other obstacle, jump as high as possible, pull your knees up to your chest in between. Goal is to have your feet spend the least possible time on the ground. Forward hops: hop in a forward direction over a line of cones set out in a row. Sideways hops: hop side-to-side up and over a single cone.

your quads are now toast

- 15-30 pushups 75-100 situps

- 10 X 5-10-5 shuttle/cone runs (modified from before): start, run 5yds touch the line with foot, return to base line, turn, run 10 yds, touch the line w/ foot, return to base line, turn, run 5yds touch and return to base. (40 yds total per run) Minimal rest between runs.

- 10 X 40yds explosions (run a 40 as fast as you can) - minimal rest between sprints

Rest between reps = zero, or as close to zero as you can come. Rest between sets should simulate ultimate – sometimes get a full recovery like at the end of a point or when Foust is arguing a call, sometimes see if you can do a couple back to back without rest kind of like guarding that guy from Axe – try to avoid passing out.

- 4 X 100yds strides at 50%

- Half-mile cool down jog

(stretch)