

THE A.S.A.P. WAY

A CONCISE,
NO-NONSENSE
TRAINING SYSTEM
FOR YOUNG ATHLETES



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ASAPWORKOUTS.COM

"CUT THE USELESS, MAXIMIZE THE USEFUL."

THE A.S.A.P. WAY:

THE 3 CONCEPTS OF THE “ALL-STAR ACADEMY OF PERFORMANCE” TRAINING SYSTEM

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Disclaimer: You should not begin an exercise program without first consulting with a physician to determine your condition, and finding parameters, in starting an exercise program. The author is not responsible for any injury, stress, or death incurred on individuals from performing the physical activity mentioned in this book. Participants should seek medical clearance before performing any physical activity described.

FIRST CONCEPT: STRENGTH TRAINING

For today's young junior high & high school athlete, strength training is as necessary to do as going to practice is. However, one does not have to become so dedicated to strength training that it overtakes the overall premise of preparing for sports.

Through my experience as a high school coach and private trainer of sports performance programs, I have seen many common mistakes when it comes to strength training for young athletes, such as:

- Becoming too focused on gaining weight for a perceived boost in performance
- Becoming obsessed with appearance of body parts, more than strength gains
- Becoming afraid of doing strength training, due to intimidating factors exhibited by teammates or other athletes
- Refraining from the strength training regimens the coach or school provides because of multiple sport commitments taking up too much time

Basically, you will see young athletes either take to a strength training program, or run away from it.

I wanted to create "The ASAP Way" as a method to introduce simple, basic concepts of strength training to all young athletes, especially those who are concerned more about muscle mass gain than they are about strength, and to those who are afraid of strength training being too dangerous for them.

Just as I have seen regular fitness clients who are new to exercise routines succumb to 'paralysis by analysis', young athletes may also do the same, especially at the junior high level.

During my full-time days of running my own training business, I implemented a 6 exercise circuit system that had various bodyweight & kettlebell exercises as its staples. This worked out okay since I had a variety of kettlebells, but I know most people aren't accustomed to using kettlebells. Kettlebells enable the user to do a variety of movements, such as the 6 movements I used in my system: squatting, lunging, pushing, pulling, bending, & twisting.

As a way to make things simpler, I have chosen 4 basic exercises to do for The ASAP Way: Squatting, Pushing, Pulling, and Bending. In most basic & successful programs I have read & seen first-hand, these 4 actions can do plenty in creating a stronger body for the athlete. They incorporate many muscles to get the job done. Coaches can use these basic principles to implement in their own weight rooms, and parents can use them to structure a strength training plan for their children, if no strength training programs are present at their school.

The 4 main actions once again are:

Squatting – Focuses on lower body, core strength

Pushing – Focuses on upper body

Pulling – Focuses on upper body

Bending – Focuses on midsection/core

2 circuits are developed from these actions:

Squat/Push, then Pull/Bend.

A complete workout can be done within 20 minutes when applied correctly. 2, 10 minute circuits done 2 to 3 times a week, can offer a lot of strength training gains for the athlete. Many of these exercises can start out with just bodyweight exercises, such as push-ups, pull-ups, inverted pull-ups, crunches & sit-ups. Minimal equipment is needed to apply such a workout, such as:

A 300# barbell set may suit most older athletes

A 100# barbell & dumbbell set

A 2-handled strap for Bodyweight exercises

A stability ball

Rotating Push-up handles

Pull-up bars, such as Iron Gym pull-up bars

Most school weight rooms already have a series of barbells, benches, and machines. However, I feel most free weight exercises offer the most benefit for an athlete. I am not a big supporter of machine-based exercise programming, due to machines not conforming well to most athletes. Every athlete can fit a barbell or dumbbell, and do a bodyweight exercise appropriately.

However, if you are a coach who's reading this, and have used some machines as a successful strategy, then feel free to implement a few of these movements on a machine instead.

The 10 Minute Circuit:

Each 10 Minute Circuit is done in a 'super set' format of doing submaximal repetitions from exercise to exercise. For instance, if you could only do 10 push-ups, you would perform reps of 5-8 per set, which is just short of your maximum.

Total reps are added up at the end of each session, with the aim to improve upon that number at your next training session.

Here are some examples to help illustrate this unique circuit.

Example:

Workout #1:

Exercise	Weight	1	2	3	4	5	6	7	8	9	10	Total
Front Squat	75#	5	5	5	5	5	5	5	5	5		45
Push-Ups	BW	5	5	5	5	5	5	5	5	5		45
Pull-Ups	BW	3	3	3	3	3	2	2	1	1		21
Sit-Ups	BW	6	6	6	6	6	6	6	6	5		53

Workout #2

Exercise	Weight	1	2	3	4	5	6	7	8	9	10	Total
Front Squat	75#	5	5	5	5	5	5	5	5	5	4	49
Push-Ups	BW	5	5	5	5	5	5	5	5	5	5	50
Pull-Ups	BW	3	3	3	3	3	2	2	2	1	1	23
Sit-Ups	BW	6	6	6	6	6	6	6	6	5	5	58

In the first workout, only 45 push-ups were performed, in 9 sets of 5 for the 10 minutes allowed. The 2nd workout showed that 50 were performed, 10 sets of 5. More work was performed in the 2nd workout, the body was stronger and able to perform more work in the unit of time provided.

By basing the workouts on a time-based structure, you are focusing more on work capacity this way.

A work capacity-based structure is easy to measure, implement, and use during all seasons of training. Exercises can be changed once plateaus are reached, or weight can be increased once this occurs. For instance, you may find you're only able to do so many push-ups in 10 minutes time. You could either switch to a bench press for an added challenge, or go to another barbell pushing exercise in your next workout.

For even a further science-based approach, total workout volume can be measured this way as well, such as pounds/minute and total poundage.

In our Front Squat example, Workout #1 showed 45 reps at 75#, which is a total volume of 3375 pounds, and 337.5 pounds/minute. Workout #2 showed an increase to 49 reps, a total volume of 3675 pounds, and 367.5 pounds/minute. Such measures can be tracked if one wishes to. But for simplicity's sake, the total number of reps is enough to measure & be concerned with for most people.

As a rule of thumb, a starting weight or resistance should be around a 10 repetition maximum for that exercise, and you do reps in a range of 5-8 per set during your circuit. If the resistance allows less reps than a 10 rep max, like for pull-ups, then start out performing reps in the 50-60% range of that maximum. For example, on pull-ups you could only do 6, then you'd do 3 reps per set in your circuit.

If you appear to get tired, simply take some rest between your sets and go at your own pace. If you can no longer maintain a certain number of reps within your circuit, simply back off by 1-2 reps and continue with the circuit until its done. In this example, if you're doing sets of 7 and after 5 sets, you can only do 5-6 reps on your 6th set, continue doing 5-6 per set.

The best basic movements I have discovered are:

Squatting:

Front Squats

Dead-lifts

Single Leg 'Pistols' with assistance

Pushing:

Regular Push-Ups

Rotating Handle Push-Ups

Bench Press

Pulling:

Pull-Ups

Inverted Pull-Ups

Barbell Rows

Bending:

Stability Ball Crunches

All-Star Sit-Ups

Squatting:

Front Squats



Front Squat Top View:

Keep the bar racked upon your upper arm & shoulders, elbows pointing out & about parallel with the ground.

Front Squat: Bottom Position



Descend down until the quads are parallel with the ground, keeping the chest out, head up, and back flat.

Dead-lifts:



Dead-lift Start Position: Keep a flat back, pushing the butt back and sticking your chest out as you lower to grab the bar, grabbing it at shoulder-width. Legs can be positioned just outside the arms, with toes slightly pointed out.



Ascend up to a lock-out position, then slowly return the weight to the ground.

Single Leg 'Pistols' with assistance

Using a Jungle Gym II™ strap device, connected to a pull-up bar fixed to a door jamb. The strap offers assistance in balancing and pressing up with the fixed leg. Grab the handles and step out far enough to balance on the single leg chosen. Arms should be about parallel as shown.



Descend down slowly, until the thigh is past parallel, then press up back to the start position. Try to use the straps for assistance in balancing, not as a primary means of pulling you up from the bottom.



Pushing Exercises:

Push-Ups/Rotating Handle Push-Ups



Start with hands about shoulder-width apart, keeping the body in a straight line as shown, from ankles to shoulders.



Lower yourself & allow the handles to rotate, pushing yourself back up after you get down as far as is comfortable. For regular push-ups, place the palms at shoulder width apart as well.

Note: The Perfect Push-Up™ is highly recommended to use for push-ups. It can really maximize the basic push-up and be smoother on the joints.

Bench Press

Performed on a slide-in bench with adjustable steel sawhorses to support the weight. The bench is from a squat rack combo I have located in my garage.

The sawhorses are adjusted so that the bar is about 1 inch above my chest.



Grip the bar at slightly wider than shoulder-width apart and put the bar at chest level. Push up to a lockout position & lower the weight slowly back down

Pulling:

Pull-Ups

Note: Using a pull-up bar in a doorway.
(Iron Gym™ doorway device used)



Using the parallel grips, start out as shown.



Pull yourself up until your shoulders are level with the pull-up bar. Lower down slowly
& repeat.

Inverted Pull-Ups

Note: Using Jungle Gym II™ straps on a pull-up bar.



Get yourself fixed so that your body is approximately at 45 degrees when you are fully up, as shown.



Lower yourself & keep a straight line with your body.

Pull yourself up as shown below.



Barbell Rows



Start out by having your hands grip the bar at about shoulder width apart, butt pushed back, back flat, and shoulders slightly over the knees. There should be a triangle forming between your knees, hips, & shoulders.



Pull the bar up to near chest level, keeping the back & lower body fixed & stabilized.

Bending:

Stability Ball Crunches



Using a stability ball, get yourself situated so that your lower back is on the 'top' of the ball, as shown. Tuck your hands under your chin by making a fist with one, & covering that fist with the other hand. Place your hands between your chin & collarbone.



Crunch up, keeping your lower body stable and abdominal region 'tight' throughout the movement.

All-Star Sit-Ups
(Often called Half-Turkish Get-Ups)



Start out with a dumbbell on your right side, right knee bent as shown, left leg out straight as shown. Push the weight straight up before you begin.



Drive the weight up and keep your body tight as you reach the top of the movement. You can use your left forearm to help you upward, as you 'punch' the weight up. Your upper body will be at a slight angle once you reach the top.

Slowly lower yourself back down, nice & controlled. Switch leg positions to perform the lift on the left side.

SECOND CONCEPT: ENERGY SYSTEM CONDITIONING

Energy System Conditioning is a term I use to combine the uses of speed, agility, and even plyometric training for athletes. All in all, when it comes down to it, it depends on how efficient the engine is in the athlete, in this case, how efficient each energy system is when it is placed upon the demands of sports.

Within my training experience, I have discovered that this is what it really comes down to: energy system conditioning. There are two main energy systems the body uses for sports: the aerobic, and anaerobic. A majority of sports within the high school levels are largely dependent on the Anaerobic energy system.

Interval Training is one of the best methods to use in training the Anaerobic energy system in athletes. Plus, it can be trained in many ways, via sprinting & jogging, or short burst durations of activity followed by periods of rest & recovery. I have written an entire 12-18 month interval training plan, called the Peak Minutes Plan, located at my site, ASAPWorkouts.com. The link to that workout plan is:
<http://asapworkouts.com/pmplan.pdf>

In short, that structured program can be used with sprinting drills, agility drills, and jumping drills of short duration, in order to help the athlete condition their Anaerobic energy systems.

I have excerpted the entire plan into this book for you, keeping the essentials provided from the book.

EXCERPTS FROM "THE PEAK MINUTES PLAN"

This Template has 12 workouts/month, each "Phase" is 1 Month.

Performing 3 workouts per week is recommended as an average.

If 2 workouts per week are chosen, then the plan could extend itself to 18 months total, with each Phase becoming 6 weeks.

Workouts are conducted on a scale of 1-10 on effort.
10 is an 'all-out' effort rating.

Workouts begin with 5 minutes at a level 5 to 6 rating.

"e" is for Easy efforts, such as 5-6.

"h" is for Hard efforts, such as 9-10.

Basic Workout Template:

Begin with 5 minutes at an “Easy” rating of effort.

Transition to the minute-based easy/hard workout periods, for the suggested workout duration for that workout.

Example: Phase I, Workout 1 has 11 minutes worth of 50 seconds easy, 10 seconds hard for each minute.

You would do the 5 minute easy-rating warm-up, then transition into the 11 minute period of 50 seconds easy, 10 seconds hard. This ends up being a total of 16 minutes for a brief, concise workout.

Each Phase has been specially periodized (specifically planned) to have specified durations for each workout day within the total phase, in order to allow the body to work at differing volumes of total intensities throughout the phase. These fluctuations allow the body to adjust to varying demands that it sees in the world of sports.

Phases of Workouts To Complete	Easy & Hard Periods of Work Durations Per Minute	Average Durations of Each Phase
Phase I	50e, 10h	15
Phase II	40e, 20h	15
Phase III	30e, 30h	12
Phase IV	45e, 15h	18
Phase V	40e, 20h	18
Phase VI	30e, 30h	15
Phase VII	45e, 15h	20
Phase VIII	40e, 20h	20
Phase IX	35e, 25h	15
Phase X	50e, 10h	20
Phase XI	45e, 15h	20
Phase XII	40e, 20h	15

If you were to start off the year with this, this is how it would look:

Phase I: January

Phase II: February

Phase III: March

Workout #	Phase I Durations	Phase II Durations	Phase III Durations
1	11	11	9
2	10	10	8
3	14	14	11
4	21	21	17
5	12	12	10
6	11	11	9
7	11	11	8
8	21	21	17
9	14	14	11
10	20	20	16
11	14	14	11
12	21	21	17

Phase IV: April

Phase V: May

Phase VI: June

Workout #	Phase IV Durations	Phase V Durations	Phase VI Durations
1	14	14	11
2	12	12	10
3	16	16	14
4	25	25	21
5	14	14	12
6	14	14	11
7	13	13	11
8	25	25	21
9	16	16	14
10	23	23	20
11	16	16	14
12	25	25	21

Phase VII: July

Phase VIII: August

Phase IX: September

Workout #	Phase VII Durations	Phase VIII Durations	Phase IX Durations
1	15	15	11
2	13	13	10
3	18	18	14
4	28	28	21
5	16	16	12
6	15	15	11
7	14	14	11
8	28	28	21
9	18	18	14
10	27	27	20
11	18	18	14
12	28	28	21

Phase X: October

Phase XI: November

Phase XII: December

Workout #	Phase X Durations	Phase XI Durations	Phase XII Durations
1	15	15	11
2	13	13	10
3	18	18	14
4	28	28	21
5	16	16	12
6	15	15	11
7	14	14	11
8	28	28	21
9	18	18	14
10	27	27	20
11	18	18	14
12	28	28	21

Implementations for the Multi-Sport Athlete:

These workouts may be applied to your traditional training regimes during an entire training year, even during an in-season phase of training for your sports. For simple terms, an “in-season phase” would be the time your team starts official practices, to the end of your post-season play. In general, most high school sports seasons will last 12 weeks. You could get in 3 Phases of training with 3 workouts/week (12 weeks of I, II & III) or 2 Phases of training with just 2 workouts/week (12 weeks of I & II).

I would advise starting out with Phase I at the end of your post-season play of your ‘major’ sport that you train for. Many multi-sport athletes will play 2-3 sports, but have one ‘major’ sport that is their passion or specialty. For instance, when I coached cross-country athletes, I found a majority of them were using the cross-country season to prepare for their ‘major’ sports of the winter months: basketball, wrestling, or hockey.

So, to further go along with this example, let’s say your major sport is a winter sport: basketball. Once ‘March Madness’ ends, take 1-2 weeks off and enjoy what’s called an ‘active recovery’ period, to help your body un-wind from the rigors of a season. Then, you could plan out the first 4 week workout period of Phase I into your training schedule.

If you are transitioning into a spring sport, I would advise starting Phase I with 2 workouts a week, which extends it to a 6 week phase.

Since these workouts are mostly under 30 minutes, with a majority well under 20 minutes, they should be easy enough to implement into your training programs.

Caution: If you ever find yourself getting too worn-down from working out, refrain from doing 3 of these workouts per week, and limit yourself to 1-2 workouts a week. Multi-sport athletes are very prone to becoming over-trained due to the large amount of stress placed on their bodies. As a trainer & coach, I have seen 2-3 sport athletes become easily over-trained.

All of these workouts must have a strong focus on the time you perform them in. I would advise doing some forms of cross-training with these interval workouts.

Some cross-training methods to use are:

Running: If you’re into most sports, you are likely to have periods of sprinting & then periods of active recovery, with a brief walk/jog period. Running is the easiest & the most specific form to use for most sports when doing interval training.

Cycling: riding a bike or doing stationary bike work is a good method to use for general conditioning, and it gives your legs a slight break from the pounding & grinding of competition.

Jump Roping: Jumping as fast as you can for the ‘hard’ periods of time, and resting for the ‘easy’ periods of time is the easiest way to apply these protocols to a jump rope. Jump ropes are cheap & can be used virtually anywhere.

Cross-Trainers/Ellipticals: Like the stationary bike, these machines could be useful to you if your body needs a break from the pounding & grinding of a sport. The clock is also right there in front of you on most of these machines to use as a guide.

Footwork/Agility Ladder drills: Perform agility ladder drills for the ‘hard’ periods of time, followed by rest periods. To create your own combination of an agility ladder with its’ own hurdles, visit <http://rst.speeddialcoach.com>. If you go to that site, you will see my creations of agility ladders & hurdles that I’ve made out of simple PVC pipe from a hardware store, and their many combinations of drills you can do from them alone. By making these items, you will save a lot of money, and add more to your training options at a minimal cost.

Overall, you have a pre-planned series of workouts that follow a protocol that’s proven to work in creating better performance. I have used the principles of this plan to help average athlete runners improve their fitness levels by up to 20% within a 12 week period alone. There is no guarantee for such improvement levels in everyone, but it certainly can’t hurt to have a proven plan that is setup scientifically to help you perform better in the end.

There are mainly 2 ways to train:

One way is with guidance, goals, and a proven plan.

The other is flying by the seat of your pants, wondering what to do next after hearing what some other person just did for their workout.

Failing to plan is planning to fail. It doesn’t get any simpler than that.

Numerous athletes each year plan to fail, because they fail to plan a simple workout strategy.

The ones who have a plan and follow through, adjusting their strategy along the way to accommodate for changes, they are the ones who stick out above the rest.

This 12 to 18 month interval training plan gives you the freedom to be flexible in your training strategy. Even if you just used 2-3 phases alone, you could discover a lot of great benefits from it throughout your training.

Many athletes & coaches today are looking for ‘the edge’. Interval Training gives you one of the greatest conditioning edges that your training time can buy. It has been proven

again & again to be superior to traditional 'long & slow' methods of distance running & training. It also is the closest thing that comes to mimicking the conditions of sports, without playing the sport day in & day out.

- End Excerpt

THIRD CONCEPT: FLEXIBILITY & WARM-UP TECHNIQUES

One of the simplest tools I have used for warming up and for aiding in keeping muscles flexible is what is called “The Stick” device. It is a long stick with spindles throughout it, which you roll across your muscles and help to increase blood flow. I have an entire video which shows you how to use this device, as well as a video showcasing how to use a simple rolling pin in its place. Those videos are shown for free at my YouTube channel, <http://youtube.com/speeddialcoach>. The video’s are “Power & Control for Sports”, and ‘The Tune-Up”. These tools can be done in around 5 minutes worth of time or less, making flexibility something that has no excuse on skipping out on!

I am not a fan of using static stretching techniques, and find them more useful at the end of a workout or practice, done gently and not forcefully. So, I do not promote doing any static hold stretching techniques before a workout, just after a workout, and done in a gentle, easy stretch.

Foam rolling devices are also becoming useful to use for athletes. If you buy a foam roller device, you will most likely get a guide or a DVD along with it to assist you in using it. It doesn’t make much sense for me to tell you how to use something that a guide or DVD already will do for you.

SUMMARY:

Like I mentioned in the beginning, a simple, civilized approach for training athletes is needed today. For example, 12 year olds don't need to be flipping tractor tires unless they work on their family's farm and need to do it. Numerous marketing attempts are trying to sell themselves as an 'elite' or 'superior' method in creating super-human high school athletes, and future college stars. Well, when less than 1% of high school athletes turn pro, and less than 10% ever compete at the college level, then I guess I'm here to serve the other 90% who simply want to enjoy their athletic endeavors, as I once did as a high school athlete. Those athletes need quality training too, not a bunch of hyped-up, ill-fated programs to follow out of thin air. Today's athletes need a solid, simple strategy to train themselves into being better athletes for their teams. It is my intention that this guide can help serve that role for them.

RESOURCES:

A.S.A.P. TRAINING SYSTEM



Coach Rick Karboviak is a fitness trainer & sports performance trainer out of Finley, ND. He offers training consultations, e-books & programs through his wide variety of sites.

His new sports performance site for multiple-sport athletes, <http://ASAPWorkouts.com>, was created to fill the need that exists for athletes who compete in 2 to 4 sports per year. Coach Rick's vast experience in training multi-sport athletes was the motivation to create that site and this corresponding e-book, to help inform coaches, parents, & young athletes about the challenges they face when training & conditioning for sports.

COACH RICK'S WEBSITES:

Coach Rick's first training site:

<http://SpeedDialCoach.com>

Coach Rick's GPS Speed Training Guide:

<http://endure.speeddialcoach.com>

Coach Rick's How-To Book on Creating Your Own Speed & Agility Training Tools:
Rocket Speed Training On A Budget!

<http://rst.speeddialcoach.com>

Coach Rick's Multi-Sport Athlete Site:

<http://ASAPWorkouts.com>

Coach Rick's Other Products:
The Total Improvement Performance Series

<http://tips.speeddialcoach.com>

Coach Rick's Store to Purchase Home Equipment:

<http://BudgetWorkout.com>

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