



12-Week Workout Routine for Older Athletes



12-Week Fitness Program for Older Athletes
Week 1-6

Week	Day 1	Day 2	Day 3
1	Bodyweight Strength and Endurance Circuit #1	Conditioning Workout #1	Bodyweight Strength and Endurance Circuit #2
2	Conditioning Workout #2	Bodyweight Strength and Endurance Circuit #3	Conditioning Workout #3
3	Bodyweight Strength and Endurance Circuit #1	Conditioning Workout #4	Bodyweight Strength and Endurance Circuit #2
4	Conditioning Workout #5	Bodyweight Strength and Endurance Circuit #3	Conditioning Workout #6
5	Bodyweight Strength and Endurance Circuit #1	Conditioning Workout #7	Bodyweight Strength and Endurance Circuit #2
6	Conditioning Workout #8	Bodyweight Strength and Endurance Circuit #3	Conditioning Workout #9

Workout - Body Weight Strength & Endurance Circuit #1

8 Rounds:

Push ups or modified push ups x 15

High bar (x 6) or low bar (x 10) pull ups

Body-weight squats x 20

Jumping jacks x 50

Mountain climbers x 70

Sit ups x 12

Workout - Body Weight Strength Endurance Circuit #2

5 Rounds:

Burpees x 15

Tent push ups x 8

Walking lunges x 10 each leg

High bar (x5) or low bar (x 8) pull ups

Run-in-place high knees x 100 total

T-push ups x 5 each side

On-ground glute raises x 10 each leg

Bicycle crunches x 50

Workout - Body Weight Strength & Endurance Circuit #3

Step-back lunges x 10 each leg

Air punches x 200 each arm

High bar (x 8) or low bar (x 12) pull ups

Jack knife abs x 10 each leg

Sumo squats x 25

Dive-bomber push ups x 10

Jump rope x 200 rotations

Bear crawl x 50 yards/150 feet

(repeat for a total of 4 rounds)

Workout - Conditioning Workout #1

The goal of the low-impact conditioning workouts is simply to conform to the prescribed work, rest and volume menu listed. You can perform conditioning workouts on a stair-climber, elliptical machine, stationary bicycle, rower, or other devices. The basic components of the workout are:

- Warm up = easy pace.
- Hard effort = all-out effort relative to the prescribed time.
- Easy effort = continue moving, but at a very low pace.
- Bouts = number of repetitions of the hard effort.
- Cool down = walk and stretch following the session.

(Approximately 30:00)

Warm up = 3:00

Hard effort = 2:00

Easy effort = 1:00

Bouts = 9

Cool down

Workout - Conditioning Workout #2

(Approximately 35:0):

Warm up = 3:00

Hard effort = 3:00

Easy effort = 1:30

Bouts = 7

Cool down

Workout - Conditioning Workout #3

(Approximately 25:00)

Warm up = 3:00

Hard effort = 1:00

Easy effort = 0:30

Bouts = 14

Cool down

Workout - Conditioning Workout #4

(Approximately 35:00)

Warm up = 3:00

Hard effort = 1:30

Easy effort = 1:00

Bouts = 13

Cool down

Workout - Conditioning Workout #5

(Approximately 30:00)

Warm up = 3:00

Hard effort = 2:00

Easy effort = 0:45

Bouts = 10

Cool down

Workout - Conditioning Workout #6

(Approximately 25:00)

Warm up = 3:00

Hard effort = 2:30

Easy effort = 1:00

Bouts = 6

Cool down

12-Week Fitness Program for Older Athletes
Week 7-12

Week	Day 1	Day 2	Day 3
7	Total Body Strength Training #1	Conditioning Workout #10	Total Body Strength Training #2
8	Total Body Strength Training #1	Conditioning Workout #11	Total Body Strength Training #2
9	Total Body Strength Training #1	Conditioning Workout #12	Total Body Strength Training #2
10	Total Body Strength Training #1	Conditioning Workout #13	Total Body Strength Training #2
11	Total Body Strength Training #1	Conditioning Workout #14	Total Body Strength Training #2
12	Total Body Strength Training #1	Conditioning Workout #1	Total Body Strength Training #2

Workout - Total Body Strength Training 1

Can be done with dumbbell, barbell, or machine:

Chest Press: 12 - 16 reps

Chin Ups: Max reps

Overhead Press: 10 - 14 reps

Low Row: 10 - 14 reps

Decline Press/Dips: 8 - 12 reps

Pulldown: 8 - 12 reps

Tricep Extensions: 10 - 14 reps

Bicep Curl: 10 - 14 reps

Leg Press: 16 - 20 reps

Squat: 12 - 16 reps

Hamstrings: 12 - 16 reps (Prone or seated leg curl w/barbell, dumbbell or machine, Romanian deadlift, or glute/ham raise)

Abdominals: 20 - 30 reps (Any abdominal exercise)

Workout - Total Body Strength Training 2

Can be done with dumbbell, barbell, or machine:

Overhead Press: 10 - 14 reps

Low Row: 10 - 14 reps

Chest Press: 8 - 12 reps

Pull Down: 8 - 12 reps

Incline Press: 6 - 10 reps

Upright Row: 6 - 10 reps

Push Ups: Max reps

Low Bar Pull Ups: Max reps

Dumbbell Deadlift: 14 - 18 reps

Goblet Squat: 10 - 14 reps

Hamstrings: 8 - 12 reps (Prone or seated leg curl w/barbell, dumbbell or machine, Romanian deadlift, or glute/ham raise)

Abdominals: 15 - 25 reps (Any abdominal exercise)

Workout - Conditioning Workout #7

(Approximately 30:00)

Warm up = 3:00

Hard effort = 1:00

Easy effort = 0:45

Bouts = 15

Cool down

Workout - Conditioning Workout #8

(Approximately 35:00)

Warm up = 3:00

Hard effort = 3:00

Easy effort = 1:00

Bouts = 8

Cool down

Workout - Conditioning Workout #9

(Approximately 25:00)

Warm up = 3:00

Hard effort = 2:00

Easy effort = 1:00

Bouts = 7

Cool down

Workout - Conditioning Workout #10

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 20:00

Warm up = 2:00

Hard effort = 1:30

Easy effort = 0:45

Bouts = 8

Cool down

Workout - Conditioning Workout #11

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 15:00

Warm up = 1:30

Hard effort = 0:30

Easy effort = 0:30

Bouts = 14

Cool down

Workout - Conditioning Workout #12

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 20:00

Warm up = 2:00

Hard effort = 0:45

Easy effort = 0:25

Bouts = 15

Cool down

Workout - Conditioning Workout #13

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 15:00
Warm up = 1:30
Hard effort = 0:20
Easy effort = 0:10
Bouts = 10
Easy effort = 3:30
Hard effort = 0:20
Easy effort = 0:10
Bouts = 10
Cool down

Workout - Conditioning Workout #14

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 20:00
Warm up = 2:00
Hard effort = 0:30
Easy effort = 0:20
Bouts = 9
Easy effort = 3:00
Hard effort = 0:30
Easy effort = 0:20
Bouts = 9
Cool down

Workout - Conditioning Workout #15

A low-impact conditioning workout performed on a stair-climber, elliptical machine, stationary bicycle, or other devices.

Approximately 15:00
Warm up = 1:30
Hard effort = 0:20
Easy effort = 0:10
Bouts = 10
Easy effort = 3:30
Hard effort = 0:20
Easy effort = 0:10
Bouts = 10
Cool down