



Youth Athlete Training

Teaching Coaches. Guiding Parents. Molding Athletes



F.A.S.T.

Strength, Speed & Conditioning
8 Week System for Youth Athletes



Foundational
Athletic
Sport
Training



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Steve Preston MSEd is a Sports Performance Specialist in Virginia Beach, Virginia. He works exclusively with wrestlers and MMA athletes to improve performance through cutting edge strength and conditioning, and advanced nutritional techniques.



Introduction

Welcome from Steve Preston and F.A.S.T. Youth Athlete Training...

What you are about to discover is my blueprint for increasing your lean muscle, strength, speed and conditioning while dropping body fat and increasing your sports performance... with nothing but your body weight and some guts.

This is an 8 week program that you can perform repeatedly or simply use for one or two cycles throughout the year.

While I love the feel of cold steel barbells, dumbbells and serious strength equipment, this program is meant to give you the same sports development without the injuries, sore joints, sore muscles and equipment needs.

Bodyweight training will allow you to build the athletic body that is capable of performing on the field and at game time.

Body weight training has transformed many athletes into bigger, faster, better conditioned players. It is perfect for developing youth athletes safely and effectively.

Whether you have had strength training experience or are a rank beginner, this program will work for you.

Open your mind, stay focused on your goals and don't hold back when training. Good things are about to start happening.

Yours in Strength,
Steve Preston - Sports Performance Specialist

Disclaimer

You must get a physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise all readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure not to take risks beyond the level of your experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or a certified strength and conditioning specialist. Always ask for instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including The F.A.S.T. Training program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you do not use the F.A.S.T. Training program, please follow your doctor's orders.

10 Tips To Train SAFE!

It is very important to train within your capabilities and not overdo it.

1. Do not perform any exercise that you are not sure how to execute. Be sure to seek advice from a qualified coach or trainer.
2. Don't do an exercise that hurts or just doesn't feel right. Listen to your body. You can always do a substitute exercise for any exercises that you have to discontinue. Just ask on my blog at www.YouthAthleteTraining.com.
3. Whenever you begin a new program, start light. Use lighter weights than normal, and allow your body to develop a neuro-muscular connection to the exercise. In other words, get used to the exercise as you would a new technique within your sport. Expect soreness with new exercises, even when starting with light weights. Ease into much success.
4. If you need extra recovery in between sets or between workouts, don't hesitate to take it. Your workouts are designed to stimulate muscular strength and performance enhancement but sometimes you have to listen to your body and take extra rest.
5. Always use a spotter when you are training with heavy weights. This is a MUST! Be sure your spotter is competent and paying attention.
6. Remember, as an athlete you train to perform better in your respective sport. We train smart at all times.
7. Do NOT strength train more than 3 days per week for your sport. Proper strength and conditioning require ample amounts of rest. More is not better. In fact, more is counterproductive to sports performance. Train hard, train smart, then rest and recover.
8. Never skip a warm-up. Haste will create injuries. Warm up for your workouts as you would for your sport. A proper warm up is essential for an effective strength and conditioning workout. This will carry over to your sport as improved sports performance and help reduce injuries.
9. If you want to start one of the F.A.S.T. sports training workouts but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
10. Check with your doctor before starting any exercise or diet program.

F.A.S.T. Training Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

1. Perform this program for 8 weeks then repeat. (If you want a more advanced program after this, please check out our members area)
2. Train on 3 non-consecutive days per week. For example: Do these workouts on Monday - Wednesday - Friday.
3. Do speed training drills and games on off days from training or you can do them after the workouts and have more rest days.
4. Do each exercise with proper controlled form.
5. Begin each workout with a warm-up (see Speed Drills guide)
6. Finish each workout with static stretching for tight muscle groups.
7. Exercises marked as 1A and 1B (or any others such as 2A and 2B) are meant to be performed back to back with minimal rest in between. You then rest after the second exercise before repeating.

The F.A.S.T. Sports Training Week 1 — 8 Week Blueprint

Day 1: Power and Speed

1A) Split Squat Jumps - 30 seconds timed

1B) Mountain Climbers - 30 seconds timed

Rest 60 seconds and repeat 4 times for a total of 5 supersets

2A) Clap Pushups - 5 x 5

2B) Narrow Grip Pullup with Knee Raise (Add weight if necessary) - 5 x 5 (60 second rest)

Spiderman Pushups - 5 x submax reps (60 second rest)

4A) Hanging Leg Raise - 3 x 6 reps

4B) Stability Ball Rollouts - 3 x 6 reps (30 second rest)

Day 2 Conditioning

Jog at a good pace. Every 150 - completed 100 burpees.

Day 3 Strength and Muscle Building

1) Speed Skater Squats - 5 x AMRAP (No rest between sets)

2) Front Grip Pullups - 4 x max reps (60 second rest)

3) Recline Rows - 4 x max reps (60 second rest)

4) One Leg Squat-2 x sub max reps + 2x max reps each leg

5) One Arm Pushup - 4 x max reps each side (no rest)

6) Hanging Leg Raises - 30 reps total AFAP

**AFAP = as fast as possible*

The F.A.S.T. Sports Training Week 2 — 8 Week Blueprint

Day 1: Power and Speed

- 1) Elevated Dive-Bomber Pushups - 5 x submax reps (60 second rest)
- 2A) Box Jumps - 5 x 3 reps
- 2B) Squats + Weighted Vest - 5 x 10 reps (rest 60 seconds and repeat for 5 total sets)
- 3) Jump Rope 5 x 50 fast reps (30 seconds rest)
- 4A) Mixed Grip Pullups - 2 sets submax reps + 2 sets max reps each side
- 4B) Weighted Pushups - 4 sets of max reps (60 second rest)
- 5A) Forward Sprints - 20 yards
- 5B) Backwards Sprints -20 yards (Rest 60 seconds and repeat 3x)

Day 2: Conditioning

- 1A) 15 Burpees
- 1B) 50 Bodyweight Squats
- 1C) 25 Pushups
- 1D) 10 Front Grip Pullups
- 1E) 25 Situps

**No rest between exercises in this circuit. Perform circuit 5 times through*

Day 3: Strength and Muscle Building

- 1A) Dips - 3 x 15 reps (first 5 reps slow and controlled, next 5 reps fast, last 5 reps as slow as possible)
- 1B) Reverse Grip Chinup - 3 x 10 reps (first 5 reps slow and controlled, next 5 reps fast) (Rest 60 seconds and 2 more times for 3 sets each)
- 2) 1 Leg Squat 5 sets x AMAP each leg
- 3) Bodyweight Squats x 100 reps
- 4) Step Up / Reverse Lunge Combo - 3 sets x 12 reps each leg

The F.A.S.T. Sports Training Week 3 — 8 Week Blueprint

Day 1: Power and Speed

1A) Bulgarian Split Squat Jumps 2 sets x 10 each leg

1B) One Leg Hip Extension 2 sets x 10-15 each leg

**Perform back to back and rest 60 seconds and repeat a second time.*

2) Burpee to Chinup 5 sets of 5 reps

3A) Divebomber Pushups 2 sets x max reps

3B) Inverted Row 2 sets x max reps

4) Jumping Squats 4 sets x 30 seconds

5) Reverse Crunch 2 sets x 15-20 reps

Day 2: Conditioning

1A) 10 Burpees

1B) 50 Bodyweight Squats

1C) 25 Pushups

1D) 10 Pullups

1E) 25 Situps

**Perform full circuit with no rest in between exercises. Rest 1 minute and repeat. Perform 4-5 circuits.*

Day 3: Strength and Muscle Building

1) Bodyweight Squats 4 sets x 15 reps (first five reps slow and controlled, the next five as fast as possible, and the last 5 slow and controlled)

2) Pushups 3 sets x 15 reps (first five reps slow and controlled, the next five as fast as possible, and the last 5 slow and controlled)

3) One Leg SLDL 3 sets x 15 reps (first 5 controlled, then hold for 5-10 seconds, then finish final reps)

4) Chinups 3 sets of 5 reps (first 5 reps controlled, then hold for 5-10 seconds)

5) Lunges 3 sets of 10 reps (first 5 reps controlled, then hold for 5-10 seconds each leg, then finish reps for each leg)

6) Supermans 4 sets x 15 reps (first 5 reps slow and controlled, the next 5 as fast as possible, and the last 5 reps slow and controlled)

The F.A.S.T. Sports Training Week 4 — 8 Week Blueprint

Day 1: Power and Speed

- 1A) Vertical Wall Walks 4 x submax reps
- 1B) Chin to Hand Pull Ups 4 x submax reps (90 sec rest)
- 2A) Burpee Jumps 4 x 10 reps
- 2B) Jump Rope 4 x 100 reps (90 sec rest)
- 3) Ab Wheel or Stability Ball Rollouts 2 x submax reps

Day 2: Conditioning

- 1A) 25 Combat Squats
- 1B) 12 T-Pushups (6 each side)
- 1C) 12 Split Squat Jumps (6 per side)
- 1D) Inverted Row AMAP
- 1E) Reverse Lunge - 12 reps per side

**Rest 60 seconds and repeat circuit. Perform 4-5 rounds of this circuit*

Day 3: Strength and Muscle Building

- 1) Dips 3 sets of 10 reps (5 reps as fast as possible, pause in the contracted position for 10 seconds, then complete the next 5 as fast as possible)
- 2) Step Ups - 3 sets of max reps each leg
- 3) Reverse Grip Chinup - 5 sets of 5 reps (Raise up in 1 second and lower in 5 seconds on each repetition.)
- 4) Crossover Step Ups - 3 sets of max each leg
- 5) Shoulder Width Pushups - 3 sets of 15 reps (first 5 reps slow and controlled, the next 5 reps fast, and the last 5 slow and controlled.)



The F.A.S.T. Sports Training Week 5 — 8 Week Blueprint

Day 1: Power and Speed

- 1) Jump Rope 5 x 50 fast reps (30 sec rest)
- 2A) Side Box Jumps 5 sets x 6 reps
- 2B) Split Squat Jumps 5 sets x 5 reps each leg (rest 60 seconds)
- 3) Weighted Pushups 5 sets x 5-10 reps
- 4) Mixed Grip Pullups 5 sets x 6 reps (each side)
- 5) Forwards/Backwards Sprints 10 sets of 50' forward / 50' backwards (rest 30 sec between each set)

Day 2: Conditioning

- 1) Run 1 mile AFAP (4-5 minute rest)
- 2) T Pushups 3 sets x max reps each side
- 3) Stability Ball Leg Curl x 50 AFAP
- 4) Inverted Rows w/ feet elevated x 50 reps AFAP

Day 3: Strength and Muscle Building

- 1A) Handstand Pushups 5-10 reps
- 1B) One Arm Pushup 5-10 reps
- 1C) Towel Pull Ups 5-10 reps
- 1D) One Legged Squat 5-10 reps
- 1E) Reverse Crunch 10-15 reps
- 1F) Single Leg Deadlift 5-10 reps each leg

The F.A.S.T. Sports Training Week 6 — 8 Week Blueprint

Day 1: Power and Speed

- 1A) Dive Bomber Pushups 5 sets x 12 reps
- 1B) Speed Skater Squats 5 sets x 12 reps each leg (rest 60 seconds and repeat back to back)
- 2A) 1 Leg Box Jump 5 sets x 5 reps each leg
- 2B) Body Weight Squats with One and a Half Reps 5 sets x 10 reps (one rep = one full squat and return to starting position + one full squat then half way up... that's ONE rep)
- 3) 50 Front Grip Pullups in as few sets as possible.
- 4) Jump Rope Sprint 4 minutes total: 30 seconds of work /30 seconds of rest.

Day 2: Conditioning

- 1A) 20 Burpees
- 1B) Split Squat Jumps 10 per side
- 1C) 20 Recline Rows
- 1D) 20 Diamond Pushups

**Complete 5 rounds of this circuit as fast as you can.*

Day 3: Strength and Muscle Building

- 1A) Dips 3 sets x 15 reps (first 5 fast as possible, next 5 very slow, last 5 as fast as possible)
- 1B) Reverse Grip Chinups 3 sets x max reps (rest 60 seconds and repeat back to back for a total of 3 supersets)
- 2) Bulgarian Split Squats 4 sets x 15 reps each leg (no rest)
- 3) Jump Squats x 50 AFAP
- 4) Bodyweight Squats x 50 AFAP

**AFAP = as fast as possible*

The F.A.S.T. Sports Training Week 7 — 8 Week Blueprint

Day 1: Power and Speed

- 1) Standing Broad Jump Triples 5 sets x 3 reps (Do 3 jumps in succession, rest 1 minute and repeat until all sets are completed)
- 2A) T-Push Ups Left Arm: 2 sets x 15 reps
- 2B) Inverted Row 2 sets x max reps
- 2C) T-Push Ups Right Arm: 2 sets x 15 reps (perform all 3 exercises back to back, rest 60 seconds, then repeat 1 more time)
- 3A) Single Leg Squat 2 sets x AMAP
- 3B) Single Leg Good Morning 2 sets x AMAP (perform both exercises back to back, rest 60 seconds, then repeat 1 more time)
- 4) 100 Pushups AFAP
- 5) Prone Jackknife 2 sets x 10-120 reps

Day 2: Conditioning

- 1) Bear Crawl Forwards + Backwards (10 steps forward, 10 backwards)
- 2) Dive Bomber Pushups 10 reps
- 3) 1 Leg Side Box Jump 6 reps
- 4) Walking Lunges 10 reps each leg
- 5) Mixed Grip Chinups 6 reps each side
- 6) Ab Wheel or Stability Wheel Rollouts - 12 reps

**Perform circuit, rest 60 seconds and repeat for 5 circuits*

Day 3: Strength and Muscle Building

- 1A) Hip and Thigh Extension 2 sets x max reps each leg
- 1B) Speed Skater Squats 2 sets x max reps each leg (perform both exercises back to back, rest 60 seconds, repeat)
- 2A) Front Grip Pullups 2 sets x max reps
- 2B) Dips 2 sets x max reps
- 2C) Reverse Crunch 2 sets x 10-15 reps (perform all 3 exercises back to back, rest 60 seconds, repeat)
- 3A) 50 Pushups
- 3B) 50 Inverted Rows (do all 50 pushups as quickly as possible, followed by 50 inverted rows as quickly as possible)

The F.A.S.T. Sports Training

Week 8 — 8 Week Blueprint

Day 1: Power and Speed

- 1) Scramble to Balance Drill 5 sets of 6 reps on each leg (30 sec rest between sets)
- 2A) Heel Touch Squats 3 sets x 8 reps each leg
- 2B) 1 Leg SLDL 3 sets x 8 reps each leg (perform both exercises back to back, rest 60 seconds, repeat for a total of 3 sets each)
- 3) Alligator Crawl 3 sets x max distance
- 4) Ball Rollout max sets in 5 minutes
- 5) Cross Grip Towel Chinups 4 sets x max reps (2 sets then cross hands the other way and perform 2 more sets. Rest 30 seconds between sets)

Day 2: Conditioning

- 1) Burpees or 1-Leg Burpees x 5 minutes (40 sec work / 20 sec rest)
- 2) Run AFAP x 5 minutes (40 sec work / 20 sec rest)
- 3) Jump Rope x 5 minutes (40 sec work / 20 sec rest)
- 4) Bodyweight Squats x 5 minutes (40 sec work / 20 sec rest)

Day 3: Strength and Muscle Building

**Perform all reps in 3 seconds up / 3 seconds down fashion*

- 1A) Wide Stance Bodyweight Squat 5 x 15 reps
- 1B) Diamond Pushups 5 x max reps (perform both exercises back to back, rest 60 seconds, repeat for 5 sets each)
- 2A) Front Grip Pullups 5 x max reps
- 2B) Bulgarian Split Squats 5 x max reps each leg (perform both exercises back to back, rest 60 seconds, repeat for 5 sets each)
- 3) Chinup with Knee Raise 3 x max reps