

— PRE-SEASON · IN-SEASON ·
ENHANCEMENT

ATHLETE PERFORMANCE.

Three complete blocks for the competitive athlete.
Build the engine before the season, hold it through
the season, and raise the ceiling when the calendar
allows. Full gym, force-velocity based, built around
the sport — not instead of it.

3 BLOCKS

PRE / IN /
ENHANCE

**2-4X /
WEEK**

SESSIONS

**FULL
GYM**

EQUIPMENT

THE GYM SERVES THE SPORT.

The most common mistake in athlete training is running a bodybuilding or powerlifting program and hoping it transfers. It partly does — until the season starts and the accumulated fatigue starts costing you on the pitch. This program treats the weight room as one input among several, and it changes shape depending on what else is demanding your body that week.

BLOCK 1

PRE-SEASON

6–8 weeks. Build strength, power and tissue resilience. Highest gym volume of the year.

BLOCK 2

IN-SEASON

Minimum effective dose. Maintain qualities, stay fresh for match day.

BLOCK 3

ENHANCEMENT

Off-season or long break. Attack the weakest quality without competition constraints.

FORCE AND VELOCITY — WHERE YOUR GAP IS

Athletic power is force multiplied by velocity. Most athletes are meaningfully better at one end than the other, and training the end you're already good at wastes months.

Force-deficient athletes are fast but light — quick feet, no collisions won, struggle to accelerate a heavy load. They need heavy strength work.

Velocity-deficient athletes are strong but slow — good numbers in the gym that don't show up on the pitch. They need speed, jumps, throws, and lighter explosive work.

Page 4 shows you how to find out which you are. Every block adjusts based on that answer.

NON-NEGOTIABLE

Sport practice and competition always take priority over a gym session. If you have to choose, you choose the sport. This program is built to be cut back without falling apart — that's a feature, not a compromise.

LOWER POWER.

~75 min
SESSION LENGTH

#	EXERCISE	SETS	REPS	REST	COACHING CUE
1	Pogo Hops	3	10	60s	Stiff ankles, minimal ground contact. Primer, not a workout.
2	Broad Jump	4	3	90s	Full reset between reps. Distance is the only measure that counts.
3a	Trap Bar Deadlift Contrast pair	4	4	90s	Heavy, 2 RIR. Drive the floor away.
3b	Vertical Jump Contrast pair	4	4	150s	Maximum intent. Stop the pair if height drops.
4	Rear-Foot Elevated Split Squat	3	6 each leg	120s	Start with the weaker leg and match reps on the stronger side.
5	Nordic Curl (eccentric)	3	5	90s	Lower as slowly as you can control. The most protective hamstring exercise available.
6	Copenhagen Plank	3	20s each side	60s	Adductor resilience — a common groin-injury gap in field sports.

WHY NORDICS ARE NON-NEGOTIABLE

Hamstring strains are among the most common non-contact injuries in sprinting sports, and eccentric hamstring strength is one of the few modifiable factors you control. Five hard reps, twice a week, is a small price for the weeks it can save you.

LALICIC METHOD

— PREVIEW ENDS HERE

THE FULL PROGRAM.

You've seen 3 of 13 pages. The complete Athlete Performance includes every session laid out week by week — exercises, sets, reps, rest, and coaching cues — plus the progression rules, troubleshooting, and the full training calendar.

FULL PROGRAM

\$79.99

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WHAT YOU GET

The complete 13-page PDF, a training log to track your numbers, and direct coaching support on WhatsApp for the length of the block. Not sure which program fits? Message me and I'll tell you honestly.

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