IFAST BASKETBALL



FREE DOWNLOAD

THE R7 TRAINING TEMPLATE

The programming template we use at IFAST. Release, Reset, Readiness, Reactive, Resistance, Resiliency, Recovery. One page per training day, ready to fill in.

MIKE ROBERTSON

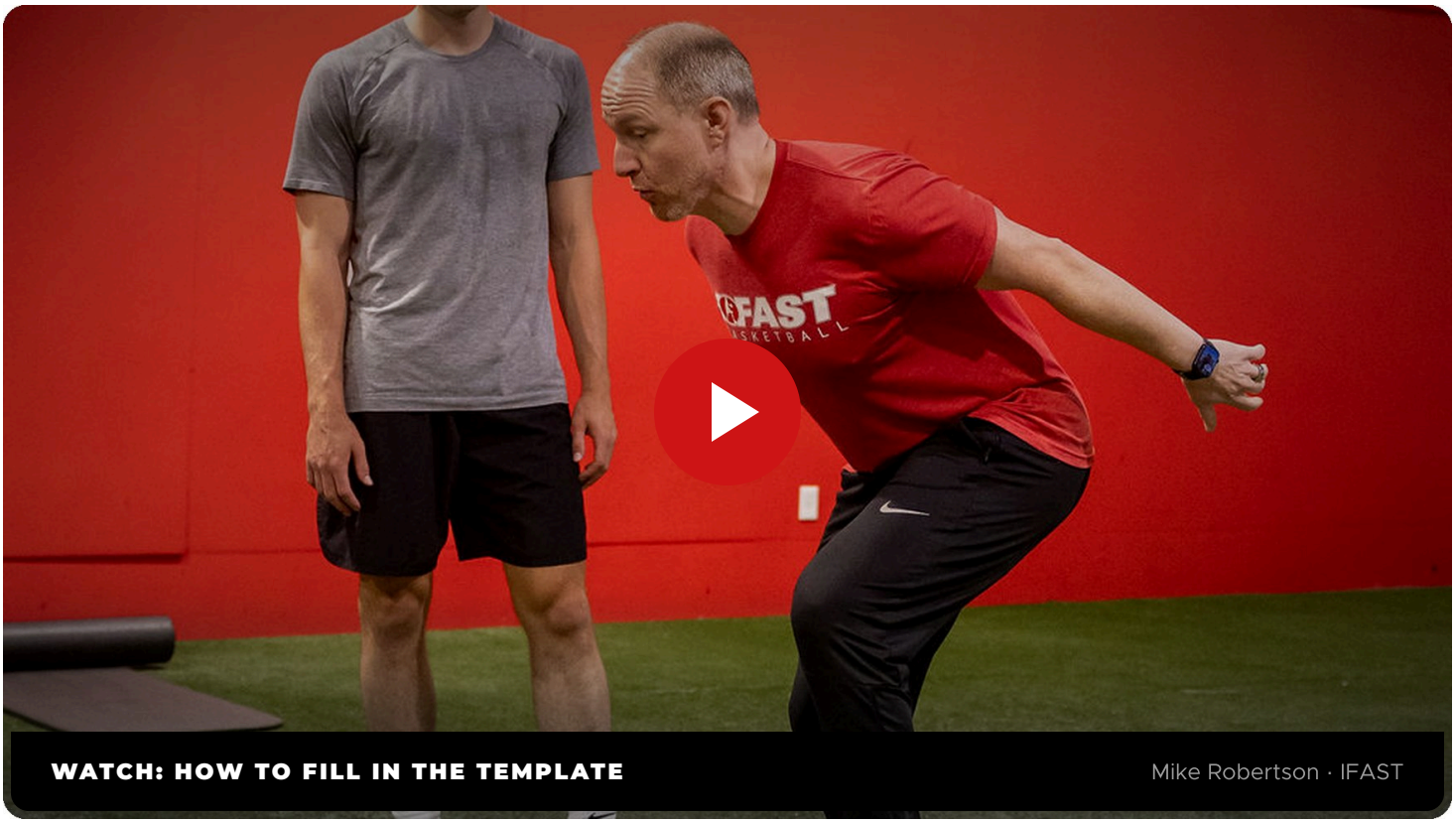
26 years coaching · IFAST, Top 10 Gym in America 6×

HOW TO USE IT

R7 is how I organise every program I write. Seven blocks, in the same order, every session: Release, Reset, Readiness, Reactive, Resistance, Resiliency, Recovery.

This template is the blank version of that system. The next page holds the work that runs before every session and stays the same all week. The five pages after it are one training day each.

Type into the shaded cells on screen, or print it and fill it in by hand. Then coach off the page. Every shaded cell is editable: the goals, the release areas, the sets and reps, and the program number at the top of each page.



WATCH: HOW TO FILL IN THE TEMPLATE Mike Robertson · IFAST

EVERY SESSION: R1 TO R3

Release, Reset and Readiness. Same work before every session, so they live on one page and do not get rewritten each day.

EACH TRAINING DAY: R4 TO R7

Reactive, Resistance, Resiliency and Recovery. These change by day, so each day gets its own page.

DAILY PREP

ATHLETE NAME HERE

SHORT-TERM GOALS

- Goal #1
- Goal #2
- Goal #3

LONG-TERM GOALS

- Goal #1
- Goal #2
- BIG GOAL!

R1 RELEASE

Every session, before you train

FOAM ROLLER / BALL	FREQUENCY	REPS	TIMING
Feet/Calves	Daily	30 s.	Pre-workout
Quads	Daily	30 s.	Pre-workout
Hips	Daily	30 s.	Pre-workout
Pecs	Daily	30 s.	Pre-workout
Lats	Daily	30 s.	Pre-workout

R2 RESET

EXERCISES	SETS & REPS	BREATHS	COACHING CUES
Reset #1	2x5		
Reset #2	2x5		
Reset #3	2x5		

R3 READINESS

EXERCISE	REPETITIONS
Dynamic Warm-up	5-10

HOW TO USE THIS

R1 to R3 run before every session, and they stay the same all week. R4 to R7 change by day, one page per training day. Every shaded cell can be typed over, so the starting values are a default, not a fixed prescription.

NOTES

MONDAY

R4 REACTIVE

EXERCISE	1	2	3	4	COMMENTS & COACHING CUES	REST
1) Exercise						30 s.
2A) Exercise						30-60 s.
2B) Exercise						30-60 s.
3) Exercise						60 s.

R5 RESISTANCE

EXERCISE	TEMPO	WEEK 1	WEEK 2	WEEK 3	WEEK 4	COMMENTS & COACHING CUES	REST
1A) Exercise							60 s.
WEIGHT ▸							
1B) Exercise							60 s.
WEIGHT ▸							
2A) Exercise							90 s.
WEIGHT ▸							
2B) Exercise							90 s.
WEIGHT ▸							
3A) Exercise							60 s.
WEIGHT ▸							
3B) Exercise							60 s.
WEIGHT ▸							
4A) Exercise							60 s.
WEIGHT ▸							
4B) Exercise							60 s.
WEIGHT ▸							

R6 RESILIENCY

	INTENSITY	RECOVERY	REPEATS	COMMENTS
Week 1				
Week 2				
Week 3				
Week 4				

R7 RECOVERY

EXERCISE	1	2	3	4	REST
Recovery Breathing					

TUESDAY

R4 REACTIVE

EXERCISE	1	2	3	4	COMMENTS & COACHING CUES	REST
1) Exercise						30 s.
2A) Exercise						30-60 s.
2B) Exercise						30-60 s.
3) Exercise						60 s.

R5 RESISTANCE

EXERCISE	TEMPO	WEEK 1	WEEK 2	WEEK 3	WEEK 4	COMMENTS & COACHING CUES	REST
1A) Exercise							60 s.
WEIGHT ▸							
1B) Exercise							60 s.
WEIGHT ▸							
2A) Exercise							60 s.
WEIGHT ▸							
2B) Exercise							60 s.
WEIGHT ▸							
3A) Exercise							60 s.
WEIGHT ▸							
3B) Exercise							60 s.
WEIGHT ▸							
4A) Exercise							60 s.
WEIGHT ▸							
4B) Exercise							60 s.
WEIGHT ▸							

R6 RESILIENCY

	INTENSITY	RECOVERY	REPEATS	COMMENTS
Week 1				
Week 2				
Week 3				
Week 4				

R7 RECOVERY

EXERCISE	1	2	3	4	REST
Recovery Breathing					

WEDNESDAY

R4 REACTIVE

EXERCISE	1	2	3	4	COMMENTS & COACHING CUES	REST
1) Exercise						30 s.
2A) Exercise						30-60 s.
2B) Exercise						30-60 s.
3) Exercise						60 s.

R5 RESISTANCE

EXERCISE	TEMPO	WEEK 1	WEEK 2	WEEK 3	WEEK 4	COMMENTS & COACHING CUES	REST
1A) Exercise							60 s.
WEIGHT ▸							
1B) Exercise							60 s.
WEIGHT ▸							
2A) Exercise							60 s.
WEIGHT ▸							
2B) Exercise							60 s.
WEIGHT ▸							
3A) Exercise							60 s.
WEIGHT ▸							
3B) Exercise							60 s.
WEIGHT ▸							
4A) Exercise							60 s.
WEIGHT ▸							
4B) Exercise							60 s.
WEIGHT ▸							

R6 RESILIENCY

	INTENSITY	RECOVERY	REPEATS	COMMENTS
Week 1				
Week 2				
Week 3				
Week 4				

R7 RECOVERY

EXERCISE	1	2	3	4	REST
Recovery Breathing					

THURSDAY

R4 REACTIVE

EXERCISE	1	2	3	4	COMMENTS & COACHING CUES	REST
1) Exercise						30 s.
2A) Exercise						30-60 s.
2B) Exercise						30-60 s.
3) Exercise						60 s.

R5 RESISTANCE

EXERCISE	TEMPO	WEEK 1	WEEK 2	WEEK 3	WEEK 4	COMMENTS & COACHING CUES	REST
1A) Exercise							60 s.
WEIGHT ▸							
1B) Exercise							60 s.
WEIGHT ▸							
2A) Exercise							60 s.
WEIGHT ▸							
2B) Exercise							60 s.
WEIGHT ▸							
3A) Exercise							60 s.
WEIGHT ▸							
3B) Exercise							60 s.
WEIGHT ▸							
4A) Exercise							60 s.
WEIGHT ▸							
4B) Exercise							60 s.
WEIGHT ▸							

R6 RESILIENCY

	INTENSITY	RECOVERY	REPEATS	COMMENTS
Week 1				
Week 2				
Week 3				
Week 4				

R7 RECOVERY

EXERCISE	1	2	3	4	REST
Recovery Breathing					

FRIDAY

R4 REACTIVE

EXERCISE	1	2	3	4	COMMENTS & COACHING CUES	REST
1) Exercise						30 s.
2A) Exercise						30-60 s.
2B) Exercise						30-60 s.
3) Exercise						60 s.

R5 RESISTANCE

EXERCISE	TEMPO	WEEK 1	WEEK 2	WEEK 3	WEEK 4	COMMENTS & COACHING CUES	REST
1A) Exercise							60 s.
WEIGHT ▸							
1B) Exercise							60 s.
WEIGHT ▸							
2A) Exercise							60 s.
WEIGHT ▸							
2B) Exercise							60 s.
WEIGHT ▸							
3A) Exercise							60 s.
WEIGHT ▸							
3B) Exercise							60 s.
WEIGHT ▸							
4A) Exercise							60 s.
WEIGHT ▸							
4B) Exercise							60 s.
WEIGHT ▸							

R6 RESILIENCY

	INTENSITY	RECOVERY	REPEATS	COMMENTS
Week 1				
Week 2				
Week 3				
Week 4				

R7 RECOVERY

EXERCISE	1	2	3	4	REST
Recovery Breathing					

IFAST BASKETBALL

STOP GUESSING.
LEVEL UP.

The template is the blank page. If you would rather have the programming already written, and me explaining why each call gets made, start here.

1. **Off-Season Program: Coach**
   The full off-season program, plus video of me breaking down the reasoning behind each block.

2. **Off-Season Program: Athlete**
   The same program, ready to run on TrainHeroic. For the hooper who just wants to train.

3. **The Ultimate Guide to In-Season Program Design**
   Holding on to off-season strength once the games start.

- **IFAST Basketball Community: free**
  Questions about the template, or about your own athletes. Ask me there.

START HERE

Everything carries a 30-day money-back guarantee. Use it, and if it is not for you, tell us inside 30 days.