K2 Playbook

OFF SEASON

THE FIRST 4 WEEKS



What to do after your last game

YOUR SEASON'S OVER

DON'T WASTE THE NEXT 4 WEEKS

Most players do one of two things now: they disappear on the couch for a month, or they're back in the weight room on Monday trying to max out. Both cost you.

- **Here's how I run the first four weeks after a season.** It works whether you're in high school, playing college or amateur ball, or chasing a pro contract.
- **Week 0:** take the break
- **Week 1:** ease back in
- **Week 2:** test your numbers
- **Week 3:** build the base
- **Week 4:** load up

WEEK 0 · 1-2 WEEKS

TAKE THE BREAK

How long depends on how beat up you are. Your body just took a season of hits; give it time.

- **No training.** No weights, no sprints, no conditioning.
- **But move every day.** Walks, bike, swimming, another sport just for fun. Not the couch.
- **Mobility,** 10-15 minutes a day.
- **Injury check.** Write down everything that hurts. Still there after a week? Get it looked at by a physio or doctor.

WEEK 1

EASE BACK IN

- **2–3 light full-body sessions.** Moderate weights, clean technique, 3 RIR (3 reps in reserve).
- **Light field work.** Footwork, ball skills, easy movement. Nothing at full speed.
- **Easy runs.** 20–30 minutes at a pace where you can still talk.
- **Fix your weak spots.** Whatever hurt or held you back this season (hamstrings, groin, shoulders, ankles) gets extra work now.
- **Mobility continues.**

WEEK 2

TEST YOUR NUMBERS

Test these four fresh, after a rest day and a proper warm-up. Three tries each, the best one counts.

1. **Flying 10s (speed).** Build up over 20 yards, sprint the next 10. Film it in slow-mo (240 fps) from the side, level with the middle, both cones in the picture. Frames from hips crossing cone 1 to cone 2, divided by 240 = your time.

2. **Broad jump or vertical jump (power).** Standing, no run-up.

3. **Squat (strength).** Your max, or estimate it from a heavy set of 3-5 clean reps.

4. **Body weight.** In the morning, same conditions every time.

WEEK 3

BUILD THE BASE

- **3 full-body strength sessions.** Moderate to heavy, a little more volume each session.
- **Tempo runs.** They build your work capacity, so you can handle the training load of the rest of the off-season.
- **Easy plyos.** Low jumps, skips and hops to wake up the springs again.
- **Field work.** Position technique at low intensity.
- **Mobility continues.**

WEEK 4

LOAD UP

- **First sprints.** Short accelerations, 10-20 yards, full rest. Your body gets used to speed again before the real speed work starts.
- **Heavier sets.** Fewer reps, more weight. The step from "back in shape" to "getting stronger".
- **Plyometrics.** Jumps and bounds, low volume. Gets your tendons ready for explosive work.
- **Plan your off-season.** Look at your four numbers: which one is your weakest? That's your goal for the next 12 weeks. K2 Off-Season is built for exactly that.



NOW GET BETTER

The first four weeks get you ready. The off-season is where you get better.

Next 12 weeks: K2 Off-Season at k2athletics.com/programs · Follow @kaihunter.2 for the next Playbook