



## You have a lot of options!

When choosing your training plan, ultimate players have many choices. We think having options is a good thing! It means our community and our sport is growing, we are all striving to make our sport better, and we are creating a strong foundation to uplift those around us. You then get to choose the team & plan that fits you and represents your values!

### Why choose Strive & Uplift?

We are proud to provide professional strength & conditioning coaching to ultimate athletes of all levels and aspirations. When you work with Strive & Uplift you are choosing a team that:

**Is founded on the principles of striving to be your best and uplifting those around you.** We keep our prices low so *everyone* can afford quality strength & conditioning.

**Invests in the ultimate community.** We are eager to continue growing this sport, we stay in touch with what matters to you, and we advocate for ultimate players and coaches. We are engaged, active members of the community.

**Is a women-owned-and-operated small business.** In a male-dominated world, we provide you with an opportunity to “vote with your wallet” and support women in ultimate in a tangible way.

**Truly understands ultimate players.** We have extensive experience in the field of sport-specific training. Our coaches have played, coached and lived at every level of the sport from local leagues to the world stage.

**Provides responsive training plans.** We train a wide variety of athletes both in-person & virtually and stay on the cutting edge of what players need.

**Integrates diverse perspectives on training.** We support the whole athlete with our team of specialized coaches & health professionals and use of research-driven resources.

## Our Training Methodology

We focus on fundamental and functional movement patterns.

We build strength & control starting with the core, apply it to major lifting patterns, and then to movements on the field.

### Dynamic

### Research-based

### Comprehensive

### Integrative

### Complementary

#### Efficient Movement

Continued prehab & rehab work integrated into lifting workouts to keep you practicing and playing. Emphasis on single-sided movements with mobility, stability, and soft tissue care to keep your joints moving smoothly. Conditioning targeted at efficient movements on the field and removing your “energy leaks”.

#### On-Field Translation

Draw direct connections of the lifting movement patterns into running technique. Transition to more single-sided movements to ensure you're ready to perform and stay healthy once the season starts. Workouts cycle between strength and power, with an increased focus on muscular endurance and stability for on-field movement patterns. Work on running mechanics and prepare your body for the impact of playing ultimate. Become a more efficient and injury-resistant mover.



#### Maximal Performance

Prepare for the rigors of end of season performance, getting ready to peak for your major tournaments. Emphasis on muscular endurance and repeated power moves in lifting. High-intensity, high-recovery work on the field to complement your practices.

#### Foundational Strength & Power

Build your foundation through upping core control and build strength & power, focusing on work to correct imbalances and restrictions in your body. Workouts cycle between building strength (using heavy loads on slower movements) and power (using lighter weights and dynamic movements) to better adapt to the training stimulus and be ready to translate to on-field performance. Build your endurance/aerobic base through running long slow distances and tempo runs so you can go all tournament.