

## 4 days a week workout Summer 1/start **June 8<sup>th</sup> -Aug 8<sup>th</sup> 2015**

### **Day 1/ Jump Rope 150**

- \* Floor Bench Press 4x 8 (70% of max)
- \* Lat Pull Downs 3x 10
- \* DB Upright Rows 3x 10
- \* DB Front Raises 3x 10 (10-12lbs.)
- \* DB Side Raises 3x 10 (10-12lbs.)
- \* DB Military Press 4x 6 (30% of your bdy wt.)
- \* DB Bicep Curls 3x 8
- \* Tricep Press 2x 10

**-Cardiovascular Workout Day 1**

**-Core Stability Workout**

### **Day 2/ Jump Rope 175**

- \* Front Squats (Smith Machine) 4x 8 (35% of body wt.)
- \* BB Front Lunges 3x 10
- \* DB 45-degree Lunges 3x 8
- \* Single Leg Extension 3x 8
- \* Single Leg Curls 3x 8
- \* Calf Raises 3x 10

**-Cardiovascular Workout Day 2**

**-Core Stability Workout**

### **Day 3/ Jump Rope 200**

- \* Floor Bench Press 4x 8 (135lbs, 155lbs, 2x 175lbs)
- \* DB High Pulls 3x 8
- \* Military Press \*\* (BB) 3x 6
- \* DB 1 arm Row 3x 8
- \* DB Burpees 2x 10
- \* DB Front Raises 3x 10
- \* DB Bicep Curls 3x 10
- \* Tricep press 3x 10

**Cardiovascular Workout Day 3**

**-Core Stability Workout**

### **Day 4/ Jump Rope 225**

- \* Single Leg Squats (Smith Machine) 4x 6
- \* Leg Extension 3x 12
- \* Strength Ball Leg Curls 3x 12
- \* Front Squat Lunges 3x 8ea.
- \* Sandbell 45-degree Lunges 3x 8ea.
- \* MB Step-ups 3x 6 (12lbs)
- \* Calf Raises 3x 12

**Cardiovascular Workout Day 4**

**-Core Stability Workout**

### **Abs/Core Work 2x a week-Monday & Thursday**

1. MB Russian Twists -1 x 20
2. MB Sit ups (ball overhead)- 1 x 10
3. MB Toe Touches -1 x 10
4. MB Lunge position & Twist -1 x 10/side
5. MB Lunge position w/ wood chop- 1 x 10/side
6. MB Lunge position with Chest Press -1 x 10
7. Rolling Figure 8 – 1 x 10/side
8. MB Standing partner side throws - 1 x 10/way
9. MB Single leg chest past – 1 x 10/leg

**\*Pillar Bridge Training should be done 3x a week.**

### **Pillar Bridges 1 x 10**

To create pillar (shoulder/core/hip) stability and strength

#### **Pillar Bridge (Prone) and Progressions**

#1- Prone with leg action and hip flexion- (1 leg at a time)

#2- Prone with alternate opposite- (alternating legs)

#3- Straight arm pillar (Prone) – (hold arm out for 10 sec.)

#4- Straight arm pillars with leg action – (keep 1 arm out w/ opposition leg action)

#### **Right and Left Pillar Bridge and Progressions**

#5- Right and pillar with leg action- (Rt. leg, lft leg, lft arm, rt arm- 5 circles)

#6- Right and left straight arm pillar – (alternating arms)

#7- Right and left straight arm pillar with leg action (Superman's)

### **DYNAMIC MOVEMENTS EXPLANATION**

**Skipping** - Starting from a standing position place one foot slightly ahead of the other. Push off with your back leg, drive the lead knee up to the chest, and try to gain as much height and distance as possible. Continue by immediately driving with the other leg on landing. Repeat for desired distance (2x20yds)

**Walking Lunges** - Starting from a standing position take a step forward and go into a deep lunge position. Once getting into a deep lunge position repeat the movement with the opposite leg moving forward each time. (2x20yds)

**Side Shuffle** - Starting standing sideways then sit down into a deep squat position. Once in this position, take a lateral step sideways and then replace it with the other foot. Keep your chest up at all times. Do not cross your feet. (2x20yds)

**Backwards Run**- Standing with your back facing the direction you are going, place yourself in a low position. Stay low and step backwards using proper arm motion keeping low throughout the entire distance. (2x20yds)

**High Knees**- Starting in a standing position take a step forward driving your knee up as high as you can. Staying on the balls of your feet repeat the motion with your other leg. Repeat this motion as many times as possible in the desired distance. (2x20yds)

## Cardiovascular Training(Conditioning)

As you already know basketball is a cardiovascular demanding sport and being in top cardiovascular condition will only magnify your skill while playing. Skill will only take you so far then conditioning takes over as the main factor in winning or losing. Being in shape will allow your game to go to the next level rather than suffer because of fatigue in the later games. Conditioning will allow you to be a better player by being consistent in your performance game after game.

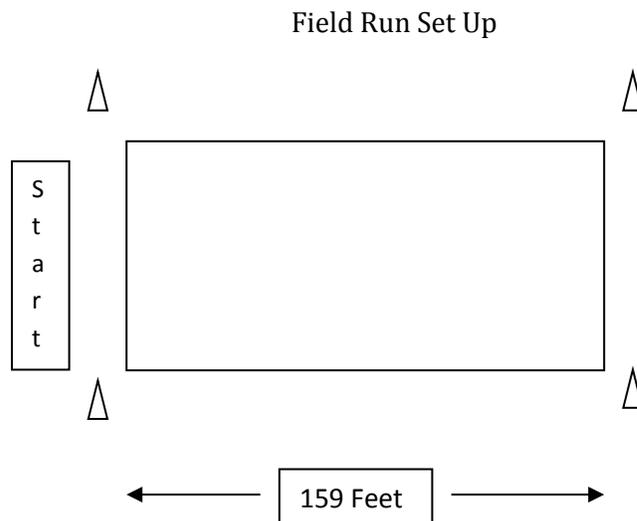
Gassers and 5 ½'s will be our preseason conditioning choice for Basketball. Gassers a short duration cardiovascular event that will simulate some of the same types of cardiovascular situations you will be placed in on the field of play. General cardiovascular conditioning will include using cross-trainers, treadmill, or bikes to get the heart rate up into a training zone so you can see cardiovascular improvements. The Gassers and cardiovascular activities are explained below.

### *Gassers*

Gasser runs are great way to train your cardiovascular system for basketball. This stop and go training will allow your body to get used to short term higher paced running in a controlled environment. This comes closest to actually simulating the cardiovascular stress that will be placed on your body during a basketball game.

### **Set Up for Gassers:**

Measure out 159 feet on a grass field. Place a cone at the beginning of the measurement and a cone at the end of the measurement. Mark off another 159 feet about 30 yards away from the first cone to create a box on the field. This will be the running lanes for the field runs. You can see a visual example below in the diagram.



### Half Gasser

Half gassers runs are performed by running to the end of the field marked off by the cones and running back to the start. Once completing a one-minute rest is allowed. These runs should be performed in the following times:

<b>AGE</b>	<b>TIME</b>
17-19	19 Seconds
20-24	20 Seconds
25-29	21 Seconds
30-34	23 Seconds
35-39	25 Seconds

### Full Gassers

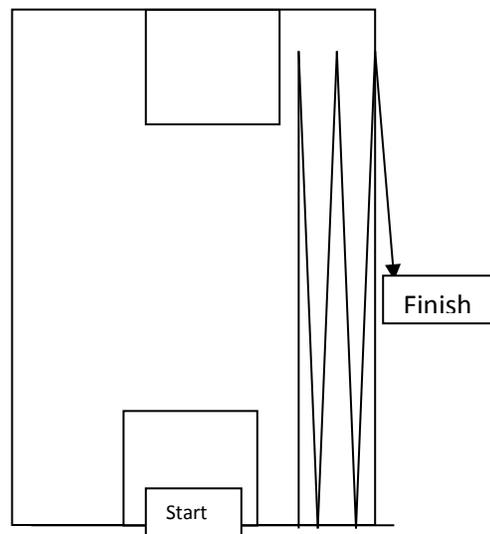
Full gassers are performed by running to the end of the field marked off by the cones and running back to the start then turning around and completing the same run again without rest. At the completion of this run a three-minute rest will be allowed. These runs should be performed in the following times:

<b>AGE</b>	<b>TIME</b>
17-20	38 Seconds
20-25	40 Seconds
25-30	42 Seconds
30-35	46 Seconds
35-40	50 Seconds

Now that you know how to set up the runs and what times you need to complete. Below is the six-week training plan you need to follow to optimize your cardiovascular training for basketball. A combination of both gassers and general cardiovascular training will be included in this workout.

### **5 ½'s**

5 ½'s are also another great way to get you ready for the upcoming basketball season. This drill is performed on a court to get you used to running up and down the court just like you would during a high intensity contest.



Start at one baseline and sprint to the other baseline. Repeat this five times and finish at half-court. Stay in a straight line. You should try to complete this drill as fast as possible. Take a 2-minute break in between each one the first two weeks. Then take a 1:30 minute break the next 2 weeks and then finish up taking only 1 minute during the last two weeks of training.

### **Cardiovascular Training Schedule(Conditioning)**

#### **Week One**

Day 1 Cardio Work

**5 ½'s x4**

Day 2

**4 Half Gassers**

2 Full Gassers

Day 3

10x 110 on track

Day 4

25 min. of swimming

#### **Week Two**

Day 1 Cardio Work

**5 ½'s x5**

Day 2

**5 Half Gassers**

2 Full Gassers

Day 3

12x 110 on track

Day 4

25 min. of swimming

#### **Week Three**

Day 1 Cardio Work

**5 ½'s x6**

Day 2

**4 Half Gassers**

3 Full Gassers

Day 3

13x 110 on track

Day 4

25 min. of swimming

#### **Week Four**

**Day 1**

**5 ½'s x7**

Day 2

**4 Half Gassers**

2 Full Gassers

Day 3

14x 110 on track

Day 4

25 min. of swimming

## **Week Five**

### **Day 1**

5 ½'s x7

### **Day 2**

**7 Half Gassers**

3 Full Gassers

### **Day 3**

15 x40yds

5 ½'s x8

### **Day 4**

**8 Half Gassers**

4 Full Gassers

## **Week Six**

### **Day 1**

5 ½'s x9

### **Day 2**

**9 Half Gassers**

4 Full Gassers

### **Day 3**

300 jump rope

1 mile under 7:30

### **Day 4**

300 Jump Rope

Backward Sprints 10x 110m

## **Week Seven**

### **Day 1**

**Tempo Run; sprint 100m, jog 50m, sprint 200m, jog 50m (8x)**

### **Day 2**

**6 Half Gassers**

2 Full Gassers

### **Day 3**

Walk, Jog, Sprint for 14 min. (walk :40 sec., Jog :20 sec., Sprint :10 sec. 10x)

### **Day 4**

300 jump rope

1.5 mile run keep it under 11 min.

## **Week Eight**

### **Day 1**

**Tempo Run; sprint 100m, jog 50m, sprint 200m, jog 50m (8x)**

### **Day 2**

**2 Half Gassers**

8 Full Gassers

### **Day 3**

Walk, Jog, Sprint for 16 min. (walk :40 sec., Jog :20 sec., Sprint :10 sec. 10x)

### **Day 4**

300 jump rope

2.0 mile run keep it under 13 min.

## **Week Nine**

### **Day 1**

**Tempo Run; sprint 100m, jog 50m, sprint 200m, jog 50m (10x)**

### **Day 2**

**Warm up (high knees, a-skips, b-skips, lunges, carioca 2x 15m)**

**4x 800m Runs on track 3:30 each, rest 2 min after each run.**

### **Day 3**

Walk, Jog, Sprint for 14 min. (walk :40 sec., Jog :20 sec., Sprint :10 sec. 10x)

### **Day 4**

300 jump rope

1.5 mile run keep it under 11 min.

## **Week Ten**

### **Day 1**

**Tempo Run; sprint 100m, jog 50m, sprint 200m, jog 50m (10x)**

### **Day 2**

**45 min bike**

### **Day 3**

Walk, Jog, Sprint for 14 min. (walk :40 sec., Jog :20 sec., Sprint :10 sec. 10x)

### **Day 4**

300 jump rope

1.0 mile run 1 mile rest 5min. repeat 3x, 8 min. pace 3x

## **Week Eleven**

### **Day 1**

**Warm-up**

**Sprint 400m x2, Sprint 200m x2, Sprint 50m x2 (80%)**

### **Day 2**

**110m x16**

\*Keep under 18 sec.

### **Day 3**

½ court suicide x18

### **Day 4**

300 jump rope

2.0 mile run keep it under 13 min.

## **Week Twelve**

**Day 1, 200m sprints x10, keep under 35 sec.**

**Day 2, 300yds shuttle x 5, (50yd x 6)**

**Day 3, 60yd x14, 1 mile jog keep under 8 min.**