

Instructions

- perform a proper warm-up that lasts 5 to 10 minutes and causes you to break a light sweat
- the jump rope training progression can function as a warm-up, foot speed/agility, and conditioning
- choose a weight that would allow you to perform no more than 1 or 2 reps beyond what is listed
- these weights will be challenging but not impossible
- rest 1 to 2 minutes between sets of the same exercise
- if you perform the lift as a circuit, then no more than 30 seconds rest between exercises

Exercise Videos

I have listed some links for some exercises that I thought might need some explanation.

Pistol Squat: please perform with a bench, <http://www.youtube.com/watch?v=MLBAbqEZIeU>

Lateral Squat: Do not place your feet as wide as in the video. Perform these in front of a mirror so you can watch your form. Your shoulder, hip, knee, and foot should be vertically aligned when squatting to one side. <http://www.5min.com/Video/How-to-Do-a-Lateral-Squat-23492337>

Assisted Neutral Grip (NG) Pull-Up: Palms face in towards each other. Perform on assisted chin-up machine. http://www.expertvillage.com/video/8210_biceps-workout-military-pullup.htm

Rear Delt Machine: Does not matter whether hands face in or down. Every machine is different. http://www.metacafe.com/watch/1217791/rear_delt_machine_katie_butlers_back_to_basics_video/

Pronated Curl: Demonstrated with dumbbells in the video. Can be performed with a barbell. <http://www.dumbbell-exercise.com/reverse-curls.htm>

Hammer Curl: http://www.expertvillage.com/video/8221_biceps-workout-dumbbell-hammer-curl.htm

Tricep Kickbacks: You can perform this as in the video or one arm at a time with an arm and leg supported on a bench. http://www.expertvillage.com/video/12906_tricep-exercises-triceps-press-back.htm

Bench Dips: Place feet on a bench for a greater challenge. http://www.expertvillage.com/video/12896_tricep-exercises-bench-dips.htm

Tricep Pushdown: http://www.expertvillage.com/video/12885_tricep-exercises-standing-press.htm

RDL: Can be performed with dumbbells or a barbell. <http://www.nscalift.org/videos/Romanian%20Deadlift/defaultromanian.shtml>

Rear Delt Raise: You should be bent over slightly more than Ricketta. It may be helpful to place your hips against a wall for support. http://www.expertvillage.com/video/8262_freeweights-workout-reverse-fly.htm

SB Leg Curl: I prefer that you start with the hips on the ground, bridge up and curl in and out, then return the hips to the ground to complete a repetition. http://www.strengthmill.com/viewvideo/445/Swiss_Ball_leg_Curl_SHELC/

J u m p R o p e T r a i n i n g

1. **Baseline Fitness** ≥3 days/week
 - comfortable speed
 - use bounce step and alternate-foot step techniques
 - work up to at least 150 jumps without a catch
 - 3 – 5 minutes in duration

2. **Master Jump Techniques** ≥3 days/week
 - focus on skill, not rope speed
 - use bounce step and alternate-foot, add high knee, side straddle, front straddle, and x-foot cross
 - work up to 5 minutes duration

3. **Aerobic Conditioning Baseline** ≥3 days/week
 - 5 minutes continuous
 - start with bounce and alternate-foot techniques, gradually add other techniques
 - pace is 160 – 180 rpm

4. **Increase Conditioning** ≥3 days/week
 - gradually increase session duration by 30 – 60 seconds each session
 - goal is 10 minutes without a catch @ 160 – 180 rpm
 - mix in all jump techniques

5. **Sports Conditioning I** 2 days/week
 - complete all jump rope circuits prior to starting the lift
 - perform 3 sets of 4 circuits (4 minutes each circuit)
 - work:rest = 1:1
 - rest 2 minutes between sets

Phase	Duration	Intensity
Work	30 seconds	180+ jpm
Rest	30 seconds	110 – 120 jpm

6. **Sports Conditioning II** 2 days/week
 - complete all jump rope circuits prior to starting the lift
 - perform 3 sets of 4 jump rope circuits (2 minutes each circuit)
 - work:rest = 2:1

Phase	Duration	Intensity
Work	20 seconds	180+ jpm
Rest	10 seconds	110 – 120 jpm

Day One

Exercise	Week of 6-30	Week of 7-7	Week of 7-14
Parallel Squat	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Chest Press	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Lat Pull	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Step- Ups or Lunges	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Rear Delt Machine	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Pistol Squats	2 x 6 reps x	2 x 6 reps x	3 x 6 reps x
Pronated or Hammer Curl	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Kickbacks	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Leg Curl	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
External Shoulder Rotation	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Wrist Extension	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Wrist Flexion	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x

Day Two

Exercise	Week of 6-30	Week of 7-7	Week of 7-14
Leg Press	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Incline DB Bench	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
DB Row	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Pistol Squat	2 x 6 reps x	2 x 6 reps x	3 x 6 reps x
Rear Delt Raise	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
DB Curl	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Bench Dips	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
RDL	2 x 10 reps x	2 x 10 reps x	3 x 10 reps x
External Shoulder Rotation	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Wrist Extension	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x
Wrist Flexion	2 x 15 reps x	2 x 15 reps x	3 x 15 reps x

Day One

Exercise	Week of 7/21	Week of 7/28	Week of 8-4
Parallel Squat	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Chest Press	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Lat Pull	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Step- Ups or Lunges	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Rear Delt Machine	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Pistol Squats	3 x 6 reps x	3 x 8 reps x	3 x 8 reps x
Pronated or Hammer Curl	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Tricep Pushdown	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
SB Leg Curl	3 x 15 reps	3 x 15 reps	3 x 15 reps
External Shoulder Rotation	3 x 15 reps x	3 x 15 reps x	3 x 15 reps x
Wrist Extension	3 x 15 reps x	3 x 15 reps x	3 x 15 reps x
Wrist Flexion	3 x 15 reps x	3 x 15 reps x	3 x 15 reps x

Day Two

Exercise	Week of 7-21	Week of 7-28	Week of 8-4
Leg Press	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Incline DB Bench	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
DB Row or Seated Row	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Pistol Squat	3 x 6 reps x	3 x 8 reps x	3 x 8 reps x
Rear Delt Raise	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
DB Curl	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
Bench Dips	15 reps x	15 reps x	15 reps x
	2 x 10 reps x	2 x 10 reps x	2 x 10 reps x
RDL	10 reps x	10 reps x	10 reps x
	2 x 6 reps x	2 x 6 reps x	2 x 6 reps x
External Shoulder Rotation	3 x 15 reps x	3 x 10 reps x	3 x 10 reps x
Wrist Extension	3 x 15 reps x	3 x 10 reps x	3 x 10 reps x
Wrist Flexion	3 x 15 reps x	3 x 10 reps x	3 x 10 reps x

Day One

Exercise	Week of 8-11	Week of 8-18	Week of 8/25
Parallel Squat	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Chest Press	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Assisted NG Pull-Ups	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Step- Ups or Lunges	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Rear Delt Machine	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Pistol Squats	3 x 8 reps x	3 x 10 reps x	2 x 10 reps x
Pronated or Hammer Curl	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Tricep Pushdown	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
SB Leg Curl	3 x 20 reps	3 x 20 reps	2 x 15 reps
External Shoulder Rotation	3 x 15 reps x	3 x 15 reps x	2 x 15 reps x
Wrist Extension	3 x 15 reps x	3 x 15 reps x	2 x 15 reps x
Wrist Flexion	3 x 15 reps x	3 x 15 reps x	2 x 15 reps x

Day Two

Exercise	Week of 8-11	Week of 8-18	Week of 8-25
Leg Press	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Incline DB Bench	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
DB Row or Seated Row	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Pistol Squat	3 x 8 reps x	3 x 10 reps x	2 x 10 reps x
Rear Delt Raise	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
DB Curl	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
Tricep Kickbacks	12 reps x	12 reps x	2 x 15 reps x
	2 x 8 reps x	2 x 8 reps x	
RDL	8 reps x	8 reps x	2 x 8 reps x
	2 x 5 reps x	2 x 5 reps x	
External Shoulder Rotation	3 x 10 reps x	3 x 10 reps x	2 x 10 reps x
Wrist Extension	3 x 10 reps x	3 x 10 reps x	2 x 10 reps x
Wrist Flexion	3 x 10 reps x	3 x 10 reps x	2 x 10 reps x

Day One (extra sets, If you need some extra training look here)

Exercise	Extra Sets	Extra Sets
Parallel Squat	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Chest Press	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Assisted NG Pull-Ups	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Step- Ups or Lunges	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Rear Delt Machine	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Pistol Squats	3 x 10 reps x	3 x 10 reps x
Pronated or Hammer Curl	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Bench Dips	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Leg Curl	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
External Shoulder Rotation	3 x 15 reps x	3 x 15 reps x
Wrist Extension	3 x 15 reps x	3 x 15 reps x
Wrist Flexion	3 x 15 reps x	3 x 15 reps x

Day Two

Exercise	Extra Sets	Extra Sets
Leg Press	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Incline DB Bench	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
DB Row or Seated Row	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Pistol Squat	3 x 10 reps x	3 x 10 reps x
Rear Delt Raise	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
DB Curl	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
Tricep Kickbacks	12 reps x	12 reps x
	2 x 8 reps x	2 x 8 reps x
RDL	8 reps x	8 reps x
	2 x 5 reps x	2 x 5 reps x
External Shoulder Rotation	3 x 10 reps x	3 x 10 reps x
Wrist Extension	3 x 10 reps x	3 x 10 reps x
Wrist Flexion	3 x 10 reps x	3 x 10 reps x

Summer Running (Suggested)

- We will be running a timed mile at the beginning of the Fall Season.
- Each player is to push themselves to receive the lowest time possible. ie If a player can run a 6:30 mile then they should train to run a 6:30 mile. Do not settle for the 7:45 time.
- Any player over 7:40 will run the mile again until the time is reached.
- This will be timed on the outside track. Treadmills will not be an option. Outdoor training is highly suggested, September in Virginia is hot.

Pick 2 or 3 Running workouts each week.

Workout 1

Jogging 3 miles at a steady pace.

Look to improve your time each run.

Option – Run 1.5 miles and record time. Try to beat your first 1.5 mile time on the way back the starting point.

Workout 2

Sprints: Track workout

4 x 50 yard sprints

4 x 100 yard sprints

4 x 200 yard sprints

2 x 400 yard sprints

Workout 3

Timed mile, outdoors.

Time yourself on a track or jogging path.

Keep track of your times. Always aim to improve.

Workout 4

On a track or running trail:

Running intervals,

30 seconds jogging, sprint for 30 seconds.

Sets of 4 minutes. Rest 1 minute, 4 sets total.

Jog - Sprint – Jog – Sprint – Jog – Sprint - Jog – Sprint – 1min Rest.