

UW-L Men's Basketball

Impact								
Training Week of	8/3/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							OFF	OFF
Sprint/Dynamic		series #1	series #1	series #1	series #1	series #1		
Running	0		<i>Choose 2 agility courses do each 3-4x</i>		400m @ 90s rest 5 min. X 5			
Flexibility			stretch before bed		stretch before bed			
Plyo's			4 Double leg Hops X 3		4 Double leg Hops X 3			
Weight Lifting								
Body Weight Week	TEMPO	MEDIUM		HEAVY		LIGHT		
Power Clean rest 3 min	0:0:X:0	[4 reps] X 5 sets @80%		[4 reps] X 5 sets		[4 reps] X 5 sets @60%		
Step-up Rest 2 min	2:0:X:0	[6 reps each leg] X 4 sets @80%		[6 reps each leg] X 4 sets		[6 reps each leg] X 4 sets @60%		
DB Incline Rest 2 min	2:0:1:0	[6 reps] X 4 sets @80%		[6 reps] X 4 sets		[6 reps] X 4 sets @60%		
Bent-over barbell row rest 2 min	2:0:1:0	[6 reps] X 4 sets @80%		[6 reps] X 4 sets		[6 reps] X 4 sets @60%		
EZ bar reverse curls	2:0:2:0	8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		
Triceps Pushdowns	2:0:2:0	8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		