

# UW-L Men's Basketball

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