

# UW-L Men's Basketball

Impact								
Training Week of	7/13/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Warm-up</b>							OFF	OFF
<i>Sprint/Dynamic</i>		series #1	series #1	series #1	series #1	series #1		
Medicine Balls/Kettlebells								
Running	0		<i>Choose 2 agility courses do each 3-4x</i>		400m @ 90s rest 5 min. X 4			
Hurdle Mobility			2x		2x			
Flexibility			stretch before bed		stretch before bed			
Plyo's			5 Single legged Bounds (ea. Leg) X 3		5 Single legged Bounds (ea. Leg) X 3			
Weight Lifting								
Body Weight Week	TEMPO							
Vertical Rest 2 min	Jumps 0:0:X:0	[5 in a row] X 4		[5 in a row] X 4		[5 in a row] X 4		
Squat Rest 2 min	Thrust 2:0:X:0	5 reps X 4 sets		5 reps X 4 sets		5 reps X 4 sets		
Push-ups Rest 2 min	2:0:1:0	50 reps in a few as sets as possible		50 reps in a few as sets as possible		50 reps in a few as sets as possible		
Chin-up	2:0:1:0	25 reps in a few as sets as possible		25 reps in a few as sets as possible		25 reps in a few as sets as possible		
Db Lateral Raise	2:0:2:0							
Biceps your choice	2:0:2:0	8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		
Triceps your choice	2:0:2:0							



Circuit