

UW-L Men's Basketball

Impact								
Training Week of	7/13/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up								
<i>Sprint/Dynamic</i>		series #1	series #1	series #1	series #1	series #1	OFF	OFF
Medicine Balls/Kettlebells								
Running	0		Choose 2 agility courses do each 3-4x		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	Jumps		[5 in a row] X 4		[5 in a row] X 4			
Rest 2 min								
Squat	Thrust		5 reps X 4 sets		5 reps X 4 sets			
Rest 2 min								
Push-ups			50 reps in a few as sets as possible		50 reps in a few as sets as possible			
Rest 2 min								
Chin-up			25 reps in a few as sets as possible		25 reps in a few as sets as possible			
Db Lateral Raise								
Biceps your choice			8 reps X 3 sets		8 reps X 3 sets			
Triceps your choice								



Circuit