

UW-L Men's Basketball

Impact								
Training Week of	6/1/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							OFF	OFF
Sprint/Dynamic		series #1	series #1	series #1	series #1	series #1		
Medicine Balls/Kettlebells	84							
Running	0	55m @ 9 sec rest 1 min(jog back)X 6		court circuit 3x rest 2 min between				
Hurdle Mobility					3X			
Flexibility				stretch before bed		stretch before bed		
Weight Lifting								
	TEMPO							
Jump squats continuous like getting a rebound rest 3 min	0:0:X:0	[40k (greens) X 8 reps] X 4 sets		[40k (greens) X 8 reps] X 4 sets		[40k (greens) X 8 reps] X 4 sets		
Back Squat Rest 3 min	2:0:1:0	warm-up 135/8 [185/6 (rest 2min) 225/1] X 4		warm-up 135/8 165/8 X 2 185/6 X 2 225/2 X 2		135/8 [185/7] X 4		
DB Incline Press Rest 90s	2:0:1:0	Medium use -15 lbs [6 reps] X 4 sets		Medium use -15 lbs [6 reps] X 4 sets		[6 reps] X 4 sets		
Low cable row to neck use rope attachment Rest 90s	2:0:1:0	Medium use -15 lbs [6 reps] X 4 sets		Medium use -15 lbs [6 reps] X 4 sets		[6 reps] X 4 sets		
Db Lateral raise	2:0:2:0	8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		
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	8 reps X 3 sets		8 reps X 3 sets		8 reps X 3 sets		