

UW-L Men's Basketball

Impact								
Training Week of	6/22/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							OFF	OFF
<i>Sprint/Dynamic</i>		series #1	series #1	series #1	series #1	series #1		
Medicine Balls/Kettlebells								
Running	0	200m @ 35s rest 2:20s X 4 <i>on track if open?</i>		court circuit 5x rest 2 min between				
Hurdle Mobility					3X			
Flexibility				stretch before bed		stretch before bed		
Plyo's			5 Single legged Bounds (ea. Leg) X 5		5 Single legged Bounds (ea. Leg) X 5			
Weight Lifting								
	TEMPO							
Hang Clean from above knee <i>Rest 3 min</i>	0:0:X:0	60k X 5 warm-up 5 reps X 4 sets <i>go low to high, add 5-10k each set</i>		60k X 5 warm-up 5 reps X 4 sets <i>use 80% of Monday's weights</i>		60k X 5 warm-up 5 reps X 4 sets <i>use 80% of Monday's weights</i>		
1 Legged Squat <i>Rest 3 min</i>	2:0:1:0	[30-40k X 6 reps] X 3 sets <i>each leg</i>		[30-40k X 6 reps] X 1 sets <i>each leg</i>		[30-40k X 6 reps] X 3 <i>sets each leg</i>		
DB Bench Press <i>ATTENTION</i> <i>Rest 90s</i> (Assisted) Pull up neutral grip	5:0:3:0 2:0:1:0	5 reps X 4 sets		5 reps X 4 sets		5 reps X 4 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		