

UW-L Men's Basketball

Impact								
Training Week of	6/29/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							4th of July	OFF
Sprint/Dynamic		series #1	series #1	series #1	series #1	series #1		
Medicine Balls/Kettlebells								
Running	0	Choose 2 agility courses do each 3-4x		400m @ 90s rest 5 min.		Choose 2 agility courses do each 2x		
Hurdle Mobility			2x		2x			
Flexibility				stretch before bed		stretch before bed		
Plyo's			Satnding Long Jump X 4 measured		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 3 sets <i>go low to high, add 5-10k each set</i>			60k X 5 warm-up 5 reps X 3 sets <i>go low to high, add 5-10k each set</i>			
1 Legged Squat Rest 3 min	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>			
DB Bench Press ATTENTION Rest 90s (Assisted) Pull up neutral grip	5:0:3:0 2:0:1:0	5 reps X 4 sets			5 reps X 3 sets			
		8 reps X 4 sets			6 reps X 4 sets			
Biceps your choice	2:0:2:0	8 reps X 3 sets			8 reps X 2 sets			
Triceps your choice	2:0:2:0	8 reps X 3 sets			8 reps X 2 sets			