

UW-L Men's Basketball

| Impact | | | | | | | | |
|--|----------|---|-----------|--|-----------|----------------------------------|----------|--------|
| Training Week of | 6/8/2009 | 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 | | | | | | | | |
| Running | 0 | 55m @ 9 sec rest 1 min(jog back)X 6 | | court circuit 4x 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 3 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 | | warm-up 135/8 | | 135/8 | | |
| | | [185/6 (rest 2min) 245/1] X 2 | | 165/8 X 2 205/6 X 2 245/2 | | [185/7] X 3 | | |
| DB Incline Press Rest 90s | 2:0:1:0 | Medium use -15 lbs [6 reps] X 3 sets | | Medium use -15 lbs [6 reps] X 3 sets | | [6 reps] X 3 sets | | |
| Low cable row to neck use rope attachment Rest 90s | 2:0:1:0 | Medium use -15 lbs [6 reps] X 3 sets | | Medium use -15 lbs [6 reps] X 3 sets | | [6 reps] X 3 sets | | |
| Db Lateral raise | 2:0:2:0 | 8 reps X 2 sets | | 8 reps X 2 sets | | 8 reps X 2 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 | | |