

May 11, 2009

UW-L Men's Basketball

Impact								
Training Week of	5/11/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up							OFF	OFF
Flexibility		stretch before bed		stretch before bed		stretch before bed		
Plyo's			5 Double legged Hops X 5					
Weight Lifting								
		TEMPO						
Hang Clean min	rest 3		60k/5 +5-10k/5 +5-10k/5 +5-10k/5 +5-10k/5			60k/5 +5-10k/5 +5-10k/5 +5-10k/5 +5-10k/5		
		0:0:X:0						
Back Squat min	Rest 3		135/8 [185/8] X 4			135/8 [185/8] X 4		
Push Press	Rest 90s	2:0:1:0	[4 reps] X 4 sets			[4 reps] X 4 sets		
Alternate grip Pull-up 90s	Rest	2:0:1:0	[4 reps] X 4 sets			[4 reps] X 4 sets		
Nino's reps are per side		2:0:2:0	6 reps X 4 sets			6 reps X 4 sets		