

UW-L Men's Basketball

Impact								
Training Week of	5/25/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm-up			series #1	series #1	series #1	series #1	OFF	OFF
<i>Sprint/Dynamic</i>								
Medicine Balls/Kettlebells	84							
Running	0			court circuit 3x rest 2 min between				
Hurdle Mobility					3X			
Flexibility				stretch before bed		stretch before bed		
Weight Lifting								
	TEMPO							
Jump squats <i>continuous like getting a rebound</i> rest 3 min	0:0:X:0		[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			135/8 [185/7] X 4		
DB Incline Press Rest 90s	2:0:1:0		[6 reps] X 4 sets			[6 reps] X 4 sets		
Low cable row to neck <i>use rope attachment</i> Rest 90s	2:0:1:0		[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		
Biceps your choice	2:0:2:0		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		