

April 27, 2009

UW-L Men's Basketball

if there are questions... email me

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| Impact | | | | | | | | |
|---|--------------|--------------------------|---------|--------------------------|----------|--------------------------|----------|--------|
| Training Week of | 5/4/2009 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Warm-up | | | | | | | off | off |
| Sprint/Dynamic | | A | B | A | B | A | | |
| Flexibility | | stretch before bed | | stretch before bed | | stretch before bed | | |
| Weight Lifting | | | | | | | | |
| | TEMPO | | | | | | | |
| Hang Snatch | 0:0:X:0 | [40k/2] X 5 sets | | [40k/2] X 3 sets | | [40k/2] X 5 sets | | |
| Db Step-up | 2:0:1:0 | [15-40lb dbs/6] x 4 sets | | [15-40lb dbs/6] x 4 sets | | [15-40lb dbs/6] x 4 sets | | |
| Bench Press | 2:0:1:0 | [4-6 reps] X 3 sets | | [4-6 reps] X 3 sets | | [4-6 reps] X 3 sets | | |
| Barbell Row w/supinated grip | 2:0:1:0 | [4-6 reps] X 3 sets | | [4-6 reps] X 3 sets | | [4-6 reps] X 3 sets | | |
| Split squat w/no weight with the front leg on a wobble board. GOAL:Balance | 0:30:0:0 | 3 sets each leg | | 3 sets each leg | | 3 sets each leg | | |