

Week 10 - Sport- Specific Power -Agility- Quickness #2



Warmup		
Dynamic Warmup	5-10	min

Movement Prep		Set 1		Notes
	Plyometrics			
1	Jump Rope (All Variations)	6 min.		
	10 yard sprint series			
2	Sprint / backpedal / sprint	3 sets		As fast as you can sprint 10 yards, back pedal 10 yards, and sprint 10 yards (stay low and athletic) Go as fast and as hard as you can
3	Backpedal / sprint / sprint	3 sets		Backpedal 10 yards, sprint 10 yards, turn and sprint 10 yards (stay low & athletic) Go as fast and as hard as you can
4	Tuck Jumps	3 sets of 8 jumps		jump in place tucking your legs to your chest on each jump, jump as high as you can with each jump
5	SL Bounding jumps for 10 yards	3 sets		On a single leg, bound jump forward as high and possible for 10 yards

Functional Strength Training					
Objective: Go as heavy as possible while keeping good form.					
		Set 1	Set 2	Set 3	
1A	Hang power clean (Use Barbell or dumbbells)	4 EL	4 EL	4 EL	Stand up straight. Hinge at hips and lower weights just below knees. Do a power clean up to chest. Movement should be one movement.
1B	Kneeling Single Arm Alternating Shoulder Press	8-12	8-12	8-12	Kneel on both legs, do an alternating shoulder press. Hold your core tight during the movement.
2A	DB Curtsy Lunge	8-12	8-12	8-12	Do a dumbbell lunge, but on the lunge your back leg should curtsy to the side
2B	DB lateral shoulder raise	8-12	8-12	8-12	Hold weights at side, keeping arms straight raise laterally until hands are at shoulder height.
3	DB / BB Step up	8 EL	8 EL	8 EL	Do a step up onto a box or chair with dumbbells or a barbell.
4A	Diamond pushups (triceps)	8-12	8-12	8-12	Put hands in a diamond and do a pushup in regular pushup or from knees
5A	Bicycle Crunches	30	30		
5B	Side Planks	30 sec ES	30 sec ES		

Cooldown: Walking or Stretching