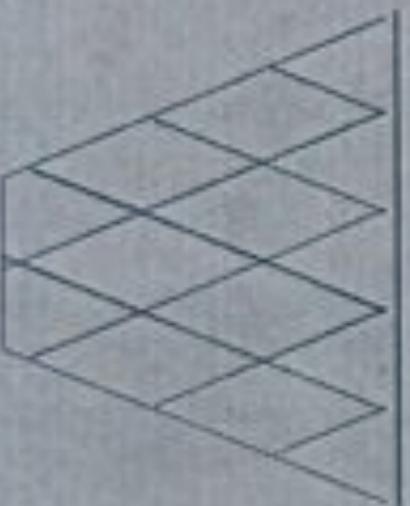


BOISE STATE UNIVERSITY
BRONCO BASKETBALL



SUMMER
STRENGTH & CONDITIONING
MANUAL

Big West/Eastern Division
Champions

WNIT First Round



FEEL THE THUNDER
BSU STRENGTH COMPLEX • 1910 UNIVERSITY DRIVE • BOISE ID 83725 • FAX (208) 385-1718

Rich & Joe
Have a Great Summer & Train Hard!

First of all let us say congratulations to you for being the Big West Eastern Division Champions, and earning a bid to the Women's NIT. Ladies you had a great season, and learned what it takes to win! Your hard work from last summer and fall paid off! Now you have to come back next season bigger, faster, and stronger. That work starts May 18, 1998!

Your summer program is as challenging as it has ever been. Your dedication to the program will show with a 110% commitment to this summer manual. Your team is making the ultimate commitment by staying here in Boise for the summer. Now take advantage of the opportunity to grow together and become the best possible team you can.

Your goal for next year - WIN THE BIG WEST & GO TO THE DANCE! You know what needs to be done, now do the work!

Brooks

BOISE STATE UNIVERSITY STRENGTH AND CONDITIONING

Joe Egan M.A., C.S.C.S.
Head Strength and
Conditioning Coach
Powerlifting Club Advisor
(208) 385-1850

Rich Day
Assistant Strength and
Conditioning Coach
Assistant Advisor
Powerlifting Club
(208) 385-1889



**SUMMER TRAINING
CALENDAR**

Two little words that make all the difference:

START NOW !!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/18/98 Phase 1 - Week 1 - Day 1 Strength Training Explosive Strength Emphasis Hypertrophy	5/19/98 Phase 1 - Week 1 - Day 2 Strength Training Auxiliary Day	5/20/98 Phase 1 - Week 1 - Day 3 Strength Training Lower Body Strength Emphasis Hypertrophy	5/21/98 Phase 1 - Week 1 - Day 4 Strength Training OFF	5/22/98 Phase 1 - Week 1 - Day 5 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Road Run - 30 minutes	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 3 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/25/98 Phase 1 - Week 2 - Day 6 Strength Training Explosive Strength Emphasis Hypertrophy	5/26/98 Phase 1 - Week 2 - Day 7 Strength Training Auxiliary Day	5/27/98 Phase 1 - Week 2 - Day 8 Strength Training Lower Body Strength Emphasis Hypertrophy	5/28/98 Phase 1 - Week 2 - Day 9 Strength Training OFF	5/29/98 Phase 1 - Week 2 - Day 10 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Road Run - 30 minutes	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 3 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/1/98 Phase 1 - Week 3 - Day 11 Strength Training Explosive Strength Emphasis Hypertrophy	6/2/98 Phase 1 - Week 3 - Day 12 Strength Training Auxiliary Day	6/3/98 Phase 1 - Week 3 - Day 13 Strength Training Lower Body Strength Emphasis Hypertrophy	6/4/98 Phase 1 - Week 3 - Day 14 Strength Training OFF	6/5/98 Phase 1 - Week 3 - Day 15 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Road Run - 30 minutes	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 3 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/8/98	6/9/98	6/10/98	6/11/98	6/12/98
Phase I - Week 4 - Day 16 Strength Training Emphasize Strength Emphasis Hypertrophy	Phase I - Week 4 - Day 17 Strength Training Aerobic Day	Phase I - Week 4 - Day 18 Strength Training Lower Body Strength Emphasis Hypertrophy	Phase I - Week 4 - Day 19 Strength Training OFF	Phase I - Week 4 - Day 20 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Road Run - 30 minutes	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 3 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/15/98	6/16/98	6/17/98	6/18/98	6/19/98
Phase I - Weeks 5 - Day 21 Strength Training Circuit	Phase I - Week 5 - Day 22 Strength Training OFF	Phase I - Week 5 - Day 23 Strength Training Circuit	Phase I - Week 5 - Day 24 Strength Training OFF	Phase I - Week 5 - Day 25 Strength Training Circuit
Conditioning Alternate Conditioning	Conditioning Shuttles	Conditioning OFF	Conditioning Alternate Conditioning	Conditioning Timed Run - 2 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/22/98	6/23/98	6/24/98	6/25/98	6/26/98
Phase II - Week 6 - Day 26 Strength Training Emphasize Strength Emphasis Hypertrophy	Phase II - Week 6 - Day 27 Strength Training Aerobic Day	Phase II - Week 6 - Day 28 Strength Training Lower Body Strength Emphasis Hypertrophy	Phase II - Week 6 - Day 29 Strength Training OFF	Phase II - Week 6 - Day 30 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Final 4's	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 2.5 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/29/98	6/30/98	7/1/98	7/2/98	7/3/98
Phase II - Week 7 - Day 21 Strength Training Explosive Strength Emphasis Hypertrophy	Phase II - Week 7 - Day 22 Strength Training Auxiliary Day	Phase II - Week 7 - Day 23 Strength Training Lower Body Strength Emphasis Hypertrophy	Phase II - Week 7 - Day 24 Strength Training C/F	Phase II - Week 7 - Day 25 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Final 4's	Conditioning Sprints	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 2.5 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/6/98	7/7/98	7/8/98	7/9/98	7/10/98
Phase II - Week 8 - Day 26 Strength Training Explosive Strength Emphasis Hypertrophy	Phase II - Week 8 - Day 27 Strength Training Auxiliary Day	Phase II - Week 8 - Day 28 Strength Training Lower Body Strength Emphasis Hypertrophy	Phase II - Week 8 - Day 29 Strength Training C/F	Phase II - Week 8 - Day 30 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Final 4's	Conditioning Sprints	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 2.5 mile
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/13/98	7/14/98	7/15/98	7/16/98	7/17/98
Phase II - Week 9 - Day 41 Strength Training Explosive Strength Emphasis Hypertrophy	Phase II - Week 9 - Day 42 Strength Training Auxiliary Day	Phase II - Week 9 - Day 43 Strength Training Lower Body Strength Emphasis Hypertrophy	Phase II - Week 9 - Day 44 Strength Training C/F	Phase II - Week 9 - Day 45 Strength Training Upper Body Strength Emphasis Hypertrophy
Conditioning Final 4's	Conditioning Sprints	Conditioning Alternate Conditioning	Conditioning Interval	Conditioning Timed Run - 2.5 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7/20/98 Phase II - Week 10 - Day 46 Strength Training Circuit	7/21/98 Phase II - Week 10 - Day 47 Strength Training OFF	7/22/98 Phase II - Week 10 - Day 48 Strength Training Circuit	7/23/98 Phase II - Week 10 - Day 49 Strength Training OFF	7/24/98 Phase II - Week 10 - Day 50 Strength Training Circuit
Conditioning Alternate Conditioning MONDAY 7/27/98	Conditioning Shuttles TUESDAY 7/28/98	Conditioning OFF WEDNESDAY 7/29/98	Conditioning Alternate Conditioning THURSDAY 7/30/98	Conditioning Timed Run - 2 mile FRIDAY 7/31/98
Phase III - Week 11 - Day 51 Strength Training Explosive Strength Emphasis Maximum Strength	Phase III - Week 11 - Day 52 Strength Training Aerobic Day	Phase III - Week 11 - Day 53 Strength Training Lower Body Strength Emphasis Maximum Strength	Phase III - Week 11 - Day 54 Strength Training OFF	Phase III - Week 11 - Day 55 Strength Training Upper Body Strength Emphasis Maximum Strength
Conditioning Final 4's MONDAY 8/3/98	Conditioning Shuttles TUESDAY 8/4/98	Conditioning Alternate Conditioning WEDNESDAY 8/5/98	Conditioning Agility THURSDAY 8/6/98	Conditioning Timed Run - 2 mile FRIDAY 8/7/98
Phase III - Week 12 - Day 56 Strength Training Explosive Strength Emphasis Maximum Strength	Phase III - Week 12 - Day 57 Strength Training Aerobic Day	Phase III - Week 12 - Day 58 Strength Training Lower Body Strength Emphasis Maximum Strength	Phase III - Week 12 - Day 59 Strength Training OFF	Phase III - Week 12 - Day 60 Strength Training Upper Body Strength Emphasis Maximum Strength
Conditioning Final 4's	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Agility	Conditioning Timed Run - 2 mile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/10/98 Phase III - Week 13 - Day 61 Strength Training Explosive Strength Emphasis Maximum Strength	8/11/98 Phase III - Week 13 - Day 62 Strength Training Auditory Day	8/12/98 Phase III - Week 13 - Day 63 Strength Training Lower Body Strength Emphasis Maximum Strength	8/13/98 Phase III - Week 13 - Day 64 Strength Training C/F	8/14/98 Phase III - Week 13 - Day 65 Strength Training Upper Body Strength Emphasis Maximum Strength
Conditioning Final 4's	Conditioning Shuttles	Conditioning Alternate Conditioning	Conditioning Agility	Conditioning Timed Run - 2 mile
MONDAY 8/17/98 Phase III - Week 14 - Day 66 Strength Training Explosive Strength Emphasis Maximum Strength	TUESDAY 8/18/98 Phase III - Week 14 - Day 67 Strength Training Auditory Day	WEDNESDAY 8/19/98 Phase III - Week 14 - Day 68 Strength Training Lower Body Strength Emphasis Maximum Strength	THURSDAY 8/20/98 Phase III - Week 14 - Day 69 Strength Training C/F	FRIDAY 8/21/98 Phase III - Week 14 - Day 70 Strength Training Upper Body Strength Emphasis Maximum Strength
MONDAY 8/24/98	TUESDAY 8/25/98	WEDNESDAY 8/26/98	THURSDAY 8/27/98	FRIDAY 8/28/98
SEMESTER STARTS	STRENGTH TEST	2 MILE RUN TEST	STRENGTH TEST	300 YARD SHUTTLE TEST 30 YARD SPRINT

FLEXIBILITY

CONDITIONING

Flexibility

Flexibility and Warm Up Training are two of the key ingredients for the development of the athlete. Poor flexibility and lack of a quality warm up can lead to possible muscle pulls or tears. Also, poor flexibility can inhibit both speed and strength gains.

Flexibility training is recommended before and after both strength and conditioning sessions. Performing a flexibility routine after a training session can help prevent or reduce delayed muscle soreness to muscles and joints.

Athletes should perform all of their flexibility movements in a static and dynamic manner. Static stretching is when the athlete holds a stretch in a controlled manner over a specific period of time. Dynamic flexibility allows the athlete to work the joint through a full range of motion in an active manner.

Benefits of Warm Up

- 1 - warms up deep muscle fibers
- 2 - warms up joint fluids
- 3 - increases range of motion in joints
- 4 - stretches muscles and tendons to prepare them for more vigorous activities
- 5 - elevates heart rate before actual training session

Dynamic Flexibility and Warm Up Routine

to be done before every training session

Dynamic and static to be done after every training session

Dynamic Flexibility

March

Easy Steps

High Knee Lift

Straight Leg Kicks

Walking Lunge

1 x 20 yds

Warm Up

High Knees

Heel Kicks

Shuffle (down and back)

Cartwheels (down and back)

Bear Crawl - forward

Bear Crawl - backwards

Bear Crawl - shuffle (down and back)

Bear Crawl - cartwheels (down and back)

Static Flex

Neck Rotations

Arm Circles - small and big

Trapezius Overhead Stretch

Across the Body Shoulder/Chest

Seated Leg V - diamond

Grid Stretch

Diamond Stretch

Seated Hip Stretch

Lying Knee into Chest - 3 way rot

Standing Leg V - unilateral

Sallyon Squat

Standing Hurdler's Stretch

Lunge

Four Point Cat Stretch (R)

30 ab crunches

15 straight leg raises

25 push ups

1 x 8 each way

1 x 5 each way

12 - 20 secs each

12 - 20 secs each

12 - 20 secs each

12 - 20 secs

12 - 20 secs

12 - 20 secs

12 - 20 secs each

12 - 20 secs each

12 - 20 secs

12 - 20 secs

12 - 20 secs each

12 - 20 secs each

CONDITIONING

Description of Flexibility Exercises

March - start by moving forward and diving one knee parallel to the ground as the contact leg dives up on the toes.

Easy Steps - perform a relaxed shuffling motion.

High Knee Lift - this is a movement exercises. The athlete drives one knee to parallel, then grabs the leg below the knee and pulls the leg into the chest. The athlete then releases the hand from this leg and repeats with the opposite leg.

Straight Leg Kicks - this is a movement exercises. The athlete kicks one leg as high as possible without bending at the knee and then repeats with the opposite leg.

Walking Lunge - this is a movement exercise. The athlete steps out with one leg forward and one leg back. The forward leg should be parallel to the ground and the knee should be behind the foot. The athlete then pulls the back foot through into the lunge position.

Bear Crawl Progression - the athlete is on all fours with the majority of the body weight on the hands. The athlete will do four exercises starting with the hands [1] forward walk [2] backward walk [4] a non crossover shuffle [4] an over under crossover carabca.

Neck Rotations - rotate the neck in a circular motion clockwise the rotate the neck in a counter clockwise movement for the prescribed number of repetitions.

Arm Circles - arms are strength out to the sides with the elbows locked. The athlete rotates the arms forward then backward for the prescribed number of repetitions.

Triceps Overhead Stretch - pull the elbow behind the back with hand down the middle of the back. The opposite arm is holding the elbow

and slowly pushing the arm down. repeat with opposite arm after completing the prescribed seconds.

Across Body Shoulder/Chest Stretch - the arm is held out in front of the body with the elbow locked. The athlete pulls the arm across his body with the opposite arm. The opposite arm is positioned on the forearm, repeat with opposite arm. Hold for the prescribed seconds.

Seated Leg V - right, left, middle - sitting on the buttocks, the athlete should spread the legs as far as possible (feet free). The feet should be pointed upwards. Slowly lean your upper body to the right leg until you feel a stretch. Hold for the prescribed seconds and then repeat with the opposite leg. When you reach the middle stretch try to spread your leg slightly wider than you started and slowly lean down the middle trying to have your hands further than your feet.

Circle Stretch - sitting on the buttocks, pull the soles of your feet together. Then, pull both feet into your body. Your hands are holding your feet. Slowly pull the upper body forward. Hold for the prescribed seconds.

Diamond Stretch - similar to the groin stretch. After performing the groin stretch push your feet out until the legs form a diamond. Slowly pull the upper body forward. Hold for the prescribed seconds.

Lying Knee into Chest [3 way rotation] - lying on your back the athlete should grab one leg just below the knee with both hands and pull towards the chest. The other leg should remain extended. Hold for the prescribed seconds and then rotate the leg out and away from the body. Hold for the prescribed seconds and the pull the leg across the body. Hold for the prescribed seconds and repeat with opposite leg.

Standing Leg V - same as sitting but, it is now performed standing.

CONDITIONING

Sallyon Squat - the athlete squats in a full squat position with hands around the ankles and arms resting on the inner thighs. Hold for the prescribed seconds.

Standing Handker's Stretch - the athlete balances on one leg. The athlete grabs the opposite foot with the hand and pulls the foot behind the body. Hold for the prescribed seconds.

Lunge - The athlete steps out with one leg forward and one leg back. The forward leg should be parallel to the ground and the knee should be behind the foot. The back leg should be extended in a straight line. The athlete slowly moves the hips forward without changing foot position. Repeat with opposite leg. Hold for the prescribed seconds.

Car Stretch - the athlete is on all fours and positions the body so that it forms a triangle with the ground. The athlete should be on the toes. The athlete slowly pushes the heels to the floor. Hold for the prescribed seconds.



RUNNING

Running

Definitions

Aerobic -

with oxygen

Anaerobic -

without oxygen

Work/Rest Ratio -

time it takes to perform event/time allowed to recover

ex. - Work/Rest Ratio = 1/3

athlete's goal time is 5 seconds

athlete's rest time is 15 seconds

Work Period -

During rest interval perform light activity such as fast walking or slow jogging

Rest Period -

During rest interval perform activities such as slow walking or stretching

ENERGY SYSTEMS

ATP - PC System -

1. Anaerobic System

2. Ideal for short events (0 - 45 seconds)

3. Work/Rest Ratio = 1/3

4. Type of rest period - rest relief

Key Feature:

Energy is stored and ready to go without any waiting. This energy system has a large power capacity, meaning it is capable of supplying a large amount of energy per unit time.

LACTIC ACID System -

1. Anaerobic System

2. Ideal for events 45 seconds to 90 seconds

3. Work/Rest Ratio = 1/2

4. Type of rest period - work relief

Key Feature:

Allows us to extend the amount of time we can perform without oxygen being available. Energy is not stored, but is produced by anaerobic glycolysis.

Side Effects:

Continuous all out exertion can cause a build up of lactic acid which will eventually reduce or stop activity.

AEROBIC System

1. Ideal for events 3 - 4 minutes or longer

2. Work/Rest Ratio 1/1 or 1/1-1/2

3. Type of rest period - rest relief

Key Feature:

The aerobic system can provide approximately 19 times the ATP production of the anaerobic system. Aerobic training will also promote cardiovascular health in athletes.

ALL THREE ENERGY SYSTEM INTERACT DURING ATHLETIC EVENTS TO SUPPLY THE TOTAL AMOUNT OF ENERGY NEEDED TO PERFORM AN EVENT.

Running Form

Focus -

The athlete's eyes should be focused on a object in front of him approximately 30 - 40 yards down field. The point of focusing is for the athlete to determine how much head movement he has during running. The athlete should run with his head steady in a relaxed, fixed position. If the object is moving up and down or side to side, the athlete has too much head movement.

Upper Body -

The chest, shoulder, and traps should be relaxed rather than tense when running.

Arm Action -

- a - The hands should be relaxed and open. Palms should face the belly button. To help prevent forming a fist while running, have the index finger and thumb lightly touch each other.
- b - squeeze the elbows in tight to the body
- c - elbows should be at a 90 degree angle
- d - arm swing should be initiated at the shoulder joint rather than the elbow
- e - drive hand down hard behind back in a hammer type fashion
- f - the hand and elbow move forward and backward. The athlete's hands should never cross the mid-line of the body.
- g - the athlete's hand should rise no higher than shoulder level

Body Position -

The athlete should have a slight arch in his back rather than body lean. This position will be similar to when the athlete is performing a back squat.

Leg and Foot Action -

- a - the athlete should thrust the knee forward with an outward knee punch
- b - the foot should contact the ground back under the hip
- c - snap the foot down and back under the hip

Warm Up Drills

High Knees - bring the knees to parallel to the ground position and drive the arm vigorously. Move forward slowly, but the knee and arm movement is a very fast action. Each step forward is very fast and short. Goal is 60 - 80 contacts in 20 yards

Heel Kick Ups - move forward slowly, popping the heels up against the buttocks on each step. Action is quick and smooth. The swinging motion should be produced at the knee joint. Goal is 60 - 80 contacts in 20 yards

Backwards Running - this is similar to running forward as far as extending the leg movement is concerned. The athlete should concentrate on driving the leg back and fully extending it rather than simulating a back peddle. The head and shoulders should be slightly in front of the feet for balance.

Shuffle - start in a good 2 point football position, knees and hips flexed and shoulders facing forward. Turn the body so that you are facing one side of the stadium. The athlete begins by taking a lateral step with the lead leg, followed by a lateral push step of the follow leg. The legs do not cross over. The athlete should then perform another set with the opposite leg lead.

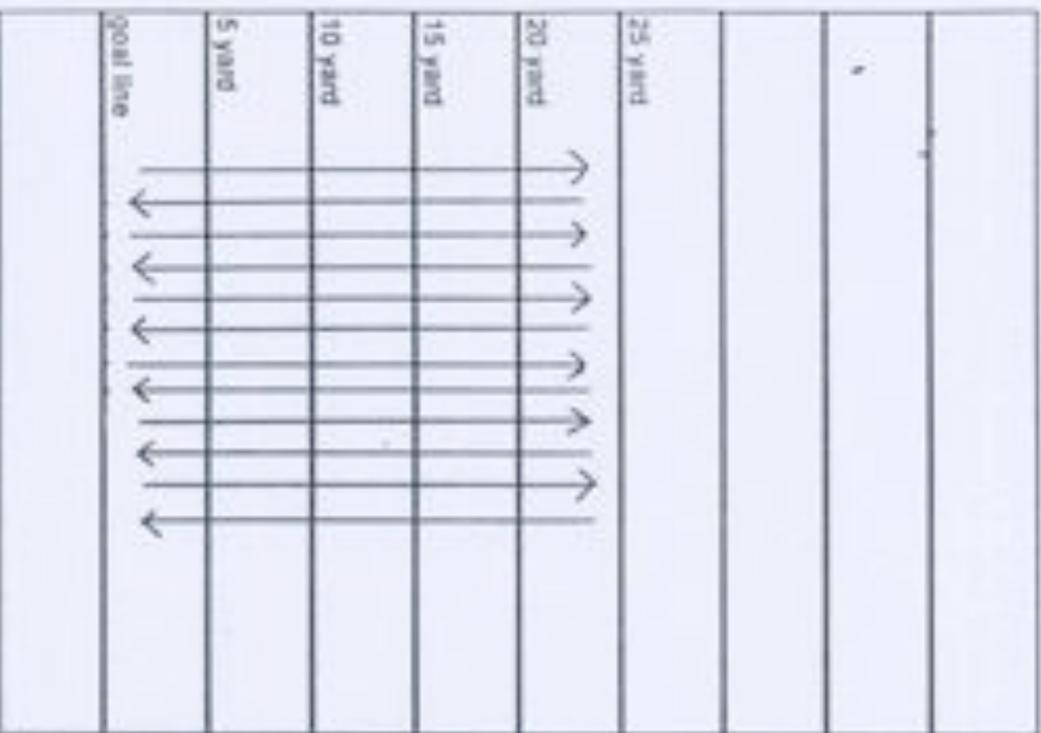
Caroca - start in a good 2 point football position, knees and hips flexed and shoulders facing forward. Turn the body so that you are facing one side of the stadium. The athlete begins by taking the back foot and crossing over the lead foot, followed by the lead foot moving laterally. The back foot crosses behind the lead foot and repeat. The athlete should then perform another set with the opposite leg lead.

Teams Are Made During The Season,

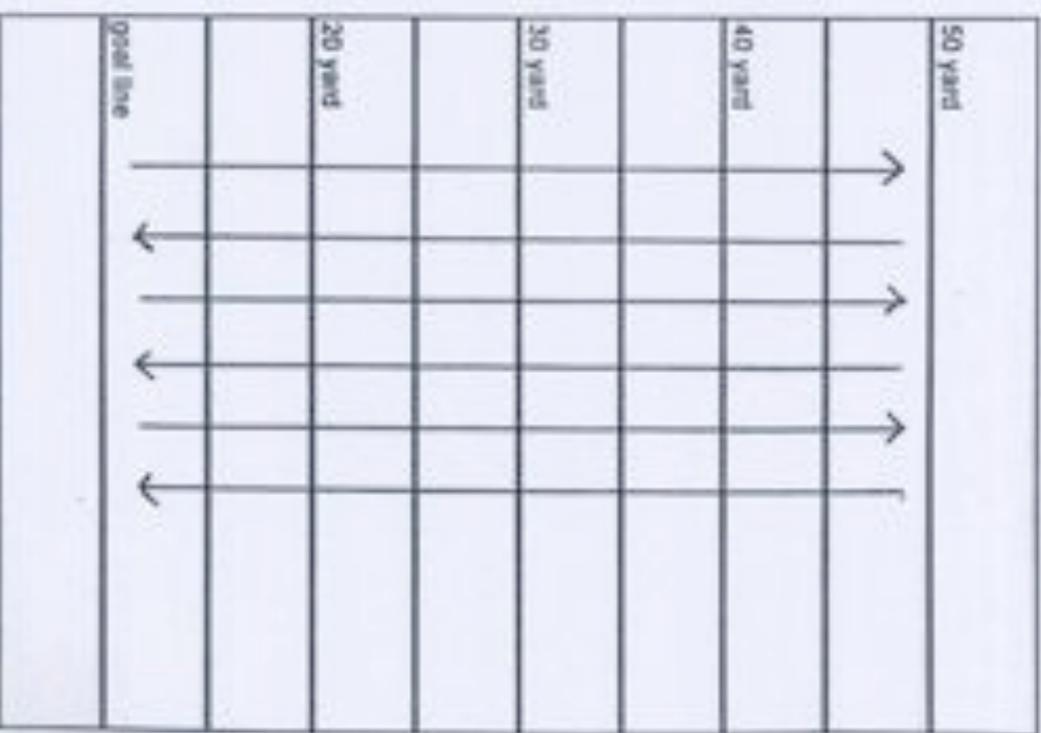
Individuals Are Made In The Off Season !!!



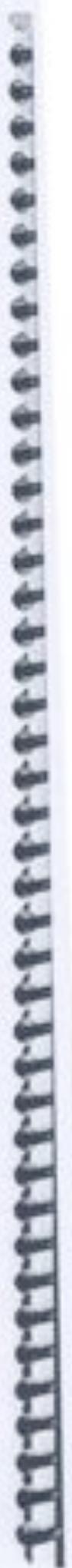
SHUTTLE DIAGRAMS



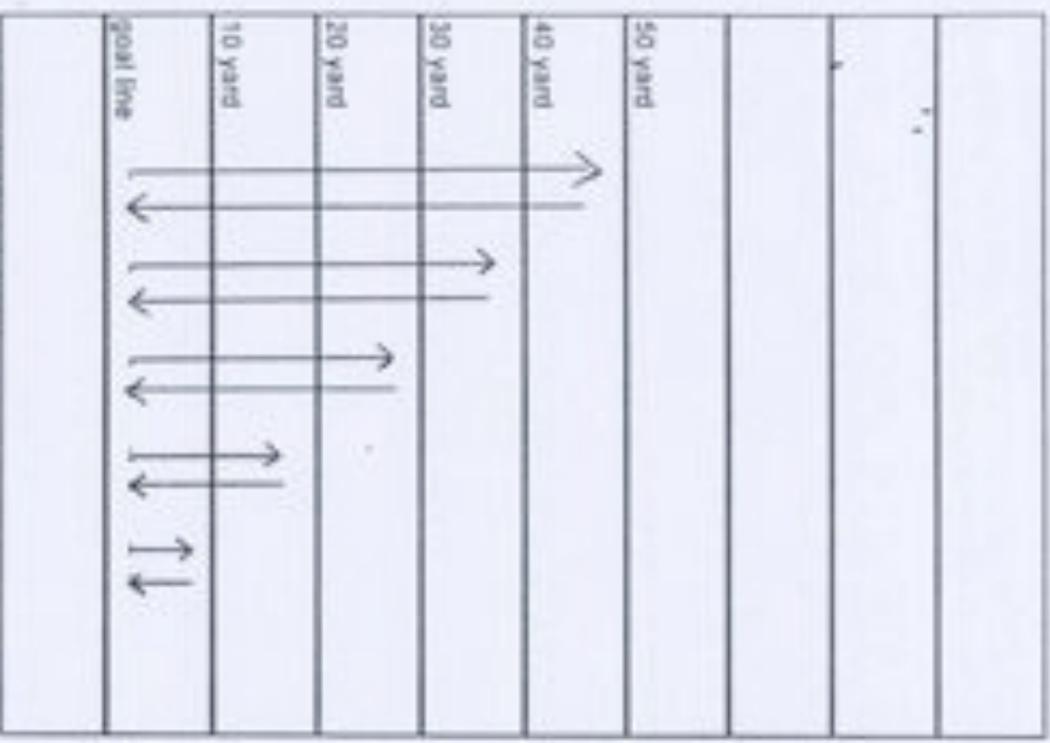
300 Yard Short Shuttle
25 yard pivots - 12 times



300 Yard Long Shuttle
50 yard pivots - 6 times



SHUTTLE DIAGRAMS

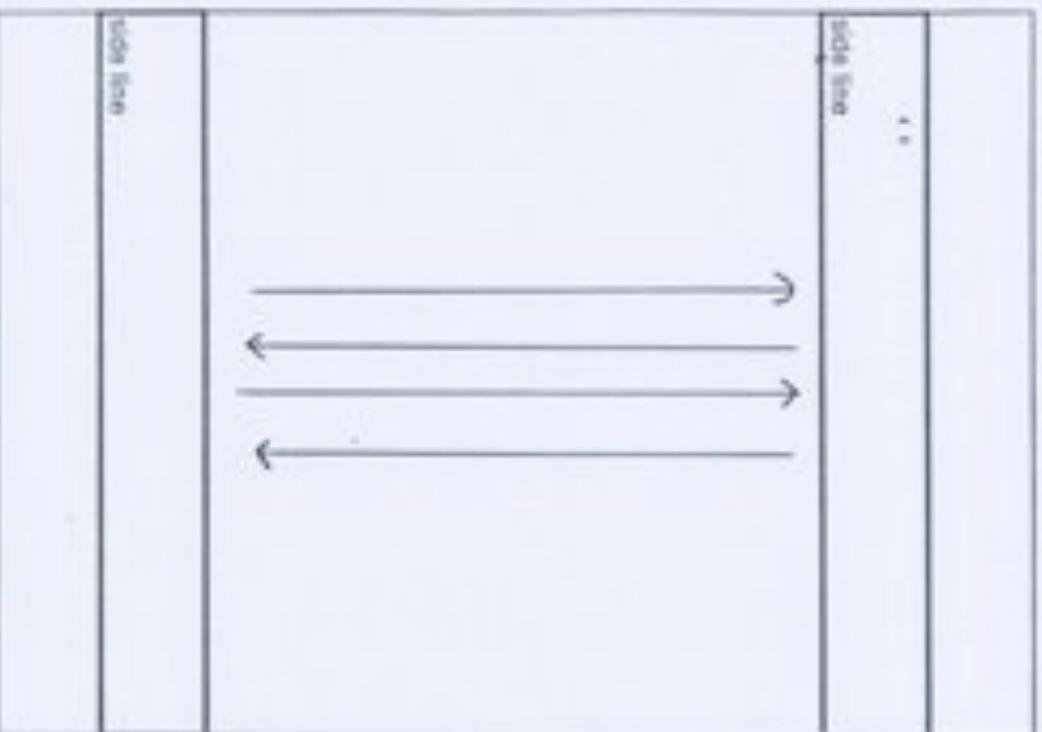


300 Yard Bronco Shuttle
50 yards and back, 40 yards and back, 30 yards and back,
20 yards and back, 10 yards and back

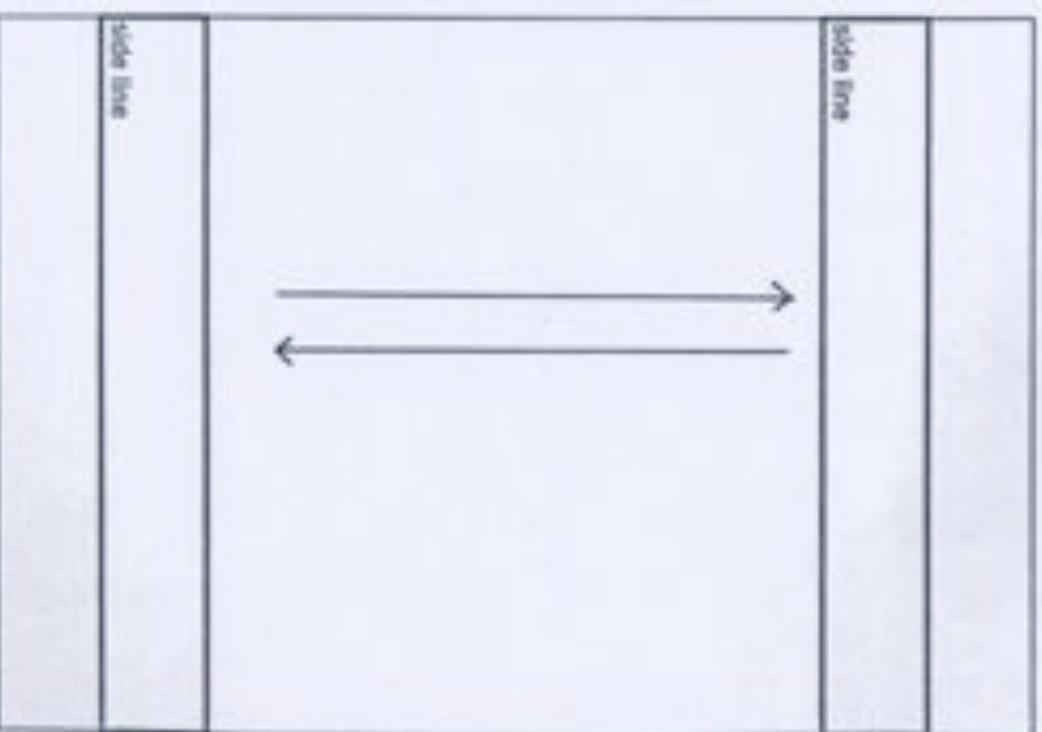


Final 4's - 600 Yard Shuttle
100 yards and back, 75 yards and back, 50 yards and back,
25 yards and back

SHUTTLE DIAGRAMS



Casser - Sideline to Sideline down and back twice

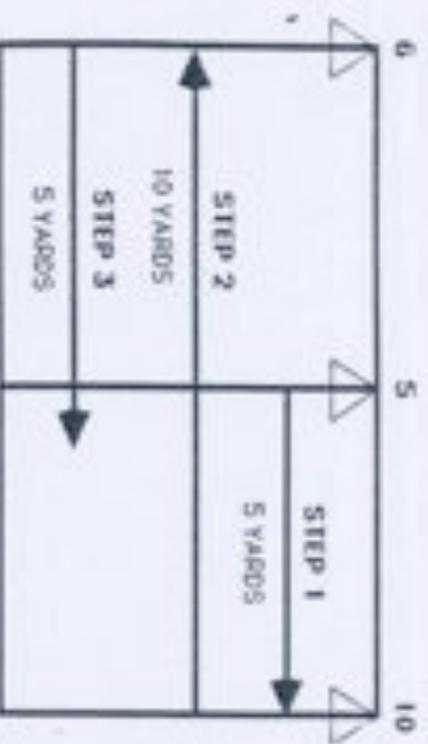


1/2 Casser - Sideline to Sideline down and back once



**AGILITY
AND
QUICK FEET
DRILLS**

AGILITY DRILLS ---- LATERAL RUN



EQUIPMENT NEEDED:
3 CONES

DESCRIPTION OF ACTIVITY:

Start

- straddle mid - line in a three point stance
- hand must be on the line
- body must be evenly distributed over line (you cannot lean to the side you are going to run to)

Step 1

- pivot and drive off front foot in either direction [BSU ATHLETES - GO TO RIGHT]
- sprint 5 yards

Step 2

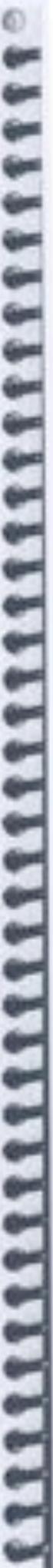
- touch line with outside hand
- pivot and drive off front foot
- sprint ten yards to far line

Step 3

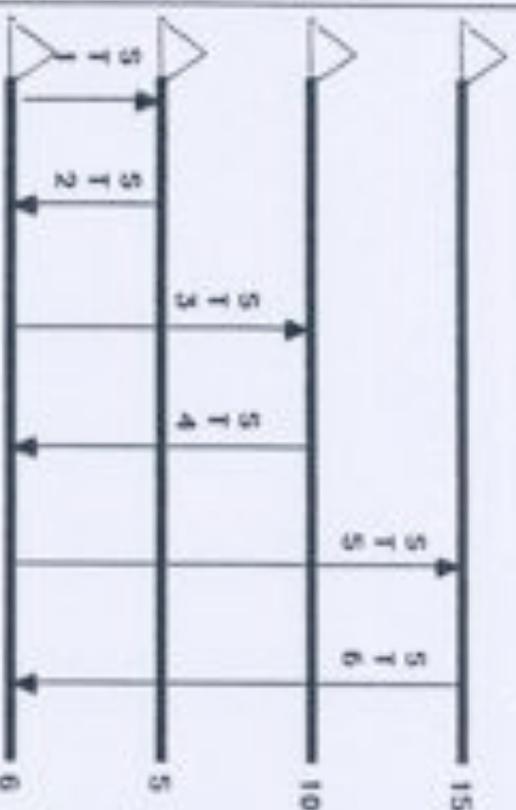
- touch line with outside hand
- pivot and drive off front foot
- sprint past mid - line (start/finish)

COACHING POINTS:

- run low and hard
- pivot in same direction (always facing the way you began)
- do not round off pivot, be sharp and precise trying to stay in a straight line



AGILITY DRILLS ---- SHUTTLE RUN



START/FINISH LINE

EQUIPMENT NEEDED:

3 CONES

COACHING POINTS:

- RUN LOW AND HEAD

- CHOOSE EITHER YOUR RIGHT OR LEFT AND USE THAT HAND FOR ALL LINE TOUCHES

A VARIATION OF THIS DRILL IS TO SPRINT AND BACKPEDdle

YOU CAN ALSO REVERSE THE DRILL BY STARTING WITH THE 15 YARD SPRINT FIRST

DESCRIPTION OF ACTIVITY:

Start

- Hand behind line - 3 point stance

Step 1

- sprint to five yard line (marked by cone)

Step 2

- touch 5 yard line with hand right or left

- pivot and drive off front foot

- sprint back to start line (marked by cone)

Step 3

- touch start line with same hand used on first line touch

- pivot and drive off front foot

- sprint to 10 yard line (marked by cone)

Step 4

- touch 10 yard line with same hand used on first line touch

- pivot and drive off front foot

- sprint back to start line (marked by cone)

Step 5

- touch start line with same hand used on first line touch

- pivot and drive off front foot

- sprint to 15 yard line (marked by cone)

Step 6

- touch 15 yard line with same hand used on first line touch

- pivot and drive off front foot

- sprint through start line (marked by cone)

- touch 15 yard line with same hand used on first line touch

- pivot and drive off front foot

- sprint through start line (marked by cone)

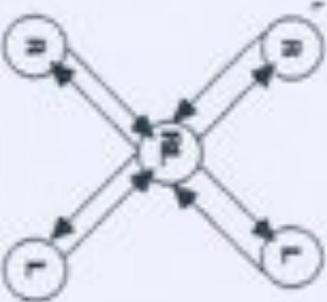
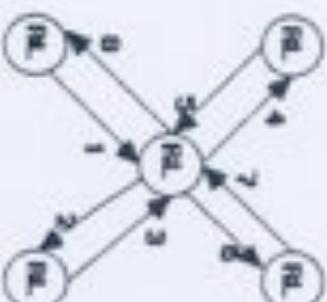
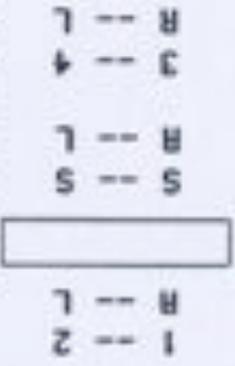
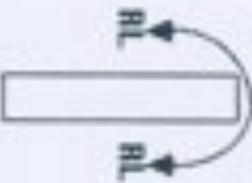


QUICK FEET DRILLS ----- LADDERS [SPEED CITY INC]

SINGLE LEG FOOT THRU	DOUBLE LEG FOOT THRU	LATERAL RUN	2 IN - 2 OUT	ICKY SHUFFLE	CARRIAGE



QUICK FEET DRILLS ---- DOT, LINE/BOARD DRILLS

DOT DRILL HOPSCOTCH	DOUBLE OR SINGLE LEG HOPS	LINE/BOARD DRILLS	
<p>The athlete starts on the bottom of the X with legs spread. He jumps to the middle dot with both feet then out to the top with legs spread. He then performs the same pattern going backwards.</p> <p>He also do a single leg drill. The athlete performs the drill one leg at a time doing just one side of the X.</p> 	<p>The athlete starts on the bottom left of the X. He jumps in order:</p> <ol style="list-style-type: none"> 1 - to middle 2 - to bottom right 3 - to middle 4 - to top left 5 - to middle 6 - to top right 7 - to middle 8 - to bottom left <p>He performs this drill both single and double leg</p> 	<p>RUN OVERS</p>  <p>The drill is simply running over and back across a line or board as fast as possible</p> <p>SKI HOPS</p>  <p>This drill is a double or single leg lateral hop over a line or board as fast as possible. When doing double leg hops the ankles are glued together rather than a skip.</p>	



**NOTES AND
EXPLANATIONS**

*"Life is a game of survival of the fittest;
the strong will survive.
It's not how much talent you have,
but how much you make use of
and what kind of physical condition you are in."*

John F. Kennedy

Notes and Explanations

Our summer strength and conditioning program is 14 weeks in duration. Check the enclosed training calendar to see how your summer is broken for you.

The summer program is broken-down into three phases. Each phase builds upon the previous one to prepare you for our next phase when school starts.

Strength Training

Weeks 1 - 10

Teams

You will train four days per week Monday, Tuesday, Wednesday, Friday on a 3x7 bar program. Your auxiliary day will be Tuesday. Weeks 1 - 10 consist of the first two phases of the summer plan. During this time the strength emphasis is on hypertrophy training. Weeks five and ten will be unload weeks. You will do circuit training on these weeks.

Weeks 11-14

Teams

You will train four days per week Monday, Tuesday, Wednesday, Friday on a 3x7 bar program. Your auxiliary day will be Tuesday. During this time the strength emphasis is on maximum strength training.

Conditioning

Weeks 1 - 4

Conditioning consists of 5 sessions a week, Monday - Friday. Two days will consist of long distance runs, one day of shuttles, one day of intervals, and one day of Alternate Conditioning.

Week 5

Week five will be a test simulation week. You will perform both conditioning tests, the 2 mile run and 5 Beacon Shuttles.

Weeks 6 - 8

Conditioning consists of 5 sessions a week, Monday - Friday. One day of long distance running, one day of final 4's, one day of shuttles, one day of intervals, and one day of Alternate Conditioning.

Week 10

Week ten will be a test simulation week. You will perform both conditioning tests, the 2 mile run and 5 Bronco Shuttles.

Weeks 11 - 13

Conditioning consists of 5 sessions a week, Monday - Friday. One day of long distance running, one day of final 4's, one day of shuttles, one day of agility and quick feet drills, and one day of Alternate Conditioning.

Week 14

Week 14 will be a test simulation week. You will perform both conditioning tests, the 2 mile run and 5 Bronco Shuttles.

Auxiliary Day

Tuesday of each week will be your auxiliary day. Your auxiliary day will consist of primarily single joint movements to improve joint stability. This day is broken into two sections, section one is upper body and section two is lower body. Section one consists of triceps, biceps, and shoulder work and section two consists of hamstrings, quadriceps, and ankle work. The following

program is the auxiliary program you will be required to perform on

Tuesdays.

Section One - upper body	
Triceps Extension on floor -	3 x 15
Dumbbell Curl -	3 x 12
Triceps Pushdown	3 x 15
Straight Bar Curl	3 x 12
Dumbbell Front Raise -	1 x 12 thumbs parallel to the floor
	1 x 12 thumbs down
Dumbbell Lateral Raise -	1 x 12 thumbs up
	1 x 12 thumbs parallel to the floor
	1 x 12 thumbs down
Rear Delt Pulls	1 x 12 thumbs up
	1 x 12 elbows above head
	1 x 12 elbows eye level
	1 x 12 elbows chest level
	1 x 12 elbow at belly button
	3 x 20
Scapula Push Ups	
Section Two - lower body	
Leg Curl	1 x 20 double leg
	1 x 20 single leg
	1 x 10 each negative accentuated
	[2 up/1 down]
Leg Extension	1 x 20 double leg
	1 x 20 single leg
	1 x 10 each negative accentuated
	[2 up/1 down]
Toe Raise	1 x 20 toes straight ahead
	1 x 20 toes pointed out
	1 x 20 toes pointed in
Dorsi Flexion	3 x 20 with plantar of leg leg out

Establishing Training Maximums

Core Max's are from your May Testing Period

Core Maximums

Hang Clean - 300

Front Squat - 450

Bench Press - 315

Training Data		Upper Body		Lower Body		Explosive	
Fr Squat	450	Bench	315	Fr Squat	450	Fr Squat	300
Train %	100%	Train %	100%	Train %	100%	Train %	100%
Train Max	450	Train Max	315	Train Max	450	Train Max	300
Bar Bq	450	Incline	315	Bar Bq	300	Bar Bq	300
Train %	100%	Train %	82%	Train %	80%	Train %	100%
Train Max	450	Train Max	258.3	Train Max	255	Train Max	300
CI GR BN	315	CI GR BN	315	Box Bq	300	Box Bq	300
Train %	85%	Train %	100%	Train %	100%	Train %	100%
Train Max	287.75	Train Max	450	Train Max	300	Train Max	300
DB SH P	0	DB SH P	0	Lunge	0	Lunge	0
Train %	0%	Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0	Train Max	0
CUT GRP	0	CUT GRP	0	ST Step	0	ST Step	0
Train %	0%	Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0	Train Max	0
DB SWOH	0	DB SWOH	0	1/2 L-GR	0	1/2 L-GR	0
Train %	0%	Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0	Train Max	0
DB CI PI	0	DB CI PI	0	ROM DL	0	ROM DL	0
Train %	0%	Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0	Train Max	0

To determine training max, multiply Hang Clean Max x Train % used for your cycle

If an exercise has no training %, you will choose a weight that you can perform for the prescribed number of reps for the exercise cycle

To determine the incline's Training Max, multiply your Bench Press Max by the Train % listed in the incline box. This will give you your training max for the exercise's cycle.

The majority of exercises listed during the summer program will be based on a percentage of our Primary Core Exercises (hang clean, front squat, bench press). Also, percentage of your training maximum for the week, that number becomes your hypothetical maximum for the cycle. You use the number to determine your work load for the week by multiplying it by the percentage cycle listed in your exercise's box.

For example, you are doing the incline Press and the cycle for the day is 80%, 80%, 70%, 75%, 80% for 5 reps each. You look up your training max for the incline (258) and multiply the number by the percentage cycle and this becomes the work load for the exercise.

Your Training Data File is on the left hand column of every week's work out program. Check weekly for any changes in exercises or increases in training maximums.

STRENGTH AND CONDITIONING TESTS

RETURNEES

Hang Clean - 3 rep max
Front Squat - 3 rep max
Bench Press - 1 rep max
Overhead Med Ball Throw

NEWCOMERS

Bench Press - 1 rep max
Vertical Jump

CONDITIONING TEST - EVERYONE

2 mile run
5 X 300 yard Bronco Shuttles
30 yard sprint

**STRENGTH AND
CONDITIONING SHEETS**

*"The Time Will Soon
Come, When Winter Will
Ask: What Were You
Doing All Summer?"*

SUPPLEMENTAL STRENGTH TRAINING PROGRAM FOR INCOMING FRESHMAN

MONDAY

Bench Press - 3 x 10 light

Incline Press - 3 x 5 heavy

Back Squat - 3 x 10 light

Leg Curl - 1 x 15 light

Leg Extension - 1 x 15 light

Toe Raise - 1 x 15 light

Lat Pulldown - 3 x 8 medium

Seated Row - 3 x 10 light

Standing Barbell Front Press

3 x 10 light

Quickell Seated Shoulder

Press
3 x 5 heavy

Triceps Pushdown - 2 x 15

Straight Bar Curl - 2 x 15

Abdominal Work - 100 total

WEDNESDAY

Bench Press - 3 x 5 heavy

Incline Press - 3 x 10 light

Leg Press - 3 x 12 light

Leg Curl - 2 x 10 heavy

Leg Extension - 2 x 10 heavy

Toe Raise - 2 x 10 heavy

Lat Pulldown - 3 x 10 light

Seated Row - 3 x 5 heavy

Standing Barbell Front Press

3 x 5 heavy

Quickell Seated Shoulder

Press
3 x 10 light

Triceps Pushdown - 2 x 15

Straight Bar Curl - 2 x 15

Abdominal Work - 100 total

FRIDAY

Bench Press - 3 x 8 medium

Incline Press - 3 x 8 medium

Back Squat - 3 x 5 heavy

Leg Curl - 1 x 12 medium

Leg Extension - 1 x 12 medium

Toe Raise - 1 x 12 medium

Lat Pulldown - 3 x 5 heavy

Seated Row - 3 x 10 light

Standing Barbell Front Press

3 x 8 medium

Quickell Seated Shoulder

Press
3 x 8 medium

Triceps Pushdown - 2 x 15

Straight Bar Curl - 2 x 15

Abdominal Work - 100 total

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18-May-98 Phase 1 - Week 1 - Day 1	19-May-98 Phase 1 - Week 1 - Day 2	20-May-98 Phase 1 - Week 1 - Day 3	21-May-98 Phase 1 - Week 1 - Day 4	22-May-98 Phase 1 - Week 1 - Day 5
conditioning warm up ROAD RUN 30 minute run This is more of a cross country run This is not to be done on a track. Record Distance 30 minutes @ _____ miles stretch down	conditioning warm up SHUTTLES 300 yard short shuttles X 3 goal time - 1:10 recovery - 1:45 rest 3 minutes 300 yard long shuttles X 3 goal time - 1:10 recovery - 1:45 rest 3 minutes 300 yard bronco shuttles X 3 goal time - 1:10 recovery - 1:45 rest 3 minutes GASER'S Full Gaser's X 1 goal time - :40 recovery - 2:00 1/2 Gaser's X 2 new goal time - :38:20 new recovery - :50:11:00 Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Stating Swimming Mountain Biking Road Biking Stationary Bike Star Minder stretch down	conditioning warm up INTERVALS 800 meters X 2 goal time - 2:40 recovery - 3:40 rest 3 minutes 400 meters X 4 goal time - 1:40 recovery - 2:30 stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up TIMED RUN 3 mile run This is to be done on track to help you establish your pace for the 2 mile run test Record Distance 3 miles @ _____ minutes stretch down

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25-May-98 Phase 1 - Week 2 - Day 6 conditioning warm up ROAD RUN 30 minute run This is more of a cross country run. This is not to be done on a track. Record Distance 30 minutes = _____ miles stretch down	26-May-98 Phase 1 - Week 2 - Day 7 conditioning warm up SHUTTLES 300 yard shod shuttles x 3 goal time - 1:15 recovery - 1:45 rest 3 minutes 300 yard long shuttles x 3 goal time - 1:15 recovery - 1:45 rest 3 minutes 300 yard bronco shuttles x 3 goal time - 1:15 recovery - 1:45 rest 3 minutes GASER'S Full Gaser's x 1 goal time - 1:45 recovery - 2:00 1/2 Gaser's x 2 goal time - 2:30 recovery - 1:00 Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	27-May-98 Phase 1 - Week 2 - Day 8 conditioning warm up Alternate Conditioning 30 minutes Cross Country In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	28-May-98 Phase 1 - Week 2 - Day 9 conditioning warm up INTERVALS 800 meters x 2 goal time - 3:45 recovery - 3:45 rest 3 minutes 400 meters x 4 goal time - 1:45 recovery - 2:30 stretch down	29-May-98 Phase 1 - Week 2 - Day 10 conditioning warm up TIMED RUN 2 mile run This is to be done on track to help pre establish your pace for the 2 mile run test. Record Distance 2 miles = _____ minutes stretch down

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jun-98 Phase 1 - Week 3 - Day 11 conditioning warm up ROAD RUN 30 minute run This is more of a cross country run This is not to be done on a track Record Distance 30 minutes = _____ miles stretch down	2-Jun-98 Phase 1 - Week 3 - Day 12 conditioning warm up SHUTTLES 300 yard short shuttles X 3 goal time - 1:00 recovery - 1:45 rest 3 minutes 300 yard long shuttles X 3 goal time - 1:00 recovery - 1:45 rest 3 minutes 300 yard bronco shuttles X 3 goal time - 1:00 recovery - 1:45 rest 3 minutes GASER'S Full Gaser's X 1 goal time - :30 recovery - 1:54 1/2 Gaser's X 2 goal time - :18 recovery - :54 Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	3-Jun-98 Phase 1 - Week 3 - Day 13 conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Sled Master stretch down	4-Jun-98 Phase 1 - Week 3 - Day 14 conditioning warm up INTERVALS 800 meters X 2 goal time - 3:20 recovery - 3:30 rest 3 minutes 400 meters X 4 goal time - 1:40 recovery - 2:20 stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	5-Jun-98 Phase 1 - Week 3 - Day 15 conditioning warm up TIMED RUN 3 mile run This is to be done on track to help you establish your pace for the 2 mile fun trail Record Distance 3 miles = _____ minutes stretch down

CONDITIONING WEEKLY SCHEDULE

SPORT	Worrior's Basketball				
ATHLETE					
WEEK #	4				
Team Program	7				
Daily Rotation	E-L-U				
Training Phase					
Training Data					
Explosive		Lower Body		Upper Body	
Hang 10	0	Pr Squat	0	Bench	0
Train %	100%	Train %	100%	Train %	100%
Train Max	0	Train Max	0	Train Max	0
Push Pr	0	Bench Sq	0	Pushover	0
Train %	80%	Train %	150%	Train %	80%
Train Max	0	Train Max	0	Train Max	0
Spot Jars	0	Box Squat	0	Cr Cr Bar	0
Train %	100%	Train %	100%	Train %	80%
Train Max	0	Train Max	0	Train Max	0
Bench Squat		Pr Leg Press		Bench Squat	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 1	0	exp - 1	0	exp - 1	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 9	0	exp - 9	0	exp - 9	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
NOTES:					
Front Squat		Front Squat		Front Squat	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Pr Leg Press		Pr Leg Press		Pr Leg Press	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Clean Grip Press		Spot Jars		Alternate Legs	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Clean Hip Pull		Standard Lunge		Bench Dips	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Pr Step up		Curl Grip Pullover		Clean Pull	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Dips		DB Bench		17" Lateral Step Up	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
DB Clean Pull		Plyometric Chestnut		Chest Upr	
0	0	0	0	0	0
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
exp - 4	0	exp - 4	0	exp - 4	0
Train %	0%	Train %	0%	Train %	0%
Train Max	0	Train Max	0	Train Max	0
Auxiliary					
4-Way Hip- 2X15 each way					
100 - Crunches					
Auxiliary					
4-Way Hip- 2X15 each way					
100 - Crunches					
Auxiliary					
4-Way Hip- 2X15 each way					
100 - Crunches					

Individual Notes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6-Jun-98 Phase 1 - Week 4 - Day 16</p> <p>conditioning warm up ROAD RUN 30 minute run</p> <p>This is more of a cross country run This is not to be done on a track</p> <p>Record Distance 30 minutes @ _____ miles stretch down</p>	<p>6-Jun-98 Phase 1 - Week 4 - Day 17</p> <p>conditioning warm up SHUTTLES 200 yard short shuttles x 3</p> <p>goal time - 1:00 recovery - 1:45</p> <p>rest 3 minutes</p> <p>300 yard long shuttles x 3</p> <p>goal time - 1:00 recovery - 1:45</p> <p>rest 3 minutes</p> <p>200 yard bevo shuttles x 3</p> <p>goal time - 1:00 recovery - 1:45</p> <p>rest 3 minutes</p> <p>GASERS Full Gaser's x 1 goal time - 2:00 recovery - 1:54</p> <p>1/2 Gaser's x 2 goal time - 1:00 recovery - 54</p> <p>Record Times</p> <p>rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____</p>	<p>10-Jun-98 Phase 1 - Week 4 - Day 18</p> <p>conditioning warm up Alternate Conditioning</p> <p>30 minutes</p> <p>Choose One</p> <p>In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Star Master stretch down</p>	<p>11-Jun-98 Phase 1 - Week 4 - Day 19</p> <p>conditioning warm up INTERVALS 800 meters x 2</p> <p>goal time - 2:30 recovery - 3:30</p> <p>rest 3 minutes</p> <p>400 meters x 4</p> <p>goal time - 1:40 recovery - 2:30</p> <p>stretch down</p>	<p>12-Jun-98 Phase 1 - Week 4 - Day 20</p> <p>conditioning warm up TIMED RUN 2 mile run</p> <p>This is to be done on track to help you establish your pace for the 3 mile run trial</p> <p>Record Distance 3 miles @ _____ minutes stretch down</p>

CONDITIONING WEEKLY SCHEDULE

WEEK	FIVE	SESSION A					SESSION B					SESSION C				
ATHLETE'S NAME		EXERCISE	%	Act	G	R	EXERCISE	%	Act	G	R	EXERCISE	%	Act	G	R
		TM	WT	R	A	TM	WT	R	A	TM	WT	R	WT	R	A	A
Session Rotation		Repetition Circuit														
A-B-C		Moderate - to Low Reps														
Training Maximum		6 - 10 reps														
BH Push Press		Choose a challenging weight for this range														
October	0	45 second rest in between exercises														
TM %	100%	#1 - Standard Lunge														
Max-Tr	0	#2 - Dumbbell Bench Press														
Back Squat		#3 - Dumbbell Front Raise														
October	0	#4 - Seated Close Grip Row														
TM %	100%	#5 - Triceps Extension														
Max-Tr	0	#6 - Biceps Curl														
Bench Press		#7 - Reverse Lunge														
October	0	#8 - Dumbbell Incline Press														
TM %	100%	#9 - Dumbbell Lateral Raise														
Max-Tr	0	#10 - Seated Wide Grip Row														
4TH CORE		#11 - Weighted Bench Dips														
PreFast	0	#12 - Weighted Push Up														
TM %	0%	3 MINUTE REST														
Max-Tr	0	REPEAT CIRCUIT														
MANDATORY EVERYDAY		3 MINUTE REST														
Torso		REPEAT CIRCUIT														
Jump Rope																

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15-Jun-98 Phase 1 - Week 5 - Day 21 conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	16-Jun-98 Phase 1 - Week 5 - Day 22 conditioning warm up SHUTTLE TEST 300 yard busno shuttles X 5 goal time - 1:05 recovery - 1:45 stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	17-Jun-98 Phase 1 - Week 5 - Day 24 OFF DAY 30 minutes	18-Jun-98 Phase 1 - Week 5 - Day 24 conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	19-Jun-98 Phase 1 - Week 5 - Day 25 conditioning warm up 2 MILE TEST Record Distance 3 miles @ _____ minutes stretch down
	Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____			

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22-Jun-98 Phase II - Week 6 - Day 26	23-Jun-98 Phase II - Week 6 - Day 27	24-Jun-98 Phase II - Week 6 - Day 28	25-Jun-98 Phase II - Week 6 - Day 29	26-Jun-98 Phase II - Week 6 - Day 30
conditioning warm up FINAL 4'S Final 4's X 2 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Full Gaser's X 4 goal time - 3:00 recovery - 1:04 1/2 Gaser's X 8 goal time - 1:18 recovery - :54 stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up SHUTTLES 300 yard short shuttles X 4 goal time - 1:08 recovery - 1:40 rest 3 minutes 200 yard long shuttles X 4 goal time - 1:08 recovery - 1:40 rest 3 minutes 200 yard long shuttles X 4 goal time - 1:08 recovery - 1:40 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up Alternate Conditioning 30 minutes Chase One In Line Stating Swimming Mountain Biking Road Biking Stationary Bike Star Mower stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up INTERVALS 400 meters X 4 goal time - 1:40 recovery - 3:20 rest 3 minutes 200 meters X 6 goal time - :38 recovery - 1:34 100 meters X 8 goal time - :18 recovery - :54 Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up TIMED RUN 2.5 mile run This is to be done on track to help you establish your pace for the 2 mile run test Record Distance 2.5 miles @ _____ minutes Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28-Jun-98 Phase II - Week 7 - Day 31	30-Jun-98 Phase II - Week 7 - Day 32	1-Jul-98 Phase II - Week 7 - Day 33	2-Jul-98 Phase II - Week 7 - Day 34	3-Jul-98 Phase II - Week 7 - Day 35
conditioning warm up FINAL 4'S Full Gaskets X 2 goal time - 2:30 recovery - 2:30 rest 3 minutes GASERS Full Gaskets X 4 goal time - :30 recovery - 1:54 1/2 Gaskets X 8 goal time - :18 recovery - :54 stretch down	conditioning warm up SHUTTLES 200 yard short shuttles X 4 goal time - 1:00 recovery - 1:40 rest 3 minutes 300 yard long shuttles X 4 goal time - 1:00 recovery - 1:40 rest 3 minutes 300 yard brooco shuttles X 4 goal time - 1:00 recovery - 1:40 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	conditioning warm up Alternate Conditioning 20 minutes Chisel Dive In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up INTERVALS 450 meters X 4 goal time - 1:40 recovery - 3:20 rest 3 minutes 200 meters X 6 goal time - :30 recovery - 1:54 100 meters X 8 goal time - :30 recovery - :54	conditioning warm up TIMED RUN 2.5 mile run This is to be done on track to help pre-warmup your pace for the 2 mile run test Record Distance 2.5 miles or _____ minutes
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____		Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-Jul-98	7-Jul-98	8-Jul-98	9-Jul-98	10-Jul-98
Phase II - Week 8 - Day 26	Phase II - Week 8 - Day 27	Phase II - Week 8 - Day 28	Phase II - Week 8 - Day 29	Phase II - Week 8 - Day 30
conditioning warm up FINAL 4'S Final 4's X 2 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Fuel Gaser's X 4 goal time - :30 recovery - 1:54 1/2 Gaser's X 8 goal time - 1:15 recovery - :54 stretch down	conditioning warm up SHUTTLES 300 yard short shuttles X 4 goal time - 1:06 recovery - 1:45 rest 3 minutes 300 yard long shuttles X 4 goal time - 1:06 recovery - 1:45 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up INTERVALS 400 meters X 4 goal time - 1:35 recovery - 2:10 rest 3 minutes 200 meters X 6 goal time - :27 recovery - 1:51 100 meters X 8 goal time - :18 recovery - :54	conditioning warm up TIMED RUN 2.5 mile 200 This is to be done on track to help you establish your pace for the 2 mile run test Record Distance 2.5 miles @ _____ minutes
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____		Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13-Jul-98	14-Jul-98	15-Jul-98	16-Jul-98	17-Jul-98
Phase II - Week 9 - Day 41	Phase II - Week 9 - Day 42	Phase II - Week 9 - Day 43	Phase II - Week 9 - Day 44	Phase II - Week 9 - Day 45
conditioning warm up FINAL 4'S Final 4's x 3 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Full Gaser's x 4 goal time - 3:00 recovery - 1:54 1/2 Gaser's x 8 goal time - 1:30 recovery - 54 stretch down	conditioning warm up SHUTTLES 200 yard short shuttles x 4 goal time - 1:02 recovery - 1:46 rest 3 minutes 200 yard long shuttles x 4 goal time - 1:02 recovery - 1:46 200 yard bronco shuttles x 4 goal time - 1:02 recovery - 1:46 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up INTERVALS 400 meters x 4 goal time - 1:30 recovery - 3:10 rest 3 minutes 200 meters x 8 goal time - 3:07 recovery - 1:51 100 meters x 8 goal time - 1:16 recovery - 54	conditioning warm up TIMED RUN 2.5 mile run This is to be done on track to help you establish your pace for the 2 mile fun trail Record Distance 2.5 miles @ _____ minutes
Record Times	Record Times		Record Times	
rep 01 _____	rep 01 _____		rep 01 _____	
rep 02 _____	rep 02 _____		rep 02 _____	
rep 03 _____	rep 03 _____		rep 03 _____	
rep 04 _____	rep 04 _____		rep 04 _____	
rep 05 _____	rep 05 _____		rep 05 _____	
rep 06 _____	rep 06 _____		rep 06 _____	
rep 07 _____	rep 07 _____		rep 07 _____	
rep 08 _____	rep 08 _____		rep 08 _____	
rep 09 _____	rep 09 _____		rep 09 _____	
rep 10 _____	rep 10 _____		rep 10 _____	
rep 11 _____	rep 11 _____		rep 11 _____	
rep 12 _____	rep 12 _____		rep 12 _____	

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20-Jul-98 Phase II - Week 10 - Day 46	21-Jul-98 Phase II - Week 10 - Day 47	22-Jul-98 Phase II - Week 10 - Day 48	23-Jul-98 Phase II - Week 10 - Day 49	24-Jul-98 Phase II - Week 10 - Day 50
conditioning warm up Alternate Conditioning 30 minutes Cross-Cue In-Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up SHUTTLE TEST 300 yard beeper shuttles x 5 goal time - 1:50 recovery - 1:40 stretch down ON-ALL SHUTTLES RIGHT FOOT PIVOT	OFF DAY	conditioning warm up Alternate Conditioning 30 minutes Cross-Cue In-Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up 2 MILE TEST Record Distance 3 miles = _____ minutes stretch down
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____				

CONDITIONING WEEKLY SCHEDULE

SPORT Women's Basketball

ATHLETE

WEEK # 11

Tier Program E-L-U

Daily Rotation Maximum Strength

Training Phase

Training Data

Lower Body

Upper Body

Temp C

Temp %

Temp Max

Temp Min

Temp Avg

Temp Max

Strength Session E

Exercise Name

Train Max %

Goal Rep

ACT R

WT A

Temp

Temp %

Temp Max

Temp Min

Temp Avg

Temp Max

Strength Session L

Exercise Name

Train Max %

Goal Rep

ACT R

WT A

Temp

Temp %

Temp Max

Temp Min

Temp Avg

Temp Max

Strength Session U

Exercise Name

Train Max %

Goal Rep

ACT R

WT A

Temp

Temp %

Temp Max

Temp Min

Temp Avg

Temp Max

Individual Notes

4-Way Hip- 2X15 each way

100 - Crunches

4-Way Hip- 2X15 each way

100 - Crunches

4-Way Hip- 2X15 each way

100 - Crunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27-Jul-98 Phase III - Week 11 - Day 51	28-Jul-98 Phase III - Week 11 - Day 52	29-Jul-98 Phase III - Week 11 - Day 53	30-Jul-98 Phase III - Week 11 - Day 54	31-Jul-98 Phase III - Week 11 - Day 55
conditioning warm up FINAL 4'S Final 4's x 4 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Full Gaser's x 4 goal time - :30 recovery - 1:30 1/2 Gaser's x 8 goal time - :18 recovery - :54 stretch down	conditioning warm up SHUTTLES 200 yard short shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes 200 yard long shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes stretch down ON ALL SHUTTLES BRIGHT FOOT PIVOT	conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Star Mander stretch down	conditioning warm up AGILITY Lateral Run x 5 60 yard Shuttle x 5 Quick Feet Drills x 5 each see description in manual 30 second rest in between each	conditioning warm up TIMED RUN 2 mile run This is to be done on track to help you establish your pace for the 2 mile run test Record Distance 2 miles = _____ minutes
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____			

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Aug-98 Phase III - Week 12 - Day 56	4-Aug-98 Phase III - Week 12 - Day 57	5-Aug-98 Phase III - Week 12 - Day 58	6-Aug-98 Phase III - Week 12 - Day 59	7-Aug-98 Phase III - Week 12 - Day 60
conditioning warm up FINAL 4'S Final 4's x 4 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Full Gasset's x 4 goal time - :30 recovery - 1:54 1/2 Gasset's x 8 goal time - :30 recovery - :54 stretch down	conditioning warm up SHUTTLES 300 yard short shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes 300 yard long shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	conditioning warm up Alternate Conditioning 30 minutes Cheese One In Line Skating Eveninging Mountain Biking Road Biking Stationary Bike Scar Master stretch down	conditioning warm up AGILITY Lateral Run x 5 50 yard Shuttle x 5 Quick Feet Drills x 5 each see description in manual 30 second rest in between each	conditioning warm up TIMED RUN 2 mile run This is to be done on trails to help you establish your pace for the 2 mile run and Record Distance 2 miles = _____ minutes
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____			

CONDITIONING WEEKLY SCHEDULE

SPORT	Women's Basketball	Strength Session E			Strength Session L			Strength Session U					
ATHLETE		Exercise Name	Train Max %	Goal Rep	ACT R WT A	Exercise Name	Train Max %	Goal Rep	ACT R WT A	Exercise Name	Train Max %	Goal Rep	ACT R WT A
WEEK #	13	Combo			Combo			Combo			Combo		
Tier Program	7	0.00%			0.00%			0.00%			0.00%		
Daily Rotation	E-L-U	0.00%			0.00%			0.00%			0.00%		
Training Phase	Maximum Strength	0.00%			0.00%			0.00%			0.00%		
Explosive		Hang Clean			Front Squat			Bench Press			Bench Press		
Hang CI	0	PI Squat	0	Bench	0	55.00%	5	0	0	55.00%	5	0	0
Train %	90%	Train %	90%	Train %	90%	67.00%	2	0	0	67.00%	2	0	0
Train Max	0	Train Max	0	Train Max	0	73.00%	1	0	0	73.00%	1	0	0
Push PI	0	Bench sq	0	Incline	0	0.00%	0	0	0	0.00%	0	0	0
Train %	60%	Train %	150%	Train %	82%	79.00%	3	0	0	79.00%	3	0	0
Train Max	0	Train Max	0	Train Max	0	79.00%	3	0	0	79.00%	3	0	0
Squat Jank	0	Bench Squat	0	CI on Ben	0	79.00%	3	0	0	79.00%	3	0	0
Train %	100%	Train %	100%	Train %	80%	79.00%	3	0	0	79.00%	3	0	0
Train Max	0	Train Max	0	Train Max	0	79.00%	3	0	0	79.00%	3	0	0
exp - d	0	exp - d	0	exp - d	0	79.00%	3	0	0	79.00%	3	0	0
Train %	0%	Train %	0%	Train %	0%	79.00%	3	0	0	79.00%	3	0	0
Train Max	0	Train Max	0	Train Max	0	79.00%	3	0	0	79.00%	3	0	0
exp - f	0	exp - f	0	exp - f	0	79.00%	3	0	0	79.00%	3	0	0
Train %	0%	Train %	0%	Train %	0%	79.00%	3	0	0	79.00%	3	0	0
Train Max	0	Train Max	0	Train Max	0	79.00%	3	0	0	79.00%	3	0	0
exp - g	0	exp - g	0	exp - g	0	60.00%	2x3	0	0	60.00%	2x3	0	0
Train %	0%	Train %	0%	Train %	0%	60.00%	2x3	0	0	60.00%	2x3	0	0
Train Max	0	Train Max	0	Train Max	0	60.00%	2x3	0	0	60.00%	2x3	0	0
Notes:		Close Grip Press			Squat Jank			Bench Squat			Bench Press		
		or Leg Press			Alternate Legs			Bench Press			Bench Press		
		Clean to Pull			Standard Lunge			Bench Dip			Bench Dip		
		6" Drop up			Curl Grip Pullover			Clean Pull			Clean Pull		
		Dips			DB Breath			OT Lateral Drop Up			OT Lateral Drop Up		
		negative - 10x											
		DB Clean Pull			Romanian Deadlift			Chest Lips			Chest Lips		
		negative - 10x			negative - 10x			negative - 10x			negative - 10x		
		Auxiliary			Auxiliary			Auxiliary			Auxiliary		
		4-Way Hip- 2X15 each way			4-Way Hip- 2X15 each way			4-Way Hip- 2X15 each way			4-Way Hip- 2X15 each way		
		100 - Crunches			100 - Crunches			100 - Crunches			100 - Crunches		
Individual Notes													

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-Aug-98 Phase III - Week 13 - Day 61 conditioning warm up FINAL 4'S Final 4's X 4 goal time - 2:30 recovery - 2:30 rest 3 minutes GASERS Full Gasers X 4 goal time - 3:00 recovery - 1:54 1/2 Gasers X 8 goal time - 3:30 recovery - 3:04 stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	11-Aug-98 Phase III - Week 13 - Day 62 conditioning warm up SHUTTLES 300 yard short shuttles X 5 goal time - 1:08 recovery - 1:40 rest 3 minutes 300 yard long shuttles X 5 goal time - 1:08 recovery - 1:40 rest 3 minutes 300 yard torso shuttles X 5 goal time - 1:00 recovery - 1:40 rest 3 minutes stretch down ON ALL SHUTTLES BRIGHT FOOT PIVOT Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	12-Aug-98 Phase III - Week 13 - Day 63 conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	13-Aug-98 Phase III - Week 13 - Day 64 conditioning warm up AGILITY Lateral Run X 5 50 yard Shuttle X 5 Quick Feet Drills X 5 each see description in manual 30 second rest in between each	14-Aug-98 Phase III - Week 13 - Day 65 conditioning warm up TIMED RUN 2 mile run This is to be done on track to keep you excited your pace for the 2 mile run will Record Distance 2 miles = _____ minutes

CONDITIONING WEEKLY SCHEDULE



SPORT	Womens's Basketball	Strength Session E				Strength Session L				Strength Session U									
ATHLETE		Exercise Name		Train Max %	Goal Rep	ACT Rep	WT A	Exercise Name		Train Max %	Goal Rep	ACT Rep	WT A	Exercise Name		Train Max %	Goal Rep	ACT Rep	WT A
WEEK #	13	E-L-U		0.00%		0		corde		0.00%		0		corde		0.00%		0	
Train Program	7			0.00%		0				0.00%		0				0.00%		0	
Daily Rotation				0.00%		0				0.00%		0				0.00%		0	
Training Phase	Maximum Strength			0.00%		0				0.00%		0				0.00%		0	
Training Data																			
Explosive				Lower Body				Upper Body											
Hang CI	0	Pt Squat	0	Bench	0														
Train %	100%	Train %	100%	Train %	100%														
Train Max	0	Train Max	0	Train Max	0														
Push Pt	0	Bear Sq	0	Incline	0														
Train %	80%	Train %	100%	Train %	80%														
Train Max	0	Train Max	0	Train Max	0														
Spot Jack	0	Bear Squat	0	CI or Bar	0														
Train %	100%	Train %	100%	Train %	80%														
Train Max	0	Train Max	0	Train Max	0														
Bear Squat or Leg Press																			
exp - d	0	exp - e	0	exp - d	0														
Train %	0%	Train %	0%	Train %	0%														
Train Max	0	Train Max	0	Train Max	0														
exp - e	0	exp - e	0	exp - e	0														
Train %	0%	Train %	0%	Train %	0%														
Train Max	0	Train Max	0	Train Max	0														
Class Grip Press																			
exp - f	0	exp - f	0	exp - f	0														
Train %	0%	Train %	0%	Train %	0%														
Train Max	0	Train Max	0	Train Max	0														
Clean Ht- PUL																			
exp - g	0	exp - g	0	exp - g	0														
Train %	0%	Train %	0%	Train %	0%														
Train Max	0	Train Max	0	Train Max	0														
Clean Ht- PUL																			
e- Step up																			
Dips																			
negative - 100x																			
DB Clean PUL																			
Auxiliary																			
4-Way Hip- ZX15 each way 100 - Crunches																			
Standard Lunge																			
Curl Grip Pullouts																			
DB Statch																			
Romanian Deadlift																			
Auxiliary																			
4-Way Hip- ZX15 each way 100 - Crunches																			
Bench Press																			
corde																			
Bench Press																			
behind head																			
Box Squat																			
Bench Press																			
Clean PUL																			
DB Lateral Step up																			
Clean Lunge																			
negative - 100x																			
Auxiliary																			
4-Way Hip- ZX15 each way 100 - Crunches																			

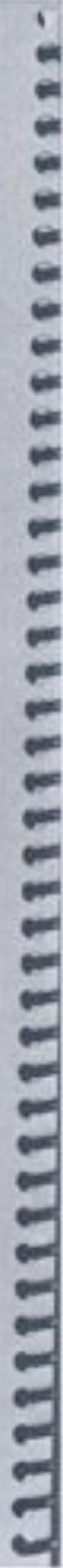
Individual Notes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-Aug-98 Phase III - Week 13 - Day 61	11-Aug-98 Phase III - Week 13 - Day 62	12-Aug-98 Phase III - Week 13 - Day 63	13-Aug-98 Phase III - Week 13 - Day 64	14-Aug-98 Phase III - Week 13 - Day 65
conditioning warm up FINAL 4'S Final 4's x 4 goal time - 2:30 recovery - 2:30 rest 3 minutes GASER'S Full Gasser's x 4 goal time - 3:00 recovery - 1:54 1/2 Gasser's x 8 goal time - 1:18 recovery - 5:45 stretch down Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up SHUTTLES 300 yard short shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes 200 yard long shuttles x 5 goal time - 1:00 recovery - 1:45 rest 3 minutes stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____	conditioning warm up Alternate Conditioning 30 minutes Choose One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	conditioning warm up AGILITY Lateral Run x 5 60 yard Shuttle x 5 Quick Feet Drills x 5 each see description in manual 30 second rest in between each	conditioning warm up TIMED RUN 2 mile run This is to be done on track to help you establish your pace for the 2 mile run trial Record Distance 2 miles = _____ minutes

CONDITIONING WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17-Aug-98 Phase III - Week 14 - Day 66 conditioning warm up Alternate Conditioning 20 minutes Cheese One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	18-Aug-98 Phase III - Week 14 - Day 67 conditioning warm up SHUTTLE TEST 200 yard brocco shuttles x 5 gear time - 1:20 recovery - 1:45 stretch down ON ALL SHUTTLES RIGHT FOOT PIVOT	19-Aug-98 Phase III - Week 14 - Day 68 OFF DAY	20-Aug-98 Phase III - Week 14 - Day 69 conditioning warm up Alternate Conditioning 20 minutes Cheese One In Line Skating Swimming Mountain Biking Road Biking Stationary Bike Stair Master stretch down	21-Aug-98 Phase III - Week 14 - Day 70 conditioning warm up TIMED RUN 2 mile run This is to be done on track to help you establish your pace for the 2 mile run test Record Distance 2 miles = _____ minutes
Record Times rep 01 _____ rep 02 _____ rep 03 _____ rep 04 _____ rep 05 _____ rep 06 _____ rep 07 _____ rep 08 _____ rep 09 _____ rep 10 _____ rep 11 _____ rep 12 _____				

CONDITIONING WEEKLY SCHEDULE



**BASKETBALL
RELATED
MATERIAL**

When you are not practicing,
someone else is.
When you meet them, they
will win.

SUMMER SKILLS PROGRAM FOR PERIMETER PLAYERS

STRETCHING Bracco stretch routine

JUMPING 5 minutes at 3/4 speed
right foot 15 secs
left foot 15 secs
alternate 15 secs
both 15 secs
high jump 30 secs
speed 30 secs
box 30 secs
alternate 30 secs

BATTLEDING 5 minutes no dribble - around head, waist, feet

fig. 8 both ways
pretzel
5 rt leg both ways
5 lt leg both ways
5 minutes w/dribble -
5 both legs both ways
spider
5 rt leg both ways
5 lt leg both ways
5 minutes full court -
make a move (rethrow line,
half court, freethrow line,
crossover, hesitation,
between the legs, speed,
spin
behind back

PASSING All types with partner - especially into post 5 min

REBOUNDING Typing: 15 left, 15 right, 15 both

Mikan Hook Drill: 20 each side
McHale: tip 5 left, over, 5 right, over, 5 left, in

SHOOTING 4 sets of Shoot 25
jab and shoot
jab, crossover, shoot
fake and shoot
catch and shoot
off dribble, shoot

PLAY GAMES!!!

*Shoot freethrows in between sets to rest or shoot game shots at game speed.
*Make 20 freethrows by end of workout. Record on endurance sheets.

3 pt. shooting - make 10 at 5 different spots

Wing to Wing / Elbow to Wing - make 20 with each
Patio Shooting
Fastbreak shooting - 15 off dribble, 15 off pass, 15
shot fake

BANNER SKILLS PROGRAM FOR POST PLAYERS

STRETCHING: Bronco stretch routine

JUMPROPE: 5 minutes at 3/4 speed

right foot	15 secs
left foot	15 secs
alternate	15 secs
both	15 secs
high jump	30 secs
speed	30 secs
box	30 secs
alternate	30 secs

BALTBANDLING: 5 minutes no dribble - around head, waist, feet

fig. 8 both ways
presses

5 rt leg both ways
5 left leg both ways

5 minutes w/dribble -

fig. 8 both ways
spider

5 rt leg both ways
5 left leg both ways

5 minutes full court - crossover, hesitation, spin
between the legs, speed, spin
behind back

PASSING: All types with partner - especially outlet 5 min

REBOUNDING: Tipping: 15 left, 15 right, 15 both

Mikan Hook Drill: 20 each side
Mchaje: tip 5 left, over, 5 right, over, 5 left, in
2 ball replacement drill - 10 each side

SHOOTING: Low Post:

Drop step both ways - 3 sets of 10 made
Jump Hook - 3 sets of 10 each way made
Turn Around Jump shot - 3 sets of 10 each
way made
Repeat on other side of key

*Work on staying low, use your arm bars when posting, and power in
up. get square! Do not fade on your shots.



PLAY GAME 111

*Shoot freethrows in between sets to rest or shoot game shots at game speed.
*Make 25 freethrows by end of workout. Record on endurance sheets.

4 sets of Shoot 25
jab and shoot
jab, crossover, shoot
take and shoot
catch and shoot
off dribble, shoot

High Post:
(Flash high if you have a passer)
Make 15 jump shots each elbow
Drive to basket - 5 go
5 take and go
5 jab and go
5 jab crossover and go
repeat at other elbow

BRONCOS

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

1910 University Drive, Boise, ID 83725 • (208) 343-1797 • FAX (208) 385-3361



BOISE STATE 1998-99 WOMEN'S BASKETBALL SCHEDULE

November 13	Exhibition	Home	7 p.m.
November 16	Portland State	Home	7 p.m.
November 19	USC	Away	TBA
November 21	St. Mary's	Away	TBA
November 29	Gonzaga	Away	2 p.m.
December 1	Eastern Washington	Away	TBA
December 5	Montana	Away	TBA
December 8	Idaho State	Home	7 p.m.
December 12	BYU	Home	7 p.m.
December 15	Oregon	Home	7 p.m.
December 19-20	BSU Tournament	Home	7 p.m.
	BSU vs Jacksonville State	State	
	Georgia vs Sacramento State	State	
December 29	Washington	Away	TBA
January 8	Cal Poly SLO	Home	7 p.m.
January 10	UC Santa Barbara	Home	2 p.m.
January 15	UC Irvine	Away	TBA
January 17	Cal State Fullerton	Away	TBA
January 24	North Texas	Away	TBA
January 28	Long Beach State	Home	7 p.m.
January 30	Idaho	Away	TBA
February 5	Nevada	Home	7 p.m.
February 7	New Mexico State	Home	2 p.m.
February 12	Nevada	Away	TBA
February 14	New Mexico State	Away	2 p.m.
February 19	North Texas	Home	7 p.m.
February 25	Pacific	Away	TBA
February 27	Idaho	Home	7 p.m.
March 3, 4, 5, 6	Big West Conference Tournament	Tournament	TBA