

NAME: _____



Training Phase: Preparatory
Mesocycle: 1 & 2 - AA/Hypertrophy

Basketball - Freshman

Training - I					Workout # 1				Workout # 4				Workout # 7					Workout # 10					Training - III					Workout # 3				Workout # 6				Workout # 9					Workout # 12							
Exercises					Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Exercises	Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4			
1. Squat Jump - 2 Weeks					25				15				11				8					W				1. RDL	25				15				11				8									
Front Squat - 2 Weeks																																																
1a. DB Bench Press					25				15				11				8					W				1a. Bench Press	25				15				11				8									
2. Forward Lunge					25				15				11				8					W				2. Split Lunge Jump	25				15				11				8									
2a.. Lat Pull Down					25				15				11				8					W				2a. DB Step Up	25				15				11				8									
3. Seated Row					25				15				11				8					W				3. Leg Extension	25				15				11				8									
3a.. Hamstring Curl					25				15				11				8					W				3a. DB Row	25				15				11				8									
4. DB Military Press					25				15				11				8					W				4. 2 way Shoulders	25				15				11				8									
Plyometric Program - I																				Plyometric Program - III																												
Core Program - I																				Core Program - III																												

Training - II					Workout # 2				Workout # 5				Workout # 8					Workout # 11					Core Program (p.21)					Plyometric Program				Training Notes							
Exercises					Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Core Program - I					Plyometric Program - I											
1. Single Leg Box Expl.					25				15				11				8						W	1. Team Abs					1. Side to Side Jumps				3 sets x 20 reps						
1a. Incline Bench Press					25				15				11				8						W	2. Plank Series					2. Fornt to Back Jumps				3 sets x 20 reps						
2. Lateral Lunge					25				15				11				8						W	Core Program - II					Plyometric Program - II										
2a. Pull Ups					25				15				11				8						W	1. Team Abs					1. Squat Jumps				3 sets x 20 reps						
3. DB Military Press					25				15				11				8						W	2. Bridge Series					2. Skater Jumps				3 sets x 20 reps						
3a. Bicep Curl/.Tri Ext					25				15				11				8						W	Core Program - III					Plyometric Program - III										
4. Glute Ham Raise					25				15				11				8						W	1. Team Abs					1. Side to Side Jumps				3 sets x 20 reps						
4a. Calf Raises					25				15				11				8						W	2. Prone Series					2. Fornt to Back Jumps				3 sets x 20 reps						
Plyometric Program - II																				Plyometric Program - III																			
Core Program - II																				Core Program - III																			
																				3. Side to Side Hops				3 sets x 20 reps															
																				4. Front to Back Hops				3 sets x 20 reps															

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Training Exercises	Workout # 13				Workout # 17				Workout # 21				I T E M				
	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4	
1. Back Squat	9					7					5						W
2. Weighted Squat Jump	9					7					5						W
3. RDL	9					7					5						W
4. Lateral Lunge	9					7					5						W
5. Glute/Ham Raise	9					7					5						W
6. Calf Raises	15					15					15						W
Plyometrics - 2sets of 10 repetitions ea.						Core Training (p.21)											
1. Side-Side Line Jumps						4. Front-Side-Diagonal Line Hops					1. Team Abs						
2. Front-Back Line Jumps						5. Front-Back Line Hops					2. Plank Series						
3. Front-Side-Diagonal Line Jumps						6. Side-Side Line Hops											



Training Exercises	Workout # 15				Workout # 19				Workout # 23				I T E M				
	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4	
1. DB Deadlift	9					7					5						W
2. Split Jerk	9					7					5						W
3. DB Step Up	9					7					5						W
4. Rear Lunge	9					7					5						W
5. Hamstring Curl	9					7					5						W
6. Weight Ankle Pops	13					13					13						W
Plyometrics - 3sets of 12 repetitions ea.						Core Training (p.21)											
1. Squat Jumps						4. Cycled Split Lunge Jump					1. Team Abs						
2. Quick Foot Taps						5. 6" Hurdle Jumps					2. Bridge Series						
3. Lateral Box Touches																	



Training Exercises	Workout # 14				Workout # 18				Workout # 22				I T E M				
	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4	
1. Bench Press	9					7					5						W
2. Push Press	9					7					5						W
3. Wide Pull Ups	9					7					5						W
4. Seated Row	9					7					5						W
5. Push-Up	Max					Max					Max						W
6. Bicep Curl/	10					9					8						W
7. Tricep Extension	10					9					8						W
Proprioception 2 sets at 30 seconds each						Core Training (p. 21)											
1. Single Leg - Left						4. Single Leg - Right Eyes Closed					1. Team Abs						
2. Single Leg - Right						5. Seated Balance - Physioball					2. Prone Series						
3. Single Leg - Left Eyes Closed																	



Training Exercises	Workout # 16				Workout # 20				Workout # 24				I T E M				
	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4	
1. DB Incline Bench Press	9					7					5						W
2. Seated Military Press	9					7					5						W
3. Narrow Lat Pull Down	9					7					5						W
4. DB Bent Over Row	9					7					5						W
5. Push-Up	Max					Max					Max						W
6. Lying Row	Max					Max					Max						W
7. Shoulder Circuit a. Up Over Together b. Front Raise c. Scapular Pinch d. Internal External R	15					20					25						W
Proprioception 2 sets at 20 repetitions						Core Training (p.21)											
1. Cone Taps - Feet						3. Single Leg Toe Touches					1. Team Abs						
2. Cone Taps - Hands						4. Single Leg Post w/ DB Movement					2. Push Series						



- Notes:**
1. Intensity Must be Heavy. If you are able to get 1 more rep then the desired number the weights need to be increased - You Must PUSH YOURSELF if You Want to Improve!
 2. Remember Why Your Training. Set Goals, Meet the Goal, Go Beyond Your Expectations
 3. Work Now - Come Prepared to a GREAT 2010 - 2011 Season

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Training	Workout # 25				Workout # 29				Workout # 33				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Back Squat - 3:2:1	7					5					4					W
2. Hang Shrug	7					5					4					W
3. Single Leg DB RDL - 3:2:1	7					5					4					W
4. Lateral Lunge Push Off	7					5					4					W
5. Quick Step Ups	7					5					4					W
6. Calf Raises	18					18					18					W
Plyometrics - 3sets of 10 repetitions ea.						Core Training (p. 21)										
1. Side-Side Line Jumps						4. Front-Side-Diagonal Line Hops					1. Team Abs					
2. Front-Back Line Jumps						5. Front-Back Line Hops					2. Plank Series					
3. Front-Side-Diagonal Line Jumps						6. Side-Side Line Hops										



Training	Workout # 27				Workout # 31				Workout # 35				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Deadlift - 3:2:1	7					5					4					W
2. Push Jerk	7					5					4					W
3. Lat.DB Step Up	7					5					4					W
4. Forward Lunge - 3:2:1	7					5					4					W
5. Physball Hamstring Curl - 3:2:1	7					5					4					W
6. Weight Ankle Pops	10					10					10					W
Plyometrics - 3sets of 20 repetitions ea.						Core Training (p. 21)										
1. Squat Jumps						4. Cycled Split Lunge Jump					1. Team Abs					
2. Quick Foot Taps						5. 6" Hurdle Jumps					2. Bridge Series					
3. Lateral Box Touches																



Training	Workout # 26				Workout # 30				Workout # 34				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. DB Bench Press - 3:2:1	7					5					4					W
2. DB Push Press	7					5					4					W
3. Narrow Pull Ups	7					5					4					W
4. Single Arm Seated Row - 3:2:1	7					5					4					W
5. Push-Pull Combo	15					15					15					W
6. Bicep Curl - 3:2:1	10					9					8					W
7. Tricep Extension - 3:2:1	10					9					8					W
Proprioception 2 sets at 50 seconds each						Core Training (p. 21)										
1. Single Leg - Left						4. Single Leg - Right Eyes Closed					1. Team Abs					
2. Single Leg - Right						5. Seated Balance - Physioball					2. Prone Series					
3. Single Leg - Left Eyes Closed																



Training	Workout # 28				Workout # 32				Workout # 36				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Incline Bench Press - 3:2:1	7					5					4					W
2. Standing Military Press - 3:2:1	7					5					4					W
3. Wide Lat Pull Down - 3:2:1	7					5					4					W
4. Bar Bent Over Row - 3:2:1	7					5					4					W
5. Push-Up	Max					Max					Max					W
6. Lying Row	Max					Max					Max					W
7. Shoulder Circuit a. Up Over Together b. Front Raise c. Scapular Pinch d. Internal External R	15					20					25					W
Proprioception 3 sets at 20 repetitions						Core Training (p. 21)										
1. Cone Taps - Feet						3. Single Leg Toe Touches					1. Team Abs					
2. Cone Taps - Hands						4. Single Leg Post w/ DB Movement					2. Push Series					



Notes: 1. Intensity Must be Heavy. If you are able to get 1 more rep then the desired number the weights need to be increased - You Must PUSH YOURSELF if You Want to Improve!
 2. TEMPO Training: 3:2:1 - 3 second negative, 2 second hold, 1 second contraction
 3. Remember Why Your Training. Set Goals, Meet the Goal, Go Beyond Your Expectations. Work Now - Come Prepared to a GREAT 2010 - 2011 Season

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Training	Workout # 37					Workout # 41					Workout # 45					I T E M
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	
1. Back Squat	7					5					4					W
2. Hang Pull	7					5					4					R
3. RDL	7					5					4					W
4. Lateral Lunge	7					5					4					R
5. Glute/Ham Raise	7					5					4					W
6. Calf Raises	20					20					20					R
Plyometrics																
1. Tuck Jumps	4 sets of 20 repetitions					Core Training (p. 21)					1. Floor Series					
2. Back Board Touches	4 sets of 20 repetitions															
3. Box Jumps	4 sets of 10 repetitions															



Training	Workout # 39					Workout # 43					Workout # 47					I T E M
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	
1. DB Deadlift	7					5					4					W
2. Split Jerk	7					5					4					R
3. DB Step Up	7					5					4					W
4. Rear Lunge	7					5					4					R
5. Hamstring Curl	7					5					4					W
6. Weight Ankle Pops	13					13					13					R
Plyometrics																
1. Box Drops	4 sets of 15 repetitions					Core Training (p. 21)					1. Team Abs					
2. 12" Hurdle Jumps	4 sets of 30 seconds										2. Plank Series					
3. Single Leg Zig-Zag Hop	4 sets of 15 repetitions															



Training	Workout # 38					Workout # 42					Workout # 46					I T E M
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	
1. Bench Press	7					5					4					W
2. Push Press	7					5					4					R
3. Wide Pull Ups	7					5					4					W
4. Seated Row	7					5					4					R
5. Push-Pull Combo	15					15					15					W
6. Bicep Curl/	10					9					8					R
7. Tricep Extension	10					9					8					W
Flexibility																
1. Static Stretch - Hold for 30 seconds, 2 sets						Core Training (p. 21)					1. Chop Series					
											2. Prone Series					



Training	Workout # 40					Workout # 44					Workout # 48					I T E M
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	
1. DB Incline Bench Press	7					5					4					W
2. Seated Military Press	7					5					4					R
3. Narrow Lat Pull Down	7					5					4					W
4. DB Bent Over Row	7					5					4					R
5. Push-Up	Max					Max					Max					W
6. Lying Row	Max					Max					Max					R
7. Shoulder Circuit																W
a. Up Over Together																R
b. Front Raise																W
c. Scapular Pinch																R
d. Internal External R.																W
Flexibility																
1. Static Stretch - Hold for 30 seconds, 2 sets						Core Training (p. 21)					1. Floor Series					



- Notes:**
1. Intensity Must be Heavy. If you are able to get 1 more rep then the desired number the weights need to be increased - You Must PUSH YOURSELF if You Want to Improve!
 2. Core Training to Be Done In the Middle of the Workout Between Exercise 3 and 4
 3. Remember Why Your Training. Set Goals, Meet the Goal, Go Beyond Your Expectations. Work Now - Come Prepared to a GREAT 2010 - 2011 Season

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Training	Workout # 49				Workout # 53				Workout # 57				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Squat to Toes - 1:0:1	4					3					6					W
2. Hang Clean	4					3					6					R
3. Single Leg DB RDL - 1:0:1	4					3					6					W
4. Lateral Lunge Push Off	4					3					6					R
5. Quick Step Ups	4					3					6					W
6. Calf Raises	23					23					23					R
Plyometrics						Core Training (p. 21)										
1. Tuck Jumps	6 sets of 20 repetitions					1. Floor Series										
2. Back Board Touches	6 sets of 20 repetitions															
3. Box Jumps	6 sets of 10 repetitions															



Training	Workout # 51				Workout # 55				Workout # 59				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Deadlift - 1:0:1	4					3					6					W
2. Push Jerk	4					3					6					R
3. DB Step Up Expl.	4					3					6					W
4. Walking Lunge - 1:0:1	4					3					6					R
5. Physball Hamstring Curl - 1:0:1	4					3					6					W
6. Weight Ankle Pops	10					10					10					R
Plyometrics						Core Training (p. 21)										
1. Box Drops	6 sets of 15 repetitions					1. Team Abs										
2. 12" Hurdle Jumps	6 sets of 30 seconds					2. Plank Series										
3. Single Leg Zig-Zag Hop	6 sets of 15 repetitions															



Training	Workout # 50				Workout # 54				Workout # 58				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. DB Bench Press - 1:0:1	4					3					6					W
2. DB Push Press	4					3					6					R
3. Narrow Pull Ups	4					3					6					W
4. Single Arm Seated Row - 1:0:1	4					3					6					R
5. Push-Pull Combo	15					15					15					W
6. Bicep Curl - 1:0:1	10					9					8					R
7. Tricep Extension - 1:0:1	10					9					8					W
Flexibility						Core Training (p. 21)										
1. Static Stretch - Hold for 30 seconds, 2 sets						1. Chop Series										
						2. Prone Series										



Training	Workout # 52				Workout # 56				Workout # 60				I T E M			
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1		Set 2	Set 3	Set 4
1. Incline Bench Press - 1:0:1	4					3					6					W
2. Standing Military Press - 1:0:1	4					3					6					R
3. Wide Lat Pull Down - 1:0:1	4					3					6					W
4. Bar Bent Over Row - 1:0:1	4					3					6					R
5. Push-Up	Max					Max					Max					W
6. Lying Row	Max					Max					Max					R
7. Shoulder Circuit a. Up Over Together b. Front Raise c. Scapular Pinch d. Internal External R.	15					20					25					W
Flexibility						Core Training (p. 21)										
1. Static Stretch - Hold for 30 seconds, 2 sets						1. Slam Series										
						2. Push Series										



- Notes:**
1. Intensity Must be Heavy. If you are able to get 1 more rep then the desired number the weights need to be increased - You Must PUSH YOURSELF if You Want to Improve!
 2. TEMPO Training: 1:0:1 - 1 second negative, no hold, 1 second contraction
 3. Core Training to Be Done In the Middle of the Workout Between Exercise 3 and 4
 4. Remember Why Your Training. Set Goals, Meet the Goal, Go Beyond Your Expectations. Work Now - Come Prepared to a GREAT 2010 - 2011 Season

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Training	Workout # 61				Workout # 64				Workout # 67				Workout # 70							
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4
1. Back Squat	5					4					3					5				
2. Bench Press	5					4					3					5				
3. Stationary Lunge	5					4					3					5				
4. Lat Pull Down	5					4					3					5				
5. Hamstring Curl	5					4					3					5				
6. Seated Row	5					4					3					5				
Plyometrics											Core Training (p. 21)									
1. Reactive Jump - Off & Sprint		4 sets of 10 repetitions				<input type="checkbox"/>		1. Chop Series		<input type="checkbox"/>										
2. Vertical Jump		4 sets of 10 repetitions				<input type="checkbox"/>		2. Bridge Series		<input type="checkbox"/>										

Training	Workout # 63				Workout # 66				Workout # 69				Workout # 72							
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4
1. Split Jerk	5					4					3					5				
2. DB Fly/DB Pull Over	5					4					3					5				
3. Deadlift	5					4					3					5				
4. 3 Way Shoulder	5					4					3					5				
5. Leg Extension	5					4					3					5				
6. Pull Ups	10 w/ wt					10 w/ wt					10 w/ wt					10 w/ wt				
Plyometrics											Core Training (p. 21)									
1. Reactive Jump - Off & On		4 sets of 10 repetitions				<input type="checkbox"/>		1. Slam Series		<input type="checkbox"/>										
2. Single Leg Box Jump		4 sets of 10 repetitions				<input type="checkbox"/>		2. Push Series		<input type="checkbox"/>										

Training	Workout # 62				Workout # 65				Workout # 68				Workout # 71							
Exercises	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4	Reps	Set 1	Set 2	Set 3	Set 4
1. Power Clean	5					4					3					5				
2. Push Press	5					4					3					5				
3. Single Leg Squat	5					4					3					5				
4. DB Lawnmower	5					4					3					5				
5. Single Leg Box Expl	15					15					15					15				
6. Decline Bench Press	5					4					3					5				
7. Bicep Curl/Tri Ext.	10					9					8					8				
Plyometrics											Core Training (p. 21)									
1. Tall Box Jump		4 sets of 10 repetitions				<input type="checkbox"/>		1. Floor Series		<input type="checkbox"/>										
2. 12" Hurdle Jumps		4 sets of 45 seconds				<input type="checkbox"/>		2. Prone Series		<input type="checkbox"/>										



- Notes:**
1. Intensity Must be Heavy. If you are able to get 1 more rep then the desired number the weights need to be increased - You Must PUSH YOURSELF if You Want to Improve!
 2. Core Training to Be Done In the Beginning of the Workout Before Exercise 1
 3. Remember Why Your Training. Set Goals, Meet the Goal, Go Beyond Your Expectations. Work Now - Come Prepared to a GREAT 2010 - 2011 Season