

# Men's Basketball Training



|     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| Off | Workout # 1<br>Conditioning # 1                 | Basketball<br>Workout # 2                         | Basketball<br>Conditioning # 2                  | Basketball<br>Workout # 3                         | Workout # 4<br>Conditioning # 3                   | Basketball<br>30 Min Activity                 |
| Off | Workout # 5<br>Conditioning # 4                 | Basketball<br>Workout # 6                         | Basketball<br>Conditioning # 5                  | Basketball<br>Workout # 7                         | Workout # 8<br>Conditioning # 6                   | Basketball<br>30 Min Activity                 |
| Off | Workout # 9<br>Conditioning # 7                 | Basketball<br>Workout # 10                        | Basketball<br>Conditioning # 8                  | Basketball<br>Workout # 11                        | Workout # 12<br>Conditioning # 9                  | Basketball<br>30 Min Activity                 |
| Off | Workout # 13<br>Conditioning # 10               | Basketball<br>Workout # 14                        | Basketball<br>Conditioning # 11                 | Basketball<br>Workout # 15                        | Workout # 16<br>Conditioning # 12                 | Basketball<br>30 Min Activity                 |
| Off | Basketball<br>Workout # 17<br>Conditioning # 13 | Workout # 18<br>Conditioning # 14                 | Basketball                                      | Workout # 19<br>Conditioning # 15                 | Workout # 20<br>Conditioning # 16                 | Basketball<br>45 Min Activity                 |
| Off | Basketball<br>Workout # 21<br>Conditioning # 17 | Workout # 22<br>Conditioning # 18                 | Basketball                                      | Workout # 23<br>Conditioning # 19                 | Workout # 24<br>Conditioning # 20                 | Basketball<br>45 Min Activity                 |
| Off | Basketball<br>Workout # 25<br>Conditioning # 21 | Workout # 26<br>Conditioning # 22                 | Basketball                                      | Workout # 27<br>Conditioning # 23                 | Workout # 28<br>Conditioning # 24                 | Basketball<br>45 Min Activity                 |
| Off | Basketball<br>Workout # 29<br>Conditioning # 25 | Workout # 30<br>Conditioning # 26<br>Rope Jumping | Basketball Rope<br>Jumping                      | Workout # 31<br>Conditioning # 27<br>Rope Jumping | Workout # 32<br>Conditioning # 28<br>Rope Jumping | Basketball<br>45 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 33<br>Conditioning # 29 | Workout # 34<br>Conditioning # 30<br>Rope Jumping | Basketball<br>Conditioning #31<br>Rope Jumping  | Workout # 35<br>Conditioning # 32<br>Rope Jumping | Workout # 36<br>Conditioning # 33<br>Rope Jumping | Basketball<br>30 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 37<br>Conditioning # 34 | Workout # 38<br>Conditioning # 35<br>Rope Jumping | Basketball<br>Conditioning # 36<br>Rope Jumping | Workout # 39<br>Conditioning # 37<br>Rope Jumping | Workout # 40<br>Conditioning # 38<br>Rope Jumping | Basketball<br>30 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 41<br>Conditioning # 39 | Workout # 42<br>Conditioning # 40<br>Rope Jumping | Basketball<br>Conditioning # 41<br>Rope Jumping | Workout # 43<br>Conditioning # 42<br>Rope Jumping | Workout # 44<br>Conditioning # 43<br>Rope Jumping | Basketball<br>30 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 45<br>Conditioning # 44 | Workout # 46<br>Conditioning # 45<br>Rope Jumping | Basketball<br>Conditioning # 46<br>Rope Jumping | Workout # 47<br>Conditioning # 47<br>Rope Jumping | Workout # 48<br>Conditioning # 48<br>Rope Jumping | Basketball<br>30 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 49<br>Conditioning # 49 | Workout # 50<br>Conditioning # 50<br>Rope Jumping | Basketball<br>Conditioning # 51<br>Rope Jumping | Workout # 51<br>Conditioning # 52<br>Rope Jumping | Workout # 52<br>Conditioning # 53<br>Rope Jumping | Basketball<br>20 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 53<br>Conditioning # 54 | Workout # 54<br>Conditioning # 55<br>Rope Jumping | Basketball Rope<br>Jumping                      | Workout # 55<br>Conditioning # 56<br>Rope Jumping | Workout # 56<br>Conditioning # 57<br>Rope Jumping | Basketball<br>30 Min Activity<br>Rope Jumping |
| Off | Basketball<br>Workout # 57                      | Basketball<br>Conditioning # 58<br>Rope Jumping   | Workout # 58 Rope<br>Jumping                    | Conditioning # 59<br>Rope Jumping                 | Basketball Rope<br>Jumping<br>Workout # 59        | 45 Min Activity<br>Rope Jumping               |

**Preparation Should Be Done Prior to Training to Prepare the Body For Activity**

**Mobility Training = A, B, C, A, B, C**