

Salisbury University Strength & Conditioning



Summer 2011 Program

“A true champion is someone who wants to make a difference, who never gives up, and who gives everything she has no matter what the circumstances are. A true champion works hard and never loses sight of her dreams.”

~Dr. Dot Richardson

WOODEN ON LEADERSHIP™

THE ART OF SUCCESS

PYRAMID OF SUCCESS

COMPETITIVE GREATNESS
"Perform at your best when your best is required. Your best is required each day."

POISE
"Be yourself. Don't be thrown off by events whether good or bad."

CONFIDENCE
"The strongest steel is well-founded self-belief. It is earned, not given."

CONDITION
"Ability may get you to the top, but character keeps you there - mental, moral, and physical."

SKILL
"What a leader learns after you've learned it all counts most of all."

TEAM SPIRIT
"The star of the team is the team. 'We' supercedes 'me'."

SELF-CONTROL
"Control of your organization begins with control of yourself. Be disciplined."

ALERTNESS
"Constantly be aware and observing. Always seek to improve yourself and the team."

INITIATIVE
"Make a decision! Failure to act is often the biggest failure of all."

INTENTNESS
"Stay the course. When thwarted try again: harder, smarter. Persevere relentlessly."

INDUSTRIOUSNESS
"Success travels in the company of very hard work. There is no trick, no easy way."

FRIENDSHIP
"Strive to build a team filled with camaraderie and respect: comrades-in-arms."

LOYALTY
"Be true to yourself. Be true to those you lead."

COOPERATION
"Have utmost concern for what's right rather than who's right."

ENTHUSIASM
"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."

12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

John Wooden, Head Coach

Success is not in destination, it is a journey.

Failure to prepare is preparing to fail.

Win't outstep activity for achievement.

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.

www.CoachJohnWooden.com

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VI. Introduction

First off, congratulations on a great season! Now it's time to get back to the grind to focus and get ready for next season. If you want to get better, you cannot stay complacent.

“All the so-called "secrets of success" will not work unless you do.”
~Author Unknown

This summer workout program contains lifting and conditioning days. It is very important that you do not miss a workout. These workouts are built to deload you from the season and get you ready for the fall. This 12 week program is broken down into 3 phases. There are only 36 lifting sessions and 44 speed/agility and conditioning sessions; lifting sessions 3 days per week and speed/agility and conditioning sessions 3 to 4 days per week. Lifting days should typically happen M/W/F (option 1*) with speed and agility/conditioning days T/Th/Sat (option 1*). Option #2 is 4 day a week Conditioning model with 3 days of lifting. If these options do not work for you, please contact me to help you organize your training week to both optimize your training to fit your schedule.

Option 1 – 3/3 Lift : Condition

Off Day	Day 1 Lift	Day 1 Speed/Agility and Conditioning	Day 2 Lift	Day 2 Speed/Agility and Conditioning	Day 3 Lift	Day 3 Speed/Agility and Conditioning
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Option 2 – 3/4 Lift : Condition

Off Day	Day 1 Lift Day 1 Speed/Agility and Conditioning	Day 2 Speed/Agility and Conditioning	Day 2 Lift	Day 3 Speed/Agility and Conditioning	Day 3 Lift Day 4 Speed/Agility and Conditioning	Off Day
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If you have any questions regarding the workout, please do not hesitate to contact me, Graduate Assistant Strength Coach - Mary Beth Krolkowski, at (216)396-0590 or by email at mk81500@gulls.salisbury.edu. You may also contact Head Strength & Conditioning Coach, Matt Nein, at 443-286-6535 or by email at manein@salisbury.edu.

I. Warm Up

It is imperative that you, as an athlete, engage in a proper and thorough warm up before strenuous physical activity, such as speed/agility and conditioning or strength training. The following protocols will be followed for each session.

- A. Foam Roll: Foam rolling pre-workout provides our tissues a myofascial release. This means that by applying gentle sustained pressure into the myofascial connective tissue we help to eliminate pain and restore motion.
- B. Dynamic Warm Up: This will consist of dynamic movements to help us stimulate blood flow to active muscle groups, increase core temperature, increase joint viscosity, enhance neurological and biomechanical efficiency, and stimulate sport specific movements.
 - 1. Dynamic Warm Up for Speed/Agility and Conditioning Sessions (Perform each exercise for a total of about 10 yds or may do in a ladder):
 - a. High Knee Pull (Knee Hugs)
 - b. Quad Pulls
 - c. Leg Cradle
 - d. Forward Lunge with a Twist
 - e. Squat to Lateral Lunge/Karate Kick to Lateral Lunge
 - f. Straight Leg Kicks (Frankenstein's)
 - g. SL RDL Walk
 - h. High Knees
 - i. Butt Kicks
 - j. Power Skip
 - k. Carioca
 - 2. Dynamic Warm Up for Lifting Sessions (Pick 8-10 exercises and perform 5-10 reps of each):
 - a. Knee Flops
 - b. Lying Straight Leg Kicks
 - c. Straight Leg Crossovers (Iron Crosses)
 - d. Glute Bridge
 - e. Roll Back to V-Sit
 - f. Scorpion to Hurdler
 - g. Reverse Scorpion
 - h. Spiderman (Mountain Climbers)
 - i. Sumo Burpee (Frog Jumps)
 - j. Inch Worm
 - k. Quadruped Hip Circles
 - l. Quadruped Bird Dog
 - m. Quick Jacks
 - n. Windmills
 - o. Crossover Jacks
 - p. RDL to SQT
 - q. Standing SL RDLs
 - r. Standing Leg Swings - Forward/Backward/Side to Side

II. Speed/Agility and Conditioning

Speed and Agility are two major components of any sport that must be trained; just like strength and power in the weight room.

*Speed = Stride Length (distance covered on 1 stride) x Stride Frequency (number of steps/sec.)

To increase speed, we need to increase stride length and stride frequency; while also improving sprint form and technique, first step quickness, and speed endurance.

We will do our speed and agility work and conditioning in the same session, but on a different day as your lifting session. If, due to your schedule, you absolutely need to do a running workout the same day as a lifting workout; perform speed and agility BEFORE strength training and perform conditioning AFTER strength training.

Please pay close attention to all sets, reps, target times and rest times. It helps if you have a stop watch. Make sure you are fully recovered for all speed and agility drills. If you are not performing these drills at full speed, you are not developing speed.

III. Strength Training

Every exercise in the strength training program is made up of movements you already know. If you forgot how to do an exercise, please contact me so that I can assist you in describing the exercise and/or assigning a similar exercise with which you are familiar. Perform all exercises in the order prescribed.

Use the “2 for 2” rule. If you complete 2 more repetitions on the final set of two consecutive lifting sessions, increase your weight 5-10lbs.

IV. Rest and Recovery Methods

Recovery, Regeneration and Massage Methods

- I. Cryotherapy: Decreases muscle spasm
 - A. Immersion in ice tubs
 - B. Direct application of ice packs/bags
 - C. Cup massage (use paper cups and fill with water and freeze, peel like popsicle and massage in circular motion away from heart)
- II. Thermotherapy: Decreases joint stiffness, reducing pain and inflammation
 - A. Immersion in whirlpools/hot tubs
 - B. Direct application of moist heat with massage
- III. Hydrotherapy: Pool exercises
- IV. Russian Shower: Take a shower and alternate between warm and cool (NOT hot or cold) water for 5 minute increments anywhere between two to five times
- V. Foam roll: If you don't have a foam roller, use a PVC pipe, lacrosse ball or softball.

Get an adequate amount (7 ½ to 9 ½ hours per night) of sleep.

Stay hydrated and refrain from the use of alcohol.

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Summer Weeks 1 and 2



Day 1

Exercise	Week 1	Week 2
	Sets/Reps	Sets/Reps
SQTs	:15	:30
Inverted Row	:15	:30
Lying Tri Ext/Skull Crushers	:15	:30
Pushups	:15	:30
SB/Towel Hamstring Curls	:15	:30
MB Slams	:15	:30
Russian Twists	:15	:30
MB Slams	:15	:30

Perform Circuit 3 to 4 times

Rest 2 min.

Rest 2 min.

Day 2

Exercise	Week 1	Week 2
	Sets/Reps	Sets/Reps
Push Press	:15	:30
Lateral Lunge	:15	:30
Pull ups/Pull downs	:15	:30
Bench Dips	:15	:30
Leg Lowers	:15	:30
Lateral Raises	:15	:30
MB Rotational Slams	:15	:30
Tuck Jumps	:15	:30

Perform Circuit 3 to 4 times

Rest 2 min.

Rest 2 min.

Day 3

Exercise	Week 1	Week 2
	Sets/Reps	Sets/Reps
Upright Plate Rows	:15	:30
Alt. Lunges	:15	:30
MB Chest Pass (against wall)	:15	:30
Hanging Knee/Straight Leg Raise	:15	:30
Front Raise	:15	:30
MB Woodchoppers	:15	:30
Russian Twists	:15	:30
Crunches	:15	:30

Perform Circuit 3 to 4 times

Rest 2 min.

Rest 2 min.

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Summer Weeks 3 through 7



Name: _____

Day 1	Week 3			Week 4			Week 5			Week 6			Week 7			Deload 50% of Week 6
	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	
Plyos - Depth Jumps	3 x 10			3 x 10			4 x 8			4 x 8			3 x 12			
High Pull	3 x 6			3 x 8			4 x 4			4 x 6			4 x 6			
Box Squat	WU 10, 8, 6			WU 10, 8, 6			WU 8, 6, 4			WU 8, 6, 4			WU 8, 6, 4			
	2 x 10			2 x 12			3 x 10			3 x 12			3 x 10			
One Arm DB OH Press	3 x 10			3 x 12			4 x 10			4 x 12			4 x 10			
Inverted Row	3 x AMAP			3 x AMAP			4 x AMAP			4 x AMAP			4 x AMAP			
Core - MB Series	50 Total			75 Total			100 Total			125 Total			75 Total			

Day 2	Week 3			Week 4			Week 5			Week 6			Week 7			50% of Week 6
	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	
Plyos - Line Hops	3 x 10			3 x 10			4 x 8			4 x 8			3 x 12			
DB/Kettlebell Swing	3 x 6			3 x 8			4 x 6			4 x 8			4 x 8			
Bench Press	WU 10, 8, 6			WU 10, 8, 6			WU 8, 6, 4			WU 8, 6, 4			WU 8, 6, 4			
	2 x 10			2 x 12			3 x 10			3 x 12			3 x 12			
Pull up/ Pull down	3 x AMAP			3 x AMAP			4 x AMAP			4 x AMAP			4 x AMAP			
Alt. Lunge	3 x 6ea			3 x 8ea			4 x 6ea			4 x 8ea			4 x 8ea			
Core - Plank Series	2 x :30ea			2 x :30ea			3 x :30ea			3 x :30ea			2 x :60ea			

Day 3	Week 3			Week 4			Week 5			Week 6			Week 7			50% of Week 6
	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	Reps	Wt	Wt	
Plyos - Tuck Jumps	3 x 10			3 x 10			4 x 8			4 x 8			3 x 12			
One Arm DB Snatch	3 x 6			3 x 8			4 x 4			4 x 6			4 x 6			
RDL	3 x 10			3 x 12			4 x 10			4 x 12			4 x 12			
Arnold Press	3 x 10			3 x 12			4 x 10			4 x 12			4 x 10			
DB Lat Pullover	3 x 10			3 x 12			4 x 10			4 x 12			4 x 12			
Core - Your Choice	50 Total			75 Total			100 Total			125 Total			75 Total			

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Summer Weeks 8 through 12



Name: _____

Deload

Week 12 50% of Week 11

Week 11

Week 10

Week 9

Week 8

Day 1

Exercise	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	
Plyos - Split SQT Jumps	4 x 10ea				4 x 10ea				4 x 12ea				4 x 12ea				4 x 12ea				4 x 12ea				
Push Press	3 x 6				3 x 8				4 x 6				4 x 8				4 x 8				4 x 8				
Fnt/Back Squat	WU 10, 8, 6 3 x 6				WU 10, 8, 6 3 x 8				WU 8, 6, 4 4 x 6				WU 8, 6, 4 4 x 8				WU 8, 6, 4 4 x 8				WU 8, 6, 4 4 x 8				
Shoulder Circuit (I, T, Y, W)	3 x 5ea				3 x 5ea				4 x 5ea				4 x 5ea				4 x 5ea				4 x 5ea				
SB/Towel Ham Curls	3 x 8				3 x 10				4 x 8				4 x 10				4 x 10				4 x 10				
Core - Chop Series	3 x 15				3 x 15				3 x 15				3 x 15				3 x 15				3 x 15				

Day 2

Exercise	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	
Plyos - Skater Jumps	4 x 10ea				4 x 10ea				4 x 12ea				4 x 12ea				4 x 12ea				4 x 12ea				
Hang Pull	WU 6, 4 2 x 5				WU 6, 4 2 x 5				WU 4, 2 5, 5, 3				WU 4, 2 5, 3, 1				WU 4, 2 5, 3, 1				WU 4, 2 5, 3, 1				
SL DB RDL	3 x 6ea				3 x 8ea				4 x 6ea				4 x 8ea				4 x 8ea				4 x 8ea				
Bentover Row	3 x 6				3 x 8				4 x 6				4 x 8				4 x 8				4 x 8				
DB Lat. Lunge	3 x 6ea				3 x 8ea				4 x 6ea				4 x 8ea				4 x 8ea				4 x 8ea				
Alt. Lunge	3 x 6ea				3 x 8ea				4 x 6ea				4 x 8ea				4 x 8ea				4 x 8ea				
Core - Plank Series	2 x :30ea				2 x :30ea				3 x :30ea				3 x :30ea				3 x :30ea				2 x :60ea				

Day 3

Exercise	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	Reps	Wt	Wt	Wt	
Plyos - Box Jumps	4 x 8				4 x 8				4 x 10				4 x 10				4 x 10				4 x 10				
Deadlift	3 x 6				3 x 8				4 x 6				4 x 8				4 x 8				4 x 8				
Incline Bench Press	WU 10, 8, 6 3 x 8				WU 10, 8, 6 3 x 10				WU 10, 8, 6 4 x 8				WU 10, 8, 6 4 x 10				WU 10, 8, 6 4 x 10				WU 10, 8, 6 4 x 10				
DB Step Up	3 x 6ea				3 x 8ea				4 x 6ea				4 x 8ea				4 x 8ea				4 x 8ea				
90° Inverted Row	3 x AMAP				3 x AMAP				4 x AMAP				4 x AMAP				4 x AMAP				4 x AMAP				
Core - Your Choice	100 Total				125 Total				125 Total				150 Total				125 Total				125 Total				