

Rookie Training Program

NAME: _____



**Training Phase: Preparatory
Anatomical Adaptation**

Volleyball: Rookie

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Day 1		Reps		Sets		Tempo			Rest	Week 1		Week 2		Week 3			Week 4			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	Set 1	2	Set 1	2	3	Set 1	2	3	
1	Squat Jump	15	25	1.5	3	1	0	1	15											
2	DB Bench Press	15	25	1.5	3	1	0	1	15											
3	Skater Jump	15	25	1.5	3	1	0	1	15											
4	DB Military Press	15	25	1.5	3	1	0	1	15											
5	Split Squat Jump	15	25	1.5	3	1	0	1	15											
6	Pull-Ups	15	25	1.5	3	1	0	1	15											
7	Wall Sits	50 sec		1.5	3	1	0	1	15											
8	Team Abdominals									Reps Wt	Reps Wt	Reps Wt	Do all of set 1 first then progress to 2 then to 3							

Day 2		Reps		Sets		Tempo			Rest	Week 1		Week 2		Week3			Week 4		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	Set 1	2	Set 1	2	3	Set 1	2	3
1	Walking Lunge - ea.	15	25	1.5	3	1	0	1	15										
2	Wide Lat Pulldown	15	25	1.5	3	1	0	1	15										
3	Quick Step Ups	15	25	1.5	3	1	0	1	15										
4	Seated Row	15	25	1.5	3	1	0	1	15										
5	Hamstring Curl	15	25	1.5	3	1	0	1	15										
6	Plyo Push-Ups	15	25	1.5	3	1	0	1	15										
7	Lateral Cone Touches	50 sec		1.5	3	1	0	1	15										
8	Team Abdominals									Do all of set 1 first then progress to 2 then to 3									

Day 3		Reps		Sets		Tempo			Rest	Week 1		Week 2		Week 3			Week 4		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	Set 1	2	1	2	3	Set 1	2	3
1	Single Leg Box Expl.	15	25	1.5	3	1	0	1	15										
2	Mountain Climbers	15	25	1.5	3	1	0	1	15										
3	Glute/Ham Raise	15	25	1.5	3	1	0	1	15										
4	DB Bent Over Row	15	25	1.5	3	1	0	1	15										
5	Lunge & Press	15	25	1.5	3	1	0	1	15										
6	Incline Bench Press	15	25	1.5	3	1	0	1	15										
7	Side Lunge	15	25	1.5	3	1	0	1	15										
8	Quick Foot Taps	50 sec		1.5	3	1	0	1	15										
9	Team Abdominals									Do all of set 1 first then progress to 2 then to 3									

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Rookie Training Program

NAME: _____



Training Phase: Preparatory Hypertrophy

Volleyball: Rookie

Day 1		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
2	Leg Extension	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
3	Hamstring Curl	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
4	DB Military Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
6	Pull Ups	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Curl/Tricep Ext	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
8	Team Abdominals									Reps Wt	Reps Wt	Reps Wt									

Day 2		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
2	Wide Lat Pulldown	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
3	Seated Row	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
4	Front/Side Raise	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
5	RDL	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
6	Forward Lunge - Bar	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Step Ups	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
8	Team Abdominals																				

Day 3		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	1	2	3	Set 1	2	3
1	Leg Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
2	Lateral Squat	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
3	Glute/Ham Raise	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
4	Lunge & Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Shrugs	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
6	Incline Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
7	1 Arm DB Row	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
8	DB Curl/Tricep Ext	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/
9	Team Abdominals																				

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Rookie Training Program

NAME: _____

Training Phase: Preparatory Strength



Volleyball: Rookie

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Day 1		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3	
1	Back Squat	5	8	3	4	4	2	2	90													
2	Leg Extension	5	8	3	4	4	2	2	90													
3	Hamstring Curl	5	8	3	4	4	2	2	90													
4	DB Military Press	5	8	3	4	4	2	2	90													
5	DB Bench Press	5	8	3	4	4	2	2	90													
6	Pull Ups	5	8	3	4	4	2	2	90													
7	DB Curl/Tricep Ext	5	8	3	4	4	2	2	90													
8	MB Abs - Floor	10	10	2	2	1	0	1	60													

Day 2		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3	
1	Bench Press	5	8	3	4	4	2	2	90													
2	Wide Lat Pulldown	5	8	3	4	4	2	2	90													
3	Seated Row	5	8	3	4	4	2	2	90													
4	Front/Side Raise	5	8	3	4	4	2	2	90													
5	RDL	5	8	3	4	4	2	2	90													
6	Forward Lunge - Bar	5	8	3	4	4	2	2	90													
7	DB Step Ups	5	8	3	4	4	2	2	90													
8	Team Abdominals																					

Day 3		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3	
1	Leg Press	5	8	3	4	4	2	2	90													
2	Lateral Squat	5	8	3	4	4	2	2	90													
3	Glute/Ham Raise	5	8	3	4	4	2	2	90													
4	Lunge & Press	5	8	3	4	4	2	2	90													
5	DB Shrugs	5	8	3	4	4	2	2	90													
6	Incline Bench Press	5	8	3	4	4	2	2	90													
7	1 Arm DB Row	5	8	3	4	4	2	2	90													
8	DB Curl/Tricep Ext	5	8	3	4	4	2	2	90													
9	Team Abdominals																					

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Rookie Training Program

NAME: _____



Training Phase: Preparatory
Conversion to Power
High Load

Volleyball: Rookie

Day 1		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	3	5	3	5	1	0	1	120												
2	Leg Ext./Seated Balance	3	5	3	5	1	0	1	120												
3	Physball Hamstring Curl	3	5	3	5	1	0	1	120												
4	Alt DB Military Press	3	5	3	5	1	0	1	120												
5	Alt DB Bench Press	3	5	3	5	1	0	1	120												
6	Pull Ups	3	5	3	5	1	0	1	120												
7	DB Curl/Tricep Ext	3	5	3	5	1	0	1	120												
8	Chop Series	15	15	2	2	1	0	1	60												

Day 2		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	3	5	3	5	1	0	1	120												
2	Narrow Lat Pulldown	3	5	3	5	1	0	1	120												
3	1 Arm Seated Row	3	5	3	5	1	0	1	120												
4	Front/Side/Post Raise	3	5	3	5	1	0	1	120												
5	Lunge & Twist	3	5	3	5	1	0	1	120												
6	RDL	3	5	3	5	1	0	1	120												
7	DB Side Step Ups	3	5	3	5	1	0	1	120												
8	Floor Series	15	15	3	3	1	0	1	60												

Day 3		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	1 Leg Leg Press	3	5	3	5	1	0	1	120												
2	Lateral Squat	3	5	3	5	1	0	1	120												
3	Glute/Ham Raise	3	5	3	5	1	0	1	120												
4	Lunge & Side Raise	3	5	3	5	1	0	1	120												
5	DB Shrugs	3	5	3	5	1	0	1	120												
6	Incline Bench Press	3	5	3	5	1	0	1	120												
7	1 Arm DB Row	3	5	3	5	1	0	1	120												
8	Quick Foot Taps	15	15	3	5	1	0	1	120												
9	Slam Series	15	15	2	2	1	0	1	60												

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