

NAME: _____



Training Phase: Preparatory
Specific Endurance

Basketball Conditioning

Training	Conditioning # 1				Conditioning # 5				Conditioning # 9				Conditioning # 13			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Shuttle Run 15 (Over & Back = 1)																
	4	5	6	7	5	6	7	8	6	7	8	9	7	8	9	10
2. 9 Second Sprint																
	5	5			6	5			6	5	3		6	5	5	

Training	Conditioning # 2				Conditioning # 6				Conditioning # 10				Conditioning # 14			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Power Alleys (Up & Back = 1)																
	8	6	5		8	7	6		8	7	7		8	8	8	
2. Falling Starts																
	6				7				8				8	4		

Training	Conditioning # 3				Conditioning # 7				Conditioning # 11				Conditioning # 15			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Two-Fers																
	3				4				5				6			
2. 22's																
	3				4				5				6			

Training	Conditioning # 4				Conditioning # 8				Conditioning # 12				Conditioning # 16			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. 10:10																
	8	6	5		8	7	6		8	7	7		8	8	8	
2. Court Shuttle I																
	4				5				6				7			

Training	Conditioning # 17				Conditioning # 21				Conditioning # 25				Conditioning # 29			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. 30 Sprint Workout																
	2				2				3				3			
2. 4 Cone Box Drills																
	5	5			6	5			6	6			7	7		

Training	Conditioning # 18				Conditioning # 22				Conditioning # 26				Conditioning # 30			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Court Shuttle II																
	5				5				6				6			
2. 22's																
	3				4				5				6			

Training	Conditioning # 19				Conditioning # 23				Conditioning # 27				Conditioning # 31			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Shuttle Run 5 (Up & Back = 1)																
	8	9	10	11	9	10	11	12	10	11	12	13	11	12	13	14
2. Triangle																
	5	5			6	5			6	6			7	7		

Training	Conditioning # 20				Conditioning # 24				Conditioning # 28				Conditioning # 32			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
1. Foul Line, 3pt Line, Mid-Court, Opp 3pt Line, Opp Foul Line, Opp Baseline																
	10				12				15				15			
2. Wheel																
	10				12				15				15			

NAME: _____



Training Phase: Preparatory
Specific Endurance / Game Speed

Basketball Conditioning

Training	Conditioning # 33				Conditioning # 37				Conditioning # 41				Conditioning # 45			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Shuttle Run 15 (Over & Back = 1)																
	7	8	9	10	8	9	10	11	9	10	11	12	10	11	12	13
2. 9 Second Sprint																
	6	5	5		6	6	6		7	7	5		7	7	7	

Training	Conditioning # 49				Conditioning # 53				Conditioning # 57				Conditioning # 61			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. 30 Sprint Workout																
	3				3				4				4			
2. 4 Cone Box Drills																
	6	6			7	7			8	8			9	8		

Training	Conditioning # 34				Conditioning # 38				Conditioning # 42				Conditioning # 46			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Power Alleys (Up & Back = 1)																
	8	8	8		9	9	7		9	9	9		10	10	8	
2. Falling Starts																
	8				9				10				8	6		

Training	Conditioning # 50				Conditioning # 54				Conditioning # 58				Conditioning # 62			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Shuttle Run 5 (Up & Back = 1)																
	10	11	12	13	11	12	13	14	10	11	12	13	11	12	13	14
2. Triangle																
	5	5			6	5			6	6			7	7		

Training	Conditioning # 35				Conditioning # 39				Conditioning # 43				Conditioning # 47			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Two-Fers																
	6				7				7				8			
2. 22's																
	5				6				7				8			

Training	Conditioning # 51				Conditioning # 55				Conditioning # 59				Conditioning # 63			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Court Shuttle II																
	7				7				8				8			
2. 22's																
	7				8				9				10			

Training	Conditioning # 36				Conditioning # 40				Conditioning # 44				Conditioning # 48			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. 10:10																
	8	8	8		9	8	7		9	9	8		9	9	9	
2. Court Shuttle I																
	6				7				8				8			

Training	Conditioning # 52				Conditioning # 56				Conditioning # 60				Conditioning # 64			
	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
Warm-Up																
1. Sprint Technique Drills																
	4	4			4	4			5	5			5	5		
Activity																
1. Foul Line, 3pt Line, Mid-Court, Opp 3pt Line, Opp Foul Line, Opp Baseline																
	12				15				16				18			
2. Wheel																
	12				12				14				14			

REST BREAKS = FOUL SHOTS for Conditioning # 36 to # 64