

Women's Basketball Training



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

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

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