

Ultimate Workout Schedule

Your warm-up should be a ¼ mile jog, followed by the plyos and stretches that we do at every practice and tournament.

November:

Monday- Track Workout

Warm-up- Jog and plyos
400, rest 1 minute
400, jog 400, rest 1 minute
200, rest 1 minute
200, jog 200, rest 1 minute
4 x 100 build-ups, jog 100 in between
400, rest 1 minute
400, rest 1 minute
800, rest

Cool down jog and stretch

Tuesday- Lift (arms)

*for the first lifting session use just the bar, or minimal weight

Wednesday- Off

Thursday- Lift (legs)

*for the first lifting session use just the bar, or minimal weight

Friday- 25 minute run

4 sets push-ups
4 sets pull-ups

Saturday- Play or Cross-train

Sunday- Play or Cross-train

December:

Monday- Track Workout

Warm-up- Jog and plyos
400, rest 1 minute
400, jog 400, rest 1 minute
4 x 100, jog 100 in between
Jump rope, 1 minute
3 x 10 tuck jumps, rest 1 min between sets
8 x 40, rest 30 seconds in between
4 x bound 40 yards, rest 30 seconds between
3 x 10 jump lunges, rest 1 minute between sets
10 broad jumps, no rest
Jump rope, 1 minute
400, rest 1 minute
800, rest
Cool down jog and stretch

Tuesday- Lift (arms)
Wednesday- Off
Thursday- Lift (legs)
Friday- 30 minute run
 4 sets push-ups
 4 sets pull-ups
Saturday- Play or Cross-train
Sunday- Play or Cross-train

January:

Monday- Lift (arms)
Tuesday- Track Workout
 Warm-up- Jog and plyos
 400, rest 1 minute
 2 x 100, jog 100 in between
 Jump rope, 2 minutes
 3 x 10 tuck jumps, rest 1 minute between sets
 6 x 40, rest 30 seconds in between
 6 x bounds 40 yards, rest 30 seconds in between
 3 x 10 jump lunges
 40 left-right cone jumps
 40 front-back cone jumps
 10 broad jumps, no rest
 Jump rope, 2 minutes
 2 x 100, jog 100 in between
 400, rest
 Cool down jog and stretch
Wednesday- Off
Thursday- Lift (legs)
Friday- 35 minute run
 4 sets push-ups
 4 sets pull-ups
Saturday- Play or Cross-train
Sunday- Play or Cross-train

February:

Monday- Lift (arms)
Tuesday- Track Workout
 Warm-up- Jog and plyos
 400, rest 1 minute
 2 x 100, walk 100 in between
 4 x 40, rest 30 seconds in between
 Jump rope, 3 minutes
 3 x 10 tuck jumps, rest 1 minute between sets
 3 x 10 jump lunges, rest 1 minute between sets
 8 x 25, walk 25 in between

40 left-right cone jumps
40 front-back cone jumps
6 x one-legged bounds 40 yards (each leg), rest 30 seconds in between
10 broad jumps, no rest
10 scramblers, 25 yards, no rest
20 box jumps, no rest
Jump rope, 3 minutes
2 x 100, walk 100 in between
400, rest
Cool down jog and stretch
Wednesday- Off
Thursday- Lift (legs)
Friday- 40 minute run
4 sets push-ups
4 sets pull-ups
Saturday- Play or Cross-train
Sunday- Play or Cross-train

March:

Monday- Lift (arms)
Tuesday- Track Workout
Warm-up- Jog and plyos
400, rest 1 minute
2 x 100, walk 100 in between
4 x 40, rest 30 seconds in between
Jump rope, 3 minutes
3 x 10 tuck jumps, rest 1 minute between sets
3 x 10 jump lunges, rest 1 minute between sets
8 x 25, walk 25 in between
40 left-right cone jumps
40 front-back cone jumps
6 x one-legged bounds 40 yards (each leg), rest 30 seconds in between
10 broad jumps, no rest
10 scramblers, 25 yards, no rest
20 box jumps, no rest
Jump rope, 3 minutes
2 x 100, walk 100 in between
400, rest
Cool down jog and stretch
Wednesday- Off
Thursday- Lift (legs)
Friday- 40 minute run
4 sets push-ups
4 sets pull-ups
Saturday- Play or Cross-train
Sunday- Play or Cross-train

Weight Lifting:

Weight lifting can be dangerous, if you're not sure what you're doing, ask someone. Always have a spotter.

Always start and end the workout with about 5 minutes of aerobic exercise (jogging, jumproping, elipticalling, etc.)

These are shown as:

Exercise- Sets x Reps

Arms-

Bench Press- 4 x 6

Upright Rows- 4 x 6

Dumbbell wrist curls- 3 x 12

Lying Tricep Extensions- 4 x 8

Bent rows- 4 x 6

Curls- 4 x 6

Legs-

Squats- 4 x 6

Hamstring Curls- 4 x 6

Cleans- 4 x 6

Leg Extentions- 4 x 6

Dead Lifts- 4 x 6

Calf Raises- 4 x 8

Ab Workout:

The abdominal muscle is the only muscle that can recover from a workout in 24 hours or less. That means you can work out your abs as many days as you'd like.

Perform this workout anywhere between 5 and 7 times per week.

Pick out 3-4 of these exercises and do a few sets of each one. Your workout should last 10-20 minutes. The next time you workout, pick different exercises. Cycle through them all. Variation is important. Always try to improve on the number of reps or amount of time from the last workout.

Crunches- These can be done with feet on the ground, legs in the air, or legs straight up, depending on your strength. Your hands should be behind your head. Lift your chest up to the point that it hurts as much as possible. Most people don't go high enough. These can be done on a decline bench for an added challenge.

Bicycles- Lift your chest up to the top of a crunch position. Hold it there, and make sure you don't start to drift back down. Keep your hands at your sides on the floor. Move your legs in the air as if you are riding a bicycle.

Russian taps- Lift your chest up to the top of a crunch position. Using both hands, tap the ground on each side of your body, back and forth. Do this as quickly as possible while still maintaining proper form.

Leg throws- Lie on the ground and have a partner stand over your head. Hold on to their ankles. Lift your legs up toward them. The partner will throw your legs down, and you will bring them back up without hitting the ground. Alternate between throwing straight, left, and right.

Rowboats- Lie flat on the ground. Concurrently, lift your legs and chest off the ground. Bring your knees and chest together, and then back down. This might take a little balance.

Leg lifts- Lie flat on the ground with your hands at your sides. Lift your legs up off the ground. Hold your legs for 2-3 seconds in various positions from straight up to just off the ground. Cycle through all the positions, and mix it up.

Planks- Lie face-down. Lift your body up and support your weight on your forearms-keep your body completely straight. Only your forearms and toes should touch the

ground. After you have held that position for a sufficient amount of time, turn to face out and lift yourself with one arm. Only the one arm and the side of one foot should touch the ground. Then switch sides.

Plyometric Exercises

Tuck Jumps- Jump as high as you can, pulling your knees up to your chest. Jump again as soon as you land.

Jump Lunges- Stand in a lunge position, with your knee just off the ground. Jump in the air, switch legs, and land in a lunge position again. Jump again as soon as you land.

Bounding- Run down the track, jumping one foot at a time to reach as far forward as possible.

One-legged bounding- Run down the track on one foot, traveling as far as possible with each step.

Broad Jump- From a standing position, swing your arms and jump forward as far as you can. Try to land softly.

Cone Jumps- Place a cone on the ground (if you don't have a cone, a water bottle). Jump over the cone, and as soon as you land jump back over the cone the other way. Concentrate on exploding up with each jump. This can be done forward and backward over the cone, or left and right over the cone.

Scramblers- Start laying flat on the ground. As quickly as possible, push your body up with your arms and forward with your legs and accelerate for 25 yards.

Box Jump- *WARNING* Do not do this exercise if you cannot squat your body weight! It is an advanced plyometric exercise that requires a good weight lifting base. If you cannot do this, replace it with another exercise.

Stand on a box that is about 12-24 inches tall. The stronger you are (the more you can squat in comparison to your body weight), the taller the box you can use. Step off the box and land on your toes with both feet. As soon as you hit the ground, explode back upwards as high as possible. The more you minimize contact with the ground, the more this exercise will help you.

Nutrition and Health:

Remember, you don't build muscles by lifting weights; you can only build muscles by recovering after physical exertion. A workout will only help you minimally if it is not performed in conjunction with a proper diet to help you recover.

For the workout-

Water, Gatorade, etc. should be consumed before and after the workout.

Protein should be consumed within 30 minutes of the end of the workout. This can be in the form of food or a protein shake.

A full meal should be consumed within 2 hours of the end of the workout.

Outside of your workout-

Stay hydrated all the time. Keep a water bottle with you at all times and drink as much water as you can.

Food is energy and should be considered as such in meal/snack choices. Look for wholesome, high-energy foods, especially those with a lot of protein. Limit junk food and soda. Eating properly will help you to recover from a workout and stay energetic. Too much junk food will make you fatigued all the time.

Sleep 8 hours a day if you can, your body needs that time to recover.

If an exercise hurts, stop doing it.