

Bethel M Basketball Training Guide

Level Two - Off Season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Drills	Position specific drills 3 X week							
Sprint 8 cardio	20 minutes 2 x week or play basketball 30 mins x2							
Plyometrics	15 minutes 1 x week							
Hip Flexors	Hurdles - 15 minutes 1 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Bench press 3/10 Chest flies 3/10							
Back	lat pull downs 3/10 or palms out wide pullups DB Pullovers 3/10							
Shoulders	Shoulder press 3/10 DB side raises 3/10 shrugs 3/20							
Sports Specific Strength	DB platform lift sequence: one DB hang clean 3/10 Split-leg snatch DB 3/10 one leg snatch DB 3/10							
Biceps	Bicep curls 3/10							
Triceps	Rope Triceps 3/20							
Forearms	Wrist curl superset 1/ea							
Leg superset: 1. Quads 2. Calves 3. X-jumps	Leg press 3/10 (or E-Lift squats) (or overhead bar squats) 3-way calf raises 3/10 pause jumps 3/10							
Hamstrings Superset Balance Ball	Leg curls 3/10 Single-leg lunge jump (rear leg elevated) 10 seconds each leg x3							
Sports Specific	Single-leg box jump 3/8 Overspeed jumps 1/10							
Tibialis	Reverse calf raises 1/40							
Abs	Mach Crunches 3/20 Leg raises 2/20							
Low back Obliques	Hyperextensions 2/15 oblique plate raise 2/10							