

# Bethel W Basketball Training Guide

## Pre Season Fall

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion in shaded areas.							
<b>Drills</b>	<b>Position specific drills 3 X week</b>							
<b>Sprint 8 cardio</b>	<b>20 minutes or play basketball 1 hour or more x4</b>							
<b>Plyometrics</b>	<b>15 minutes 1 x week</b>							
<b>Hip Flexors</b>	<b>Hurdles - 15 minutes 1 x week</b>							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> 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).				
<b>Chest</b>	Bench press 3/10 Chest flys 3/10							
<b>Back</b>	lat pull downs 3/10 or palms out wide pullups DB Pullovers 3/10							
<b>Shoulders</b>	Shoulder press 3/10 DB side raises 3/10 shrugs 3/20							
<b>Sports Specific Strength</b>	DB platform lift sequence: one DB hang clean 3/10 Split-leg snatch DB 3/10 one leg snatch DB 3/10							
<b>Biceps</b>	Bicep curls 3/10							
<b>Triceps</b>	Rope Triceps 3/20							
<b>Forearms</b>	Wrist curl superset 1/ea							
<b>Leg superset:</b>	Leg press 3/10 (or E-Lift squats)							
<b>1. Quads</b>	(or overhead bar squats)							
<b>2. Calves</b>	3-way calf raises 3/10							
<b>3. X-jumps</b>	pause jumps 3/10							
<b>Hamstrings</b>	Leg curls 3/10							
<b>Superset</b>	Single-leg lunge jump (rear leg elevated)							
<b>Balance</b>	10 seconds each leg x3							
<b>Ball</b>								
<b>Sports Specific</b>	Single-leg box jump 3/8 Overspeed jumps 1/10 ACL Test jump							
<b>Tibialis</b>	Reverse calf raises 1/40							
<b>Abs</b>	Mach Crunches 3/20 Leg raises 2/20							
<b>Low back</b>	Hyperextensions 2/15							
<b>Obliques</b>	oblique plate raise 2/10							