

J u m p R o p e T r a i n i n g

1. **Baseline Fitness** ≥3 days/week for week of 6/9/08
 - comfortable speed
 - use bounce step and alternate-foot step techniques
 - work up to at least 150 jumps without a catch
 - 3 – 5 minutes in duration

2. **Master Jump Techniques** ≥3 days/week for week of 6/16/08
 - focus on skill, not rope speed
 - use bounce step and alternate-foot, add high knee, side straddle, front straddle, and x-foot cross
 - work up to 5 minutes duration

3. **Aerobic Conditioning Baseline** ≥3 days/week for weeks 6/23/08 and 6/30/08
 - 5 minutes continuous
 - start with bounce and alternate-foot techniques, gradually add other techniques
 - pace is 160 – 180 rpm

4. **Increase Conditioning** ≥3 days/week for weeks 7/7/08 and 7/14/08
 - gradually increase session duration by 30 – 60 seconds each session
 - goal is 10 minutes without a catch @ 160 – 180 rpm
 - mix in all jump techniques

5. **Sports Conditioning I** 2 days/week for weeks 7/21/08 through 8/4/08
 - complete all jump rope circuits prior to starting the lift
 - perform 3 sets of 4 circuits (4 minutes each circuit)
 - work:rest = 1:1
 - rest 2 minutes between sets

Phase	Duration	Intensity
Work	30 seconds	180+ jpm
Rest	30 seconds	110 – 120 jpm

6. **Sports Conditioning II** 2 days/week for weeks 8/11/08 through 8/25/08
 - complete all jump rope circuits prior to starting the lift
 - perform 3 sets of 4 jump rope circuits (2 minutes each circuit)
 - work:rest = 2:1

Phase	Duration	Intensity
Work	20 seconds	180+ jpm
Rest	10 seconds	110 – 120 jpm

Day One:

Exercise	Week of 6/9/08	Week of 6/16/08	Week of 6/23/08
Hang Clean Pull	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds
Hang Clean	3 x 5 @ 75 %	2 x 5 @ 72.5 %	4 @ 70 %
		3 x 3 @ 82.5 %	3 @ 80 %
			2 x 1 @ 90 %
Squats	8 @ 50 %	8 @ 50 %	8 @ 50 %
	5 @ 70 %	5 @ 75 %	2 x [5 @ 80 %, 2 x 1 @ 90 %]
	2 x 5 @ 80 %	3 x 4 @ 85 %	6 @ 50 %
Bench Press	8 @ 50 %	8 @ 50 %	8 @ 50 %
	5 @ 70 %	5 @ 75 %	2 x [5 @ 80 %, 2 x 1 @ 90 %]
	2 x 5 @ 80 %	3 x 4 @ 85 %	6 @ 50 %
Seated Row or Bent-Over Row	Same sets, reps, and intensity as Bench Press	Same sets, reps, and intensity as Bench Press	Same sets, reps, and intensity as Bench Press
Walking Lunges or Lunges	3 x 10 x	8, 2 x 5	2 x 8 x
Lateral Raise or Upright Row	12, 2 x 8	2 x 15	8, 2 x 5
RDL	3 x 10 x	8, 2 x 5	8, 2 x 5
Tube Row	2 x 15 x	12, 2 x 8	3 x 10 x
Wrist Roller Flex & Ext	2 x up/down	3 x up/down	3 x up/down
4-Way Neck	2 x 10 x	2 x 10 x	2 x 10 x

Days Two and Three

Perform 3 to 4 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. Minimal rest between exercises. Rest 2 – 3 minutes between circuits. **Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.**

Routine A

Squat Thrust – Upright Row	x 8
DB Push-Up and Row	x 10
Pistol Squat	x 8 each leg
SB Cross Climbers	x 20
Incline DB Bench	x 10
Pull-Up or Chin-Up	x 10
SB Leg Curl	x 20
MB Russian Twist	x 20
Burpees	x 8

Routine B

DB Squat-Press	x 8
DB Push-Up and Row	x 10
1-Leg Elevated Squat	x 8 each leg
V-Ups	x 10
SB Scissor Chest Press	x 8 each arm
Scissor DB Row	x 8 each arm
SB SL March	x 20
SB Russian Twist	x 20
Burpees	x 8

Routine C

Deadlift-Curl-Press	x 10
SB Chest Press & Pull-Over	x 10 each
Sprinters Crunches	x 10 – 20
Goalie Lunges	x 8 each leg
MB Push-Up	x 10
Pull-Ups or DB Row	x 10
MB Parallel Throw (single leg)	x 10 each side
Single-Leg RDL	x 8 each
Skaters	x 6

Day One:

Exercise	Week of 6/30/08	Week of 7/7/08	Week of 7/14/08
Hang Clean Pull	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds
Hang Clean	2 x 5 @ 72.5 %	2 x 5 @ 70 %	4 reps @ 50 %
	3 x 3 @ 85 %	2 x 3 @ 80 %	3 reps @ 80 %
		3 x 2 @ 90 %	2 reps @ 90 %
			max reps @ 95 % reps @ _____ wt.
Squats	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 70 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 82.5 %	3 x 2 @ 90 %	1 rep @ 90 %
			max reps @ 95 % reps @ _____ wt.
Bench Press	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 70 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 82.5 %	3 x 2 @ 90 %	1 rep @ 90 %
			max reps @ 95 % reps @ _____ wt.
Seated Row or Bent-Over Row	Same sets, reps, and intensity as Bench Press	Same sets, reps, and intensity as Bench Press	8, 2 x 5
Walking Lunges or Lunges	3 x 10 x	8, 2 x 5	2 x 8 x
Lateral Raise	12, 2 x 8	2 x 15	2 x 10 x light
Single RDL	8, 2 x 5	8, 2 x 5	2 x 8 x light
Tube Row	2 x 15 x	12, 2 x 8	3 x 10 x
Wrist Roller Flex & Ext	3 x up/down	3 x up/down	2 x up/down
4-Way Neck	12, 2 x 8	12, 2 x 8	2 x 10 x

Days Two and Three

Perform 3 to 4 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. Minimal rest between exercises. Rest 2 – 3 minutes between circuits. **Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.**

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MB Push-Up	x 10
Pull-Ups or DB Row	x 10
MB Parallel Throw (single leg)	x 10 each side
Single-Leg RDL	x 8 each
Skaters	x 6

Day One:

Exercise	Week of 7/21/08	Week of 7/28/08	Week of 8/4/08
Hang Clean Pull	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds
Hang Clean	3 x 4 @ 80 %	2 x 5 @ 72.5 %	2 x 4 @ 70 % 3 @ 82.5 % 2 x 1 @ 92.5 %
		3 x 3 @ 85 %	
Squats	8 @ 50 %	8 @ 50 %	8 @ 50 %
	5 @ 70 %	5 @ 75 %	2 x [5 @ 80 %, 2 x 1 @ 92.5 %]
	3 x 5 @ 80 %	3 x 4 @ 85 %	6 @ 50 %
Bench Press	8 @ 50 %	8 @ 50 %	8 @ 50 %
	5 @ 70 %	5 @ 75 %	2 x [5 @ 80 %, 2 x 1 @ 92.5 %]
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Wrist Roller Flex & Ext	2 x up/down	3 x up/down	3 x up/down
4-Way Neck	2 x 10 x	2 x 10 x	2 x 10 x

Warm-Up: jump rope training**Day Three**

Perform 3 to 4 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. Minimal rest between exercises. Rest 2 – 3 minutes between circuits. **Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.**

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Single-Leg RDL	x 8 each
Skaters	x 6

Day One:

Exercise	Week of 8/11/08	Week of 8/18/08	Week of 8/25/08
Hang Clean Pull	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds	5 @ 45 , 67 pounds
Hang Clean	2 x 5 @ 75 %	2 x 5 @ 70 %	4 reps @ 50 %
	3 x 2 @ 87.5 %	2 x 3 @ 85 %	3 reps @ 80 %
		4 x 1 @ 95 % Rest 60 seconds between sets.	2 reps @ 90 % max reps @ 95 % reps @ _____ wt.
Squats	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 75 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 87.5 %	3 @ 85 % 3 x 1 @ 95 %	1 rep @ 90 % max reps @ 95 % reps @ _____ wt.
Bench Press	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 75 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 87.5 %	3 @ 85 % 3 x 1 @ 95 %	1 rep @ 90 % max reps @ 95 % reps @ _____ wt.
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Lateral Raise	12, 2 x 8	2 x 15	2 x 10 x light
Single RDL	8, 2 x 5	8, 2 x 5	2 x 8 x light
Tube Row	2 x 15 x	12, 2 x 8	3 x 10 x
Wrist Roller Flex & Ext	3 x up/down	3 x up/down	2 x up/down
4-Way Neck	12, 2 x 8	12, 2 x 8	2 x 10 x

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Agility and Plyometric Drills

It is recommended that you complete agility and plyometric drills two times a week after a general warm-up. They may be performed prior to a conditioning or strength workout.

Agility Drills

T-Drill

Diamond Drill

Chase-the-Rabbit

Acceleration Drill

Agility Ladder Drills:

- Icky Shuffle: forward and backward
- Crossover Step: forward and backward
- Lateral In-In-Out-Out: moving to the left and right,
- In-In-Out-Out: forward and backward

Plyometric Drills

Lateral Hops

Squat Jumps

Split Jump with Cycle

Day One	sets	repetitions	rest interval	Day Two	sets	repetitions	rest interval
Agility Ladder	3	ladder	30 seconds	Agility Ladder	3	ladder	30 seconds
Squat Jumps	3	4	30 seconds	Split Jump w/Cycle	4	4	30 seconds
Lateral Hops	4	4	30 seconds	Lateral Hops	4	4	30 seconds
Choice of Agility Drill	NA	4	30-60 seconds	Choice of Agility Drill	NA	4	30-60 seconds

Conditioning Recommendations**Day One:**

- work up to a maximum of 3 miles at a comfortable pace
- start on track and nail pace time
- move to softer trail once you have nailed pace time
- this is meant to be an easy day
- remember that 1 lap around a track is 400 meters; add ~ 3 feet to make it 440 yards (_ mile)

Day Two:

- 2 sets of 5 reps of hills or stairs
- 15 – 40 yards long
- power up hill using strong arm drive (pull elbow back) and powerful leg drive off foot plant
- grassy hills are preferable to hard stairs
- hill should have slightly less steep slope as compared to stairs
- take stairs two-at-a-time
- wear cleats if sprinting up grassy hill – traction !
- rest between reps is walk to starting point
- rest between sets is 3 to 5 minutes
- try to workup to 3 sets of 5 reps

Day Three:

- 2 sets of 5 reps of 110 yards @ 90 % intensity
- your lungs should almost be on fire
- sprint on track, grass, or sports turf
- rest 35 seconds between reps and 3 to 5 minutes between sets
- work up to 3 sets of 5 reps

Substitutions for Days Two and Three:

- any sport that is competitive, physically challenging, and if possible, hand-eye coordination
- combines periods of sprinting, jogging, and even walking
- basketball, squash, racquetball, badmitton, team handball, boxing circuit, ultimate frisbee, etc.....
- ping-pong does not provide conditioning, however, great for hand-eye coordination and reaction
- duration of at least 30 minutes