

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
	2 x 5 @ 50 %	2 x 5 @ 50 %	3 x 4 @ 60 %
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 %
Incline DB Bench	12, 2 x 8	2 x 15	8, 2 x 5
Lat Pull	12, 2 x 8	2 x 15	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	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

Day Two:

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 %	2 x 4 @ 70 % 3 @ 80 % 2 x 1 @ 90 %
		3 x 3 @ 82.5 %	
# Front Squat	2 x 8 @ 35 %	2 x 8 @ 35 %	2 x 8 @ 35 %
	2 x 8 @ 45 %	3 x 8 @ 45 %	3 x 5 @ 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
# Step-Ups	2 x 10 @ 15 %	10 @ 15 %	10 @ 15 %
		2 x 8 @ 25 %	2 x 8 @ 25 %
Upright Row	12, 2 x 8	2 x 15	8, 2 x 5
Leg Curl	12, 2 x 8	2 x 15	8, 2 x 5
Rear Delt Raise	12, 2 x 8	2 x 15	8, 2 x 5
Ulnar Deviation	2 x 15 x	12, 2 x 8	3 x 10 x
Radial Deviation	2 x 15 x	12, 2 x 8	3 x 10 x

= % of squat max

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.

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

Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.

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
	3 x 4 @ 60 %	2 x 5 @ 50 %	2 x 4 @ 50 %
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.
Incline DB Bench	12, 2 x 8	2 x 15	2 x 8 x light
Lat Pull	12, 2 x 8	2 x 15	2 x 8 x light
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

Day Two:

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.
# Front Squat	2 x 8 @ 35 %	2 x 8 @ 35 %	-----
	2 x 8 @ 45 %	3 x 5 @ 50 %	
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
# Step-Ups	8 @ 20 %	8 @ 25 %	10 @ 15 %
	2 x 5 @ 30 %	2 x 5 @ 35 %	2 x 8 @ 25 %
Upright Row	12, 2 x 8	2 x 15	2 x 10 x light
Leg Curl	12, 2 x 8	2 x 15	-----
Rear Delt Raise	12, 2 x 8	2 x 15	2 x 10 x light
Ulnar Deviation	12, 2 x 8	3 x 10 x	2 x 15 x
Radial Deviation	12, 2 x 8	3 x 10 x	2 x 15 x

= % of squat max

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.

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

Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.

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
	2 x 5 @ 50 %	2 x 5 @ 50 %	3 x 4 @ 60 %
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 %
Incline DB Bench	12, 2 x 8	2 x 15	8, 2 x 5
Lat Pull	12, 2 x 8	2 x 15	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	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

Day Two:

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 %	4 @ 70 %
		3 x 3 @ 85 %	2 x 3 @ 82.5 %
			2 x 1 @ 92.5 %
# Front Squat	2 x 8 @ 35 %	2 x 8 @ 35 %	2 x 8 @ 35 %
	2 x 8 @ 45 %	3 x 5 @ 50 %	3 x 3 @ 60 %
Bench Press	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 %
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
# Step-Ups	2 x 10 @ 20 %	8 @ 25 %	8 @ 25 %
		2 x 5 @ 35 %	2 x 5 @ 40 %
Upright Row	12, 2 x 8	2 x 15	8, 2 x 5
Leg Curl	12, 2 x 8	2 x 15	8, 2 x 5
Rear Delt Raise	12, 2 x 8	2 x 15	8, 2 x 5
Ulnar Deviation	2 x 15 x	12, 2 x 8	3 x 10 x
Radial Deviation	2 x 15 x	12, 2 x 8	3 x 10 x

= % of squat max

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.

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Squat Thrust – Upright Row	x 8
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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

Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.

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
	3 x 4 @ 60 %	2 x 5 @ 50 %	2 x 4 @ 50 %
Squats	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 75 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 87.5 %	3 @ 85 %	1 rep @ 90 %
		3 x 1 @ 95 %	max reps @ 95 % reps @ _____ wt.
Incline DB Bench	12, 2 x 8	2 x 15	2 x 8 x light
Lat Pull	12, 2 x 8	2 x 15	2 x 8 x light
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

Day Two:

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 %
	_____ reps @ 95 % _____ reps @ _____ wt.		
# Front Squat	2 x 8 @ 35 %	2 x 8 @ 35 %	-----
	3 x 4 @ 55 %	3 x 5 @ 50 %	
Bench Press	8 @ 50 %	8 @ 50 %	5 reps @ 60 %
	5 @ 75 %	5 @ 75 %	3 reps @ 80 %
	3 x 4 @ 87.5 %	3 @ 85 %	1 rep @ 90 %
		3 x 1 @ 95 %	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
# Step-Ups	8 @ 20 %	8 @ 25 %	10 @ 15 %
	2 x 5 @ 35 %	2 x 5 @ 35 %	2 x 8 @ 25 %
Upright Row	12, 2 x 8	2 x 15	2 x 10 x light
Leg Curl	12, 2 x 8	2 x 15	-----
Rear Delt Raise	12, 2 x 8	2 x 15	2 x 10 x light
Ulnar Deviation	12, 2 x 8	3 x 10 x	2 x 15 x
Radial Deviation	12, 2 x 8	3 x 10 x	2 x 15 x

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

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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

Complete 3 sets each of Wrist Extension and Wrist Flexion after completing ALL the circuits.

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 and physically challenging
- combines periods of sprinting, jogging, and even walking
- club lacrosse, basketball, squash, racquetball, team handball, ultimate frisbee, etc.....
- duration of at least 30 minutes