



## Off Season Training - August



### Preseason

1. Ensure proper eating - eliminate "junk food". Balance caloric intake to whether weight gain, loss or maintenance required.
2. Stretch after every session, holding each stretch for at least 30 seconds. Work on problem areas first.
3. Do active warmups, not static stretching as in after practice.

### FIRST 3 WEEKS

<b>Mondays</b>			
	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Chest Press	15	5	45
Upright Barbell Row	15	5	45
Seated Dumbbell Press	15	5	45
Deadlift	15	5	45
Dumbbell Lunges	15	5	45
Stretch			

<b>Tuesdays</b>	
Foot Speed Drills	
Run Intervals - Run along telephone / power poles	20 minutes of 2 poles easy pace, 1 pole sprint
Stretch	

<b>Wednesdays</b>			
	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Incline Chest Press	12	3	60
Chin Ups or Pull Downs	12	3	60
Lateral Dumbbell Raise	12	2	60
Anterior Dumbbell Raise	12	2	60
Dumbbell Squat	12	3	60
Sideways Lunge with Dumbbell	12	3	60
Stretch			

<b>Thursdays</b>	
Foot Speed Drills	
Bike Intervals	20 minutes of 1 minute 50%, 30 seconds 80%, 30 seconds 100%
Stretch	

<b>Fridays</b>			
	<b>Reps</b>	<b>Sets</b>	<b>Rest</b>
Romanian Deadlift (Dumbbell)	10	3	60
Good Mornings (Barbell)	10	3	60
Pushups	30	3	60
Seated Dumbbell Press	10	3	60
Rear Dumbbell Raise	10	3	60
Bent Over Barbell Row	10	3	60
Shoulder Shrugs (Dumbbell)	10	5	60

Stretch			
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<b>Saturdays</b>		
	<b>Reps</b>	<b>Sets</b>
Sissel Ball Crunches	25	4
Sissel Reverse Back Extension	15	4
Sissel Ball Side Crunches	20	3
Side Bends with Weight	15	3
Left Bridge - One Foot	45 sec	3
Right Bridge - One Foot	45 sec	3
Run Intervals - Run along telephone / power poles	20 minutes of 2 poles easy pace, 1 pole sprint	
Stretch		

<b>Sundays</b>
REST !!

**LAST WEEK**

<b>Mondays</b>	
Foot Speed Drills	

Vertical Jumps	3 sets of 5 reps (max height)
Horizontal Maximal Jumps	3 sets of 5 reps (max length)
Run	15 minutes at 80% intensity
Stretch	

<b>Tuesdays</b>
Rest - Skills Training

<b>Wednesdays</b>	
Foot Speed Drills	
Run	15 minutes at 80% intensity
Stretch	

<b>Thursdays</b>
Rest - Skills Training

<b>Fridays</b>		
	<b>Reps</b>	<b>Sets</b>
Sissel Ball Crunches	25	4
Sissel Reverse Back Extension	15	4
Sissel Ball Side Crunches	20	3
Side Bends with Weight	15	3
Left Bridge - One Foot	45 sec	3
Right Bridge - One Foot	45 sec	3
Run - 15 minutes at 80% intensity		
Stretch		

<b>Saturdays</b>
Rest - Skills Training

**Sundays**

REST !!