



Off Season Training - July



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

Mondays			
	Reps	Sets	Rest
Push Ups	25	5	60
Dumbbell Bent Over Rows	20	3	60
Push Press (Barbell)	15	3	60
Squats	15	5	60
Dumbbell Lunges	15	5	60
Stretch			

Tuesdays

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

Wednesdays

	Reps	Sets	Rest
Wide Grip Push Ups	20	5	60
Chin Ups or Pull Downs	15	3	60
Lateral Dumbbell Raise	15	3	60
Rear Dumbbell Raise	15	3	60
Romanian Deadlift (Dumbbell)	15	5	60
Sideways Lunge with Dumbbell	15	3	60
Stretch			

Thursdays

Foot Speed Drills	
Bike Intervals	15 minutes of 1 minute 50%, 30 seconds 80%, 30 seconds 100%
Stretch	

Fridays

	Reps	Sets	Rest
Deadlift	15	5	60
Lunges with Dumbbell	15	3	60
Narrow Grip Pushups	20	5	60
Seated Dumbbell Press	15	4	60
Anterior Dumbbell Raise	15	3	60
Bent Over Barbell Row	15	3	60
Shoulder Shrugs (Dumbbell)	15	5	60
Stretch			

Saturdays		
	Reps	Sets
Sissel Ball Crunches	25	3
Sissel Reverse Back Extension	15	3
Sissel Ball Side Crunches	20	3
Side Bends with Weight	12	3
Left Bridge - One Foot	30 sec	3
Right Bridge - One Foot	30 sec	3
Run Intervals - Run along telephone / power poles	30 minutes of 2 poles easy pace, 1 pole sprint	
Stretch		

Sundays
REST !!

LAST WEEK

Mondays	
Foot Speed Drills	
Vertical Jumps	3 sets of 5 reps (max height)
Horizontal Maximal Jumps	3 sets of 5 reps (max length)
Bike	15 minutes of 1minute 50%, 30 seconds 80%, 30 seconds 100%
Stretch	

Tuesdays
Rest - Skills Training

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

Thursdays
Rest - Skills Training

Fridays		
	Reps	Sets
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 - 25 minutes at 80% intensity		
Stretch		

Saturdays
Rest - Skills Training

Sundays
REST !!