

## **GIRLS BASKETBALL PRESEASON CONDITIONING WORKOUTS**

This is an **OPTIONAL** conditioning workout program to help you get ready for tryouts. The schedule consists of 4 work days, and 3 days of rest. You can tailor the workout days to fit your schedule. However, **DO NOT DOUBLE UP WORKOUTS** (example Speed + Endurance), as this will over work your body and have adverse effects.

To avoid injury, **PRIOR** to all workouts, please perform a *full dynamic stretch*.

**UPON COMPLETION** of workouts, please perform a *full static stretch*. I have included links on how to perform all exercises.

In addition, try to get out and **PLAY COMPETITIVE BASKETBALL** as much as possible.

If you have any questions please don't hesitate to contact me [Chrys\\_Hernandez@greenwich.k12.ct.us](mailto:Chrys_Hernandez@greenwich.k12.ct.us)

Looking forward to seeing all of you at tryouts!

### **SAMPLE TRAINING SCHEDULE**

DAY	WORKOUT
MONDAY	Speed + Core 1
TUESDAY	Strength + Core 2
WEDNESDAY	<b><i>REST</i></b>
THURSDAY	Endurance + Core 2
FRIDAY	Strength + Core 1
SATURDAY	<b><i>REST</i></b>
SUNDAY	<b><i>REST</i></b>

## CORE WORKOUTS (3x)

CORE #1	CORE #2
<a href="#">Standing Bicycles*** (20/each leg)</a>	<a href="#">Russian Twist*** (20)</a>
<a href="#">Reverse Crunch (20)</a>	<a href="#">Spider Plank Crunches*** (10/each leg)</a>
<a href="#">Crisscross*** (15/each leg)</a>	<a href="#">Bicycle Crunches (20)</a>
<a href="#">SL Toe Touches*** (15)</a>	<a href="#">Alt Shoulder Plank*** (12)</a>
<a href="#">Birddogs*** (10/each leg)</a>	<a href="#">Superman*** (10)</a>

SL = Straight Leg    Alt = Alternate

## STRENGTH WORKOUTS (3x)

EXERCISE	SETS/REPS
<a href="#">BW Squats w/ or w/o stability ball</a>	3 sets x 20 reps
<a href="#">Inverted BW Rows</a>	3 sets x 10 reps
<a href="#">Walking Lunges w/ or w/o weight</a>	3 sets x 20 reps
<a href="#">Bench Dips</a>	3 sets x 10 reps
<a href="#">Alt Lateral Lunge</a>	3 sets x 12 reps
<a href="#">Jump Squat</a>	3 sets x 10 reps
<a href="#">Pike Push ups</a>	3 sets x 10 reps

\*\*\*Complete ALL exercises before going on to 2nd set

### SPEED WORKOUT (\*\*Goal = improve time each week)

DISTANCE	GOAL TIME	REST BETWEEN REPS
200m (4x)	30-40 sec/each	1 min
100m (6x)	< 15 sec/each	1 min
<a href="#">60yd shuttle (4x)</a> 2/side	< 20 sec/each	1 min
<a href="#">30yd shuttle (4x)</a> 2/side	< 10 sec/each	1 min
<a href="#">50yd Sprint + Backpedal (Alt every 10 yd) (4x)</a>		30 sec
<a href="#">10yd Defensive Box Slides (5x)</a>		10 sec

### ENDURANCE WORKOUT (\*\*Goal = improve time each week)

WEEK	DISTANCE	GOAL TIME	REST
WEEK 1	1 mile run + (2) 800m	< 9:00 min mile < 4:00 min 800m	8 min 3 min
WEEK 2	<a href="#">15 min ON/OFF Interval Run (switch directions ½ way)</a>	30 sec FULL SPRINT 30 sec SLOW JOG	<b>NONE</b>
WEEK 3	1 mile run + (2) 800m	< 8:45 min mile < 4:00 min 800m	6 min 3 min
WEEK 4	<a href="#">20 min ON/OFF Interval Run (switch directions ½ way)</a>	30 sec FULL SPRINT 30 sec SLOW JOG	<b>NONE</b>
WEEK 5	1 mile run + (2) 800m	< 8:30 min mile < 3:45 min 800m	5 min 3 min

\*\* INTERVAL VIDEO FOR DEMO PURPOSES NOT FOR DISTANCE \*\*