



Pre-Season Conditioning

Week 1

Day 1: Full-Body Strength

- **Warm-up (10 minutes)**
 - Jumping jacks: 2 minutes
 - High knees: 2 minutes
 - Arm circles and leg swings: 6 minutes
- **Bodyweight Strength Training (40 minutes)**
 - Push-ups: 4 sets of 15 reps
 - Bodyweight squats: 4 sets of 20 reps
 - Plank: 3 sets of 1 minute
 - Alternating lunges: 3 sets of 15 reps per leg
 - Bicycle crunches: 3 sets of 20 reps per side
- **Core and Stability (10 minutes)**
 - Side planks: 2 sets of 30 seconds per side
 - Hollow holds: 3 sets of 30 seconds
- **Cool Down (10 minutes)**
 - Static stretching focusing on legs, arms, and core

Day 2: Endurance and Agility

- **Warm-up (10 minutes)**
 - Light jogging or brisk walking: 5 minutes
 - Dynamic stretches: 5 minutes
- **Endurance Training (30 minutes)**
 - Continuous shadow wrestling: 15 minutes
 - Bear crawls: 15 minutes (alternating forward and backward)
- **Agility Drills (20 minutes)**

- Ladder drills (if no ladder, use tape or chalk): 10 minutes
- Cone drills (set up markers on the mat): 10 minutes
- Cool Down (10 minutes)
 - Foam rolling and stretching

Day 3: Rest and Recovery

- Active Rest (30 minutes)
 - Light stretching or yoga

Day 4: Upper Body and Core

- Warm-up (10 minutes)
 - Jump rope (simulated without rope): 5 minutes
 - Dynamic stretches: 5 minutes
- Upper Body Strength (30 minutes)
 - Diamond push-ups: 4 sets of 12 reps
 - Tricep dips (using mat edge): 4 sets of 15 reps
 - Pike push-ups: 3 sets of 12 reps
 - Superman: 3 sets of 15 reps
- Core Work (20 minutes)
 - V-ups: 3 sets of 15 reps
 - Russian twists: 3 sets of 20 reps per side
 - Leg raises: 3 sets of 15 reps
- Cool Down (10 minutes)
 - Static stretching focusing on upper body and core

Day 5: Lower Body Strength

- Warm-up (10 minutes)
 - Light jogging or brisk walking: 5 minutes
 - Dynamic stretches: 5 minutes
- Lower Body Strength (40 minutes)
 - Bulgarian split squats (using mat edge): 4 sets of 15 reps per leg

- Single-leg squats (supported if needed): 4 sets of 10 reps per leg
- Wall sits: 4 sets of 1 minute
- Glute bridges: 3 sets of 20 reps
- **Core and Stability (10 minutes)**
 - Plank with leg lift: 3 sets of 15 reps per leg
 - Side plank with hip dips: 2 sets of 10 reps per side
- **Cool Down (10 minutes)**
 - Static stretching focusing on legs and lower body

Day 6: High-Intensity Interval Training (HIIT)

- **Warm-up (10 minutes)**
 - Jumping jacks: 3 minutes
 - High knees: 3 minutes
 - Dynamic stretches: 4 minutes
- **HIIT Workout (30 minutes)**
 - Burpees: 4 sets of 1 minute
 - Mountain climbers: 4 sets of 1 minute
 - High knees: 4 sets of 1 minute
 - Rest: 1 minute between each exercise
- **Cool Down (10 minutes)**
 - Foam rolling and stretching

Day 7: Rest and Recovery

- **Active Rest (30 minutes)**
 - Light stretching or yoga

Week 2

Day 8: Full-Body Strength

- **Warm-up (10 minutes)**
 - Jumping jacks: 2 minutes
 - High knees: 2 minutes

- Arm circles and leg swings: 6 minutes
- **Bodyweight Strength Training (40 minutes)**
 - Push-ups: 4 sets of 15 reps
 - Bodyweight squats: 4 sets of 20 reps
 - Plank: 3 sets of 1 minute
 - Alternating lunges: 3 sets of 15 reps per leg
 - Bicycle crunches: 3 sets of 20 reps per side
- **Core and Stability (10 minutes)**
 - Side planks: 2 sets of 30 seconds per side
 - Hollow holds: 3 sets of 30 seconds
- **Cool Down (10 minutes)**
 - Static stretching focusing on legs, arms, and core

Day 9: Endurance and Agility

- **Warm-up (10 minutes)**
 - Light jogging or brisk walking: 5 minutes
 - Dynamic stretches: 5 minutes
- **Endurance Training (30 minutes)**
 - Continuous shadow wrestling: 15 minutes
 - Bear crawls: 15 minutes (alternating forward and backward)
- **Agility Drills (20 minutes)**
 - Ladder drills (if no ladder, use tape or chalk): 10 minutes
 - Cone drills (set up markers on the mat): 10 minutes
- **Cool Down (10 minutes)**
 - Foam rolling and stretching

Day 10: Rest and Recovery

- **Active Rest (30 minutes)**
 - Light stretching or yoga

Day 11: Upper Body and Core

- **Warm-up (10 minutes)**
 - Jump rope (simulated without rope): 5 minutes
 - Dynamic stretches: 5 minutes
- **Upper Body Strength (30 minutes)**
 - Diamond push-ups: 4 sets of 12 reps
 - Tricep dips (using mat edge): 4 sets of 15 reps
 - Pike push-ups: 3 sets of 12 reps
 - Superman: 3 sets of 15 reps
- **Core Work (20 minutes)**
 - V-ups: 3 sets of 15 reps
 - Russian twists: 3 sets of 20 reps per side
 - Leg raises: 3 sets of 15 reps
- **Cool Down (10 minutes)**
 - Static stretching focusing on upper body and core

Day 12: Lower Body Strength

- **Warm-up (10 minutes)**
 - Light jogging or brisk walking: 5 minutes
 - Dynamic stretches: 5 minutes
- **Lower Body Strength (40 minutes)**
 - Bulgarian split squats (using mat edge): 4 sets of 15 reps per leg
 - Single-leg squats (supported if needed): 4 sets of 10 reps per leg
 - Wall sits: 4 sets of 1 minute
 - Glute bridges: 3 sets of 20 reps
- **Core and Stability (10 minutes)**
 - Plank with leg lift: 3 sets of 15 reps per leg
 - Side plank with hip dips: 2 sets of 10 reps per side
- **Cool Down (10 minutes)**
 - Static stretching focusing on legs and lower body

Day 13: High-Intensity Interval Training (HIIT)

- **Warm-up (10 minutes)**
 - **Jumping jacks: 3 minutes**
 - **High knees: 3 minutes**
 - **Dynamic stretches: 4 minutes**
- **HIIT Workout (30 minutes)**
 - **Burpees: 4 sets of 1 minute**
 - **Mountain climbers: 4 sets of 1 minute**
 - **High knees: 4 sets of 1 minute**
 - **Rest: 1 minute between each exercise**
- **Cool Down (10 minutes)**
 - **Foam rolling and stretching**

Day 14: Rest and Recovery

- **Active Rest (30 minutes)**
 - **Light stretching or yoga**

Notes:

- **Adjust the intensity based on your fitness level.**
- **Ensure proper form to avoid injuries.**
- **Stay hydrated and maintain a balanced diet.**