

In-Season Training

Train two days per week

Odd week – Days 1 and 2

Muscle Group	Exercise	Sets	Reps
Chest	Barbell bench press	3	10, 10, 10
Shoulders	Barbell military press	3	12, 12, 12
Back	Wide-grip pull-ups	2	Failure
Legs	Squats	2	12, 12
Legs	Box steps	3	12, 12, 12
Legs	Calf raises	3	20, 20, 20

*Combine with Speed and Endurance Trainings

Even week – Days 1 and 2

Muscle Group	Exercise	Sets	Reps
Chest	dumbbell bench press	3	10, 10, 10
Shoulders	dumbbell military press	3	12, 12, 12
Back	close-grip pull-ups	2	Failure
Legs	Leg press	3	12, 12, 12
Legs	Lunges	3	12, 12, 12
Legs	Calf raises	3	20, 20, 20

*Combine with Speed and Endurance Trainings

Sprint Training: Day 1

*Complete one set of one exercise then move on to next exercise / set.

Exercise	Repetitions	Sets	Recovery Time (reps / sets)
Up-Back-Up	8 reps	3 sets	30 sec. / 2 min.
50 yard	4 reps	3 sets	30 sec. / 2 min.
75 yard	4 reps	3 sets	30 sec. / 2 min.
100 yard	3 reps	2 sets	1 min. / 3 min.
200 yard	2 reps	2 sets	1 min. / 3 min.

Endurance Training: Day 2

*Complete one set of one exercise then move on to next exercise / set.

~Runners should maintain same speed for each distance.

Exercise	Repetitions	Sets	Recovery Time after exercise
200 yards	1	3	1 minute
300 yards	1	3	1 minute
400 yards	1	3	1 minute
600 yards	1	3	90 seconds
800 yards	1	3	2 minutes

In Season Training

Player: _____

Odd Week - Day 1

Muscle Group	Exercise	Sets	Reps								
Chest	Barbell bench press	3	10, 10, 10								
Shoulders	Barbell military press	3	12, 12, 12								
Back	Wide-grip pull-ups	2	Failure								
Legs	Squats	2	12, 12								
Legs	Box steps	3	12, 12, 12								
Legs	Calf raises	3	20, 20, 20								
Exercise	Repetitions	Sets	Recovery Time (reps / sets)								
Up-Back-Up	8 reps	3 sets	30 sec. / 2 min.								
50 yard	4 reps	3 sets	30 sec. / 2 min.								
75 yard	4 reps	3 sets	30 sec. / 2 min.								
100 yard	3 reps	2 sets	1 min. / 3 min.								
200 yard	2 reps	2 sets	1 min. / 3 min.								

Odd Week – Day 2

Muscle Group	Exercise	Sets	Reps								
Chest	Barbell bench press	3	10, 10, 10								
Shoulders	Barbell military press	3	12, 12, 12								
Back	Wide-grip pull-ups	2	Failure								
Legs	Squats	2	12, 12								
Legs	Box steps	3	12, 12, 12								
Legs	Calf raises	3	20, 20, 20								
Exercise	Repetitions	Sets	Recovery Time after exercise								
200 yards	1	3	1 minute								
300 yards	1	3	1 minute								
400 yards	1	3	1 minute								
600 yards	1	3	90 seconds								
800 yards	1	3	2 minutes								

Even Week - Day 1

Player: _____

Muscle Group	Exercise	Sets	Reps								
Chest	dumbbell bench press	3	10, 10, 10								
Shoulders	dumbbell military press	3	12, 12, 12								
Back	close-grip pull-ups	2	Failure								
Legs	Leg press	3	12, 12, 12								
Legs	Lunges	3	12, 12, 12								
Legs	Calf raises	3	20, 20, 20								
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50 yard	4 reps	3 sets	30 sec. / 2 min.								
75 yard	4 reps	3 sets	30 sec. / 2 min.								
100 yard	3 reps	2 sets	1 min. / 3 min.								
200 yard	2 reps	2 sets	1 min. / 3 min.								

Even Week - Day 2

Muscle Group	Exercise	Sets	Reps								
Chest	dumbbell bench press	3	10, 10, 10								
Shoulders	dumbbell military press	3	12, 12, 12								
Back	close-grip pull-ups	2	Failure								
Legs	Leg press	3	12, 12, 12								
Legs	Lunges	3	12, 12, 12								
Legs	Calf raises	3	20, 20, 20								
Exercise	Repetitions	Sets	Recovery Time after exercise								
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600 yards	1	3	90 seconds								
800 yards	1	3	2 minutes								