

Pre-season Training

Purpose: Endurance, Power, and Strength

Style: Holistic Training

Frequency: Two-day split, four days a week

Reps and sets:

Weeks 1 and 2: 2 sets of 15 reps

Weeks 3 and 4: 3 sets of 8 reps

Week 5: 4 sets of 6 reps

Note: Exercises in bold should be supersetted [move directly into second exercise, no break].

Day 1

Muscle Group	Exercise		Muscle group	Exercise
Legs	Squats		Chest	Barbell bench press
Legs	Lunges		Shoulders	Push press
Legs	Leg extensions		Back	Wide-grip pull ups
Legs	Leg curls		Biceps / forearms	Hammer curls
Legs	Jump squats		Shoulders / biceps	Dips
Legs	Power cleans		Back	Wide-grip pull-ups

Day 3

Muscle Group	Exercise		Muscle group	Exercise
Legs	Leg press		Chest	Barbell bench press
Legs	Box steps		Back	Close-grip pull ups
Legs	Lunges		Back	Bent over dumbbell rows
Legs	Power cleans		Biceps / forearms	reverse curls
Legs	Jump squats		Shoulders	Barbell military press
Legs	Calf raises		biceps	Dumbbell curls

Day 2

Day 4