TRAINING SCHEDULE

PHASE 1: WEEKS 1-4

Monday: Full Court Sprints x 6 | Strength Workout #1

Tuesday: Scrimmage | Recovery Circuit

Wednesday: 20 Max Jumps | Strength Workout #2

Thursday: Scrimmage | Recovery Circuit

Friday: Full Court Sprints x 6 | Strength Workout #1

Saturday: Plyo Workout #1

Sunday: Off

PHASE 2: WEEKS 5-8

Monday: Full Court Sprints x 6 | Strength Workout #1

Tuesday: Scrimmage | Recovery Circuit

Wednesday: 20 Max Jumps | Strength Workout #2

Thursday: Scrimmage | Recovery Circuit

Friday: Full Court Sprints x 6 | Strength Workout #1

Saturday: Plyo Workout #1

Sunday: Off

PHASE 3: WEEKS 9-12

Monday: Full Court Sprints x 6 | Strength Workout #1

Tuesday: Scrimmage | Recovery Circuit

Wednesday: 20 Max Jumps | Strength Workout #2

Thursday: Scrimmage | Recovery Circuit

Friday: Full Court Sprints x 6 | Strength Workout #1

Saturday: Plyo Workout #1

Sunday: Off