

## Durham Attack Volleyball Club

### **Phase #1:**

#### **Focus:**

Create a foundation of strength.

Work on using this foundation of strength to develop more power.

#### **Schedule:**

2 Practices per week with team and Coaches

Workout #1 – Team 12 Training - Brooklin

Workout#2 and #3 – on your own

5 days on 2 days off schedule

### **Phase #1**

#### **Workout #2 and #3:**

##### **Warm-Up :**

5 minutes of jogging, skipping, stair climbing, rowing or biking.

##### **Light Plyometrics:**

**Concentrate on fast turnover and getting the feet off the floor as fast as possible. You should be in the process of landing or taking off when in contact with the ground. Try to limit the transition time between the two phases.**

3 sets of 50m High Knees – Rest 30 seconds between each

3 sets of 50m Butt Kicks – Rest 30 seconds between each

3 sets of 50m Skipping – Rest 45 seconds between each

3 sets of 40 Lateral Hops (120) – side to side hops – rest 45 seconds between each

3 sets of 10 block jumps (30) – rest 60 seconds between sets

##### **Weights – Higher Repetition Strength Work:**

**3 sets of 8 reps for each of the following exercises (except Push-ups – 3 sets of maximum repetitions and pull-ups – 3 sets of maximum repetitions or 24 jumping pull-ups):**

**Record weights used (maximum number of reps for the push-ups). The weight selected should be challenging for 8 repetitions. If it is easy, then you need to raise the weight for the next set.**

DB Squats – feet shoulder width apart, weight on heels. Good posture – low back in and chest out. Try to get to 90 degrees or lower. Hold the dumbbells at your sides.

DB/BB Push Press – standing with barbell at collarbone. Dip with the legs and drive weight above your head.

DB Sumo Squats – same as regular squats but feet are turned out and slightly wider than regular squats. Try to get down to 90 degrees or lower. Hold the dumbbells at your sides.

Push-Ups – start with modified push-ups – on your knees. Go below 90 degrees with your elbows.

Pull-Ups – using a pull-up bar. Substitute jumping pull-ups if you can't do regular pull-ups. Put yourself in a position where you can grasp the bar from a standing position. Hold on to the handles, jump and pull your chin up to the bar.

### **Metabolic Conditioning**

Running Intervals – 15 seconds full speed, 45 seconds walking – Do 5 sets

Running Intervals – 10 seconds full speed, 50 seconds walking – Do 5 sets

Running Intervals – 5 seconds full speed, 30 seconds walking – Do 5 sets

### **Core Conditioning**

Pullover Crunch – lying on the floor, knees bent. Bring both hands over your head and touch the floor. Aggressively pull over using your arms to curl up and touch your knees.

Back Extensions – lying on your stomach, raise both arms and both legs off the mat at the same time. If you have trouble doing this exercise, switch to raising opposite arm and opposite leg together alternating sides.

### **Short forms explained:**

DB = dumbbells

BB= barbell