

# YEARLY STRENGTH PROGRESSION

## April & May (Rebuilding)

### Warm-Up

- 30 min jog
- 5 min jump rope

### Ladder Drills (2 times each exercise X 10 steps)

- One ins
- Two ins
- Classic hops

### Strength

**Week 1: 2x10**

**Week 2: 2x 12**

**Week 3: 2x10**

**Week 4: 2x15**

**Week 5: 2x10**

**Week 6: 2x 12**

**Week 7: 2x10**

**Week 8: 2x15**

- Goblet Squats
- Step-ups with knee drive
- Calf Raises
- Overhead Lift
- Bench Dips
- Push-ups
- Bent Over Row
- Pull-ups – Be creative!

### Core #1 & Yoga

Rebuilding Core & isometric strength, balance and flexibility