

YEARLY STRENGTH PROGRESSION

April/May (Rebuilding)

Warmup Jog/bike between 20-40 – you can use this to get to where you are doing strength!

Dynamic Warmup

- High knee marching
- High knee marching with hamstring extension
- Gorillas - lateral shuffle + low-high arm-swings
- Noisy Hip Skip- forward - backward cross-skip
- Carioca
- Zig-zag bounds – forward and backward
- Zig-zag skip – forward and backward
- 2 + 1 bounds (2 forward + 1 lateral)

5 min jump rope

Ladder Drills (2 times each exercise X 10 steps)

- One ins
- Two ins

Strength

Week 1: 2x10

Week 2: 2x 12

Week 3: 2x10

Week 4: 2x15

- One Legged Swings
- Goblet Squats
- Step-ups with knee drive
- Goblet Side Squat
- Calf Raises
- Push-ups
- Bent Over Row
- Overhead Bands
- Angel cross over bands

Core #1 & Yoga

Rebuilding Core & isometric strength, balance and flexibility