

# YEARLY STRENGTH PROGRESSION

## April & May (Rebuilding)

### Warm-Up

- 10 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**

- Goblet Squats
- Step-ups with knee drive
- Goblet Squats
- Calf Raises
- Pull-ups
- Bench Dips
- Bent Over Row

### Yoga

1:00 isometric strength, balance and flexibility

## June (Max Strength)

Please find someone who can teach you to properly do the Max Strength piece of this workout so you can build the strength without injury.

### Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

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

- Side Zig Zag
- 1-ins
- One Legged Swings

### Lower Body (3x5 at 85-90% IRM\*)

- Goblet Squat
- Dumbbell Romanian Deadlift
- Step Ups
- Russian Lunge

### Upper Body (3x5 at 85-90% IRM\*)

- Drag Curl
- Ring Dips
- Kneeling Landmine Chest Press
- Tricep Extension

*\* To determine the appropriate amount of resistance for you to use during the max strength period, use 85-90% of your 1-repetition maximum (**1RM**). Your 1RM is the maximum amount of weight you can perform for a given exercise for 1 repetition.*

## July (Power/Velocity)

### Warm-Up

- Dynamic Warmup
- 3x20 Step-taps

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

- Single foot 1-ins
- 1-ins zig-zag
- 2-ins zig-zag

### Plyos (2x6)

- Squat Jumps
- Classic Bounds
- Skate Bounds

### VELOCITY, EMPHASIS ON VERTICAL JUMP HEIGHT (2 x 6 sets)

- Lateral Jumps (over something sideways)
- Squat Jumps (onto something)

### Bands (2x10)

- Bands Leg Back Pull Down
- Bands Leg Front Pull Down
- Bands Leg Side Pull Down (Both Sides)
- Bands Arm double-pole
- Pullups
- Double pole Rings
- Inverted Rings (Reverse Fly)

## August

### Warm-Up

- 25 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

### LADDER DRILLS (2 sets)

- One In
- Two In
- One Legged Swings

### PLYOMETRICS (3 x 6 reps)

- Single Leg Box Jumps
- Squat Jumps
- Telemark Jumps
- Depth Jumps

### VELOCITY LIFTS & EMPHASIS ON VERTICAL JUMP HEIGHT (3 x 6 reps)

- Press-Up Push Ups
- Dumbbell Swing - *one-arm*
- Dumbbell T's
- Dumbbell Push Ups

# September

## Warm-Up

- 10 min jog
- 5 min jump rope
- 3X20 seconds Step-Taps

## LADDER DRILLS WITH SPRINTS (2 sets)

- One In
- Two In
- One Legged Swings – FAST

## LOWER BODY (3 x 6 reps)

- Single Leg Box Jumps
- Tuck Jumps
- Telemark Jumps
- Double Leg Box Jumps

## UPPER BODY (3 x 6 reps)

- Press-Up Push Ups
- Overhead Shoulder Press
- Tricep Extensions
- Pull-ups

## Yoga & Core

## October

### Warm-Up /Cool-Down

- 20 min jog

### Plyo's:

#### LADDER DRILLS (3 sets)

- 2X10 V2 simulation then 10m sprint
- 2X10 Forward Zig Zag (2 steps in each box) - sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint

#### LEGS: (3 sets) Weeks 1-3, 8-12reps, Week 4 10-12reps

- Telemark Jumps

#### UPPER BODY: (3 sets) Weeks 1&2 6-8reps, Week 3 8-10reps, Week 4 10-12 reps

- Kneeling Overhead Med Ball Pass
- Med Ball Side Throws
- Med Ball Slams
- Press-Up Push Ups

#### CORE: (2 sets)

- 15 reps Bands Leg Back Pull Down
- 15 reps Bands Leg Front Pull Down
- 15 reps Bands Leg Side Pull Down (Both Sides)

#### Yoga (Only for the strong few...)

1:00 isometric strength, balance and flexibility

# November

## Warm-Up

- 10 min jog
- 5 min Jump Rope
- 3X20 Seconds Step-Taps

## LADDER DRILLS 2 sets

- Backward Zig Zag (2 steps in each box) – sprint
- Front Leg Whip
- V2 Simulation

## LEGS: Weeks 1&3=1 set, Week 2&4=2 sets) order is important

1. 20 Goblet Squat
2. 10 Squat Jump
3. 20 Front Lunge
4. 10 Scissor Jumps
5. 10 Goblet Side Squat (each leg)
6. 10 V2 Side to Side Jumps

## UPPER BODY: (3 sets)

- 3-8 Pull-ups
- 20 Bent Over Row
- 20 Bench Dips

## UPPER BODY: (Weeks 1&3=1 set, Week 2&4=2 sets)

- 20-40 Med Ball Double Pole

## December - March (Maintenance)

### Warm-Up

- 10 min jog
- 5 min Jump Rope
- 3X20 Seconds Step-Taps

### LADDER DRILLS

- 2X10 Forward Zig Zag (2 steps in each box) – sprint
- 2X10 Backward Zig Zag (2 steps in each box) – sprint
- 2X10 V2 Jump

### LEGS: (1 set)

- 20 - Goblet Squat
- 10 – Front Lunge, each leg
- 10 – Side Lunge, each leg

### UPPER BODY: (1 set, 10-20)

- Pull-ups
- Rings Reverse Push-ups
- Ring Dips
- Push ups

### CORE: (2 sets) Bands

- 15 reps Front
- 15 reps Both sides
- 15 reps Back