

## 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