

MEN'S VB SUMMER CONDITIONING

CONDITIONING - DAY 1	CONDITIONING - DAY 2	CONDITIONING - DAY 3	OFF DAYS
Stadium Stairs/Hills (30-45yds in length) x 10 reps week 1 Rest 1 min between each Increase 2 reps per week	Lateral Box Hops x 10 Hops x 15 reps 1:3 work to rest ratio(rest 3x longer) Tempo Plus-100 yard run in 18sec 10 pushups + 10 Crunches Recovery = Walk 50yds (25 out & Back) x20reps - Add 2 reps each week	MB Sprints/Throws-with Partner Race #1: 200 yrd sprint x 5 throws for Ht Loser = 5 burpies Race #2: 150yd sprint x 5 throws(squat throw) Loser = 5 burpies Race #3: 120yd sprint x 10 slam downs Loser = 5 burpies Race #4: 100yd sprint x 10 russian twist ea Loser = 5 burpies Race #5: 50yd sprint x 10 MB squats Loser = 5 burpies <p style="text-align: center;">OR</p> Diagonal Slides (3 yards each direction) x 15 sec x 10 reps - add a rep each week 45 sec recovery between each Slide + Vertical Jump (3 yards each direction) x 15 sec x 8 reps - add a rep each week 45 sec recovery between each Vertical Jump + Sprint (10yards) x 15 sec x 6 reps - add a rep each week 1 min recovery between each	STAY ACTIVE STRETCH HYDRATE EAT WELL GET PLENTY OF SLEEP

Any Questions
 Call Rudy Thomas 319-321-5882