

# WOMEN'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 <b>Increase 2 reps per week</b>	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) <b>x20reps - Add 2 reps each week</b>	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;"><b>OR</b></p> Diagonal Slides (3 yards each direction) <b>x 15 sec x 10 reps - add a rep each week</b> 45 sec recovery between each  Slide + Vertical Jump (3 yards each direction) <b>x 15 sec x 8 reps - add a rep each week</b> 45 sec recovery between each  Vertical Jump + Sprint (10yards) <b>x 15 sec x 6 reps - add a rep each week</b> 1 min recovery between each	<b>STAY ACTIVE</b> <b>STRETCH</b> <b>HYDRATE</b> <b>EAT WELL</b> <b>GET PLENTY OF SLEEP</b>

*Any Questions*  
*Call Rudy Thomas 319-321-5882*