

# UCSD WOMEN'S CREW

## Day 1

**Dynamic Warm-Up** Speed Ladder (Pick Drill) + 15yd Sprint x 8

**Shoulder Stability** I, Y, T Plate Catches (use small plate - 2.5 - 5lbs, raise it up in a I, Y, or T- then release and catch)

**Glute Act/Strength** SL Hip Bridge Shoulders on Bench 2 x 15 each + Low Hurdle Hops x 6 Hurdles (STICK LANDING)

**Conditioning** 30yd Sprints (15yds out & back) x 20 - add 2 sprints each week/30-45sec recovery between each

### PERFORM CONDITIONING 1ST

21-Jun

28-Jun

5-Jul

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#N/A	<b>Core</b> Side Plank: Side Hip Touches -Twist Downs	1	x 10e		x 15e		x 20e	
2	#N/A	<b>BB Jump Shrug</b> Pair with below	1	x 5		x 5		x 5	
			2	x 5		x 5		x 5	
			3	x 5		x 5		x 5	
			4	x 5		x 5		x 5	
			5	x 5		x 5		x 5	
3	#N/A	<b>DB Split Squat</b> Pair with below	1	x 6e		x 7e		x 8e	
			2	x 6e		x 7e		x 8e	
			3	x 6e		x 7e		x 8e	
			4	x 6e		x 7e		x 8e	
			5	x 6e		x 7e		x 8e	
4	#N/A	<b>Single Arm DB Bench</b> *superset with bb JS & db Split squat	1	x 4e		x 5e		x 6e	
5	#N/A	<b>Inverted Row</b> SA = Single Arm (1 DB) Pair with below	1	x 6e		x 7e		x 8e	
			2	x 6e		x 7e		x 8e	
			3	x 6e		x 7e		x 8e	
6	#N/A	<b>Single Leg DB RDL</b>	1	x 8		x 9		x 10	
			2	x 8		x 9		x 10	
			3	x 8		x 9		x 10	

## Day 2

**Dynamic Warm-Up** Jump Rope 3 Minutes, Knee Hugs, Lateral Lunge, Figure 4, Lunge and Twist, Leg Swings x 10 each + High Hurdle Walk Overs - Lateral Walk Overs & Over/Under

**Shoulder Stability** Scapula Pushups - Inverted Retractions x 20each x 2 sets (Squeeze Shoulder Blades)

**Glute Act/Strength** Lateral Low Hurdle Hops X 6 Hurdles x 2 sets each leg (STICK LANDING)

**Conditioning** Accelerations: On Back/On Belly/Push-up Position/Kneeling x 50yds x 5 each

Order	Max	Exercise	Set	Week 1		Week 2		Week 3	
				wt	reps	wt	reps	wt	reps
1	#N/A	<b>Core</b> SB:Rollouts-Tucks-Pikes-Crunches-Pushups	1	x 10e		x 12e		x 15e	
2	#N/A	<b>Heel Touch Downs</b> Stand on Box/Bench & SL Squat until heel touch Pair with below	1	x 5e		x 6e		x 7e	
			2	x 5e		x 6e		x 7e	
			3	x 5e		x 6e		x 7e	
			4	x 5e		x 6e		x 7e	
			5	x 5e		x 6e		x 7e	
3	#N/A	<b>BB Push Jerks</b> Pair with below	1	x 5		x 5		x 5	
			2	x 5		x 5		x 5	
			3	x 5		x 5		x 5	
			4	x 5		x 5		x 5	
4	#N/A	<b>DB Pullovers</b>	1	x 5e		x 6e		x 7e	
			2	x 5e		x 6e		x 7e	
			3	x 5e		x 6e		x 7e	
			4	x 5e		x 6e		x 7e	
5	#N/A	<b>Pull Ups</b> Pair with below	1	x 6		x 8		x 10	
			2	x 6		x 8		x 10	
			3	x 6		x 8		x 10	
6	#N/A	<b>Single Leg SB Leg Curls</b> SB = Stability Ball	1	x 6e		x 7e		x 8e	
			2	x 6e		x 7e		x 8e	
			3	x 6e		x 7e		x 8e	