



# VOLLEYBALL WINTER BREAK CONDITIONING 2011



( make sure you roll out your calves after each Day 1 workout)

	Day 1	Day 2
WK 1	100 Jump Rope, Side Shuffle Length of gym twice, 200 Jump Rope, side Shuffle Length, Side Shuffle gym twice, Repeat adding 100 JR each time through 500	Box Drills-( Side Hop Up/Over/Back Down, X Pattern, FWD Ft Switch, Side Ft Switch) 15 BW Squats between drills, 4 sets
WK 2	100 Jump Rope, Side Shuffle Length of gym twice, 200 Jump Rope, side Shuffle Length, Side Shuffle gym twice, Repeat adding 100 JR each time through 600	Treadmill Run- (15 Incline, 6mph, 1min on/1min off) Repeat x15
WK 3	100 Jump Rope, Side Shuffle Length of gym twice, 200 Jump Rope, side Shuffle Length, Side Shuffle gym twice, Repeat adding 100 JR each time through 700	Treadmill Tabata- (12 Incline, 7mph, 20 sec on/10sec off x8) Rest 4 mins, x3 total sets
WK 4		
WK 5		
WK 6		
WK 7		
WK 8		
WK 9		
WK 10		
WK 11		
WK 12		