

Period 8: Strength Training Plan

Focus on proper movements and full range of motion; full recovery between exercises

Warm up: 15-20 mins easy run

- Mini-band warm-up
 - 8 reps each: high knees, supine high knees, cross high knees, squat leg lift, lateral step tap, supine rotate out lift, supine cross rotate lift

Agility/Speed:

- 2 x 30 sec jump rope
- 3 x 20 step taps

Strength (1-3 sets):

1. 25 reps Russian twist
2. 30 sec front plank
3. 30 sec. side plank (each side)
4. 20 reps med ball DP throw
5. 10-15 reps med ball squat
6. 10-15 reps push-up with twist
7. 5 reps (each side) lunge
8. 10 reps chair dips
9. 10-15 reps supine extension with physioball
10. 10-15 reps prone leg extension with physioball

Cool down: 15 mins + stretch