

Period 7: Strength Training Plan I

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

Warm up: 15-20 mins easy run

Agility/Speed:

- Ladders: 3x 1 ins, 2 ins, zig-zags
- 2 x 30 sec jump rope
- 3 x 20 step taps

Strength (1-3 sets):

1. 25 reps Russian twist
2. 30 secs front plank
3. 1 min side plank (30 secs each side)
4. 20 reps med ball DP throw
5. 12 reps med ball squat
6. 12 reps lunge
7. 12 reps (6 each side) lateral lunge
8. 12 reps weighted dips
9. 12 reps raised leg push-ups
10. Max pull ups

Cool down: 15 mins + stretch