**Period 6: Strength Training Plan**

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

Warm up: 15-20 mins easy run

Agility/Speed:

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

Strength (1-3 sets):

1. 25 reps Russian twist
2. 1 min side plank w/ dip (30 secs each side)
3. Physio ball pass situps
4. 20 reps med ball DP throw
5. 10 reps med ball squat
6. 10 reps lunge
7. 5 reps (each side) lateral lunge
8. 10 reps weighted dips
9. 10 reps raised leg push-ups
10. Pull up (max)

Cool down: 15 mins + stretch