

WEDNESDAY	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	15m		3	15m		3	17.5m		3	20m		3	22.5m	
SEED PULL	2	15m	LIGHT	3	15m	LIGHT	3	17.5m	LIGHT	3	20m	LIGHT	3	22.5m	LIGHT
HURDLE JUMPS	2	3		3	3		3	4		3	5		3	6	
SQUAT JUMP	2	3	LIGHT	3	3	LIGHT	3	4	LIGHT	3	5	LIGHT	3	6	LIGHT
TRAP-BAR DEADLIFT	2	4-8		3	4-8		3	4-8		3	4-8		3	4-8	
DB BENCH PRESS	3	6-12		3	6-12		3	6-12		3	6-12		3	6-12	
STIFF-LEG DEADLIFT	2	6-12		3	6-12		3	6-12		3	6-12		3	6-12	

BASKETBALL STRENGTH & CONDITIONING

EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	12.5m		3	12.5m		3	15m		3	17.5m		3	20m	
SEED PULL	2	12.5m	MED	3	12.5m	MED	3	15m	MED	3	17.5m	MED	3	20m	MED
HURDLE JUMPS	2	3	3KG	3	3	3KG	3	4	3KG	3	5	3KG	3	6	3KG
SQUAT JUMP	2	3	MED	3	3	MED	3	4	MED	3	5	MED	3	6	MED
TRAP-BAR DEADLIFT	2	3-6		3	3-6		3	3-6		3	3-6		3	3-6	
DB BENCH PRESS	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
STIFF-LEG DEADLIFT	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
SEATED CABLE ROW	3	6-10		3	6-10		3	6-10		3	6-10		3	6-10	

Nba Preseason Walking Workout Last 90 Days

Wolfgang Guggemos



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The Science of Basketball Alexandru Radu, 2018-09-03 The Science of Basketball is the only book to examine the scientific principles underpinning preparation and performance in basketball applied to both individual and team contexts Drawing on the very latest scientific evidence and including contributions from leading international coaches and scientists involved in the sport the book explores every aspect of physical and mental preparation and performance including strength and conditioning and training strategies physiological aspects of performance nutrition and supplementation psychological preparation skill acquisition biomechanical aspects of performance performance analysis injury epidemiology prevention and rehabilitation coach education Incorporating case studies at the end of each chapter to demonstrate how scientific principles can be applied to practice the book bridges the gap between theory and applied practice in basketball better than any other It is essential reading for any student researcher sport scientist coach physiotherapist or clinician with an interest in the game and illuminative supplementary reading for students of sport science and sports coaching *Men's Health* ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **New York Magazine** ,1980-09-29 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **The Boston Globe Index** ,1996 *Blue Ribbon College Basketball Forecast* Chris Dortch,2002-10 A one stop source for the media coaches players NBA scouts and serious fans **Ebony** ,2001-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine The New York Times Index ,2007 New York ,1980 **Chicago Tribune Index** ,1996 *Indianapolis Monthly* ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **The Sporting News** ,1982 **Blue Ribbon: College Basketball Yearbook** , *F & S Index United States Annual* ,1994 Front Page Bob Broeg,1982

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