



## Bears Women's Volleyball Summer Program

May 22-Aug 26 2019

12 Weeks

3 Blocks

**Block 1**

*Weeks 1-3*

**Week 4:** Active Recovery Week

**Block 2**

*Weeks 5-8*

**Week 9:** Active Recovery Week

**Block 3**

*Weeks 10-12*

### Weekly Schedule at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Plyos</b>	X			X			
<b>Dynamic Warm up &amp; SAQ</b>			X			X	
<b>Lift</b>	Explosive	Strength		Explosive	Strength		
<b>Conditioning/CORE</b>			X (A)			X(B)	

Work hard, get plenty of sleep and eat well to fuel your workouts for optimal performance! If you have questions or need help, please give me a shout! Go Bears!

~Tanya

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# BLOCK 1

<b>Potsdam Women's Volleyball Summer '19</b>														
Monday - Explosive			Week 1 - 65%			Week 2 - 70%			Week 3 - 65%			Week 4 - 75%		
			<i>Load</i>			<i>Load</i>			<i>Unload</i>			<i>Load</i>		
Warm-up & Movement Prep/Plyos														
<a href="#">DB Clean</a>			2x5			3x5			3x5			3x5		
<a href="#">DB Single Arm High Pull</a> (video shows dbl arm)			2x5			3x5			3x5			3x5		
DB Shoulder Press			2x5			3x5			3x5			3x5		
Seated Row			2x10			3x10			3x10			3x10		
Cable Single Arm High Row			2x10			3x10			3x10			3x10		
Spider Plank			2x 60 seconds			3x 60 seconds			3x 60 seconds			3x 60 seconds		
Tuesday - Strength			Week 1 - 80%			Week 2 - 80%			Week 3 - 85%			Week 4 - 85%		
Warm-up & Movement Prep														
BB Front Squat			2x10			3x10			3x10			3x10		
BB Romanian Deadlift (RDL)			2x10			3x10			3x10			3x10		
DB Lateral (side) lunges			2x10ea			3x10ea			3x10ea			3x10ea		
BB Incline Bench Press			2x10			3x10			3x10			3x10		
Calf Raises			2x10			3x10			3x10			3x10		
Supermans			2x10			3x10			3x10			3x10		
Thursday - Explosive			Week 1 - 60%			Week 2 - 65%			Week 3 - 60%			Week 4 - 70%		
Warm-up & Movement Prep/Plyos														
<a href="#">DB Clean</a>			2x5			3x5			3x5			3x5		
<a href="#">DB Single Arm High Pull</a> (video shows dbl arm)			2x5			3x5			3x5			3x5		
DB Shoulder Press			2x5			3x5			3x5			3x5		
Seated Row			2x10			3x10			3x10			3x10		
Cable Single Arm High Row			2x10			3x10			3x10			3x10		
Spider Plank			2x 60 seconds			3x 60 seconds			3x 60 seconds			3x 60 seconds		
Friday - Strength			Week 1 - 80%			Week 2 - 80%			Week 3 - 85%			Week 4 - 85%		
Warm-up & Movement Prep														
BB Front Squat			2x10			3x10			3x10			3x10		
BB Romanian Deadlift (RDL)			2x10			3x10			3x10			3x10		
DB Lateral (side) lunges			2x10ea			3x10ea			3x10ea			3x10ea		
BB Incline Bench Press			2x10			3x10			3x10			3x10		
Calf Raises			2x10			3x10			3x10			3x10		
Supermans			2x10			3x10			3x10			3x10		
Key			Comments/Notes											
BB - Barbell / DB – Dumbbell/ *adapted from Basics of Strength and Conditioning; NSCA			<b>2 x 2 rule:</b> increase weight when you can do 2 extra reps during 2 sequential training sessions; 30-60 sec recovery between sets											

Plyos (60s recovery/t sets)			SAQ			Conditioning		CORE (3 x 10-15)	
Exercise	Sets	Reps	Exercise	Reps	Rest				
Box Jumps	2	8	Pro-Agility	5	60s	A. 10 x 20y accelerations (60s recovery)		<a href="#">Anti-Rotation Reverse Lunge</a>	
Skater jumps	2	8	<a href="#">T- Drill</a>	5	60s	A. 6 x 200 sprints (30s recovery)		Weighted Russian Twist	
Hurdle Jumps	2	8	Box Drill	5	60s	B. 6 x 50y sprints (60s recovery)		<a href="#">Bird Dog</a>	
						B. 6 x 2min hard (60s recovery)		<a href="#">High Plank w/ T-Spine Rotaiton</a>	

## BLOCK 2

<b>Potsdam Women's Volleyball Summer '19</b>														
Monday - Explosive			Week 5 - 75%			Week 6 - 80%			Week 7 - 75%			Week 8 - 85%		
			<i>Load</i>			<i>Load</i>			<i>Unload</i>			<i>Load</i>		
Warm-up & Movement Prep/Ploys														
<a href="#">DB Power Clean</a>			3x5			3x5			3x5			3x5		
<a href="#">DB Push Press</a>			3x5			3x5			3x5			3x5		
Explosive Calf Raise			3x5			3x5			3x5			3x5		
Standing Single Arm DB Row			3x5			3x5			3x5			3x5		
Side Floor to Shoulder Cable Chops (explosive)			2x 15-30 seconds			3x 15-30 seconds			3x 15-30 seconds			3x 15-30seconds		
Tuesday - Strength			Week 5 - 85%			Week 6 - 85%			Week 7 - 90%			Week 8 - 90%		
Warm-up & Movement Prep														
BB Deadlift			3x5			3x5			3x5			3x5		
<a href="#">BB Romanian Deadlift (RDL)</a>			3x5			3x5			3x5			3x5		
DB Lateral Step Up			3x5ea			3x5ea			3x5ea			3x5ea		
BB Incline Bench Press OR DB Incline Bench Press			3x5			3x5			3x5			3x5		
<a href="#">MB Rotational Slam Downs</a>			3x8			3x8			3x8			3x8		
Thursday - Explosive			Week 5 - 70%			Week 6 - 75%			Week 7 - 70%			Week 8 - 80%		
Warm-up & Movement Prep/Ploys														
<a href="#">DB Power Clean</a>			3x5			3x5			3x5			3x5		
<a href="#">DB Push Press</a>			3x5			3x5			3x5			3x5		
Explosive Calf Raise			3x5			3x5			3x5			3x5		
Standing Single Arm DB Row			3x5			3x5			3x5			3x5		
Side Floor to Shoulder Cable Chops (explosive)			2x 15-30 seconds			3x 15-30 seconds			3x 30-45 seconds			3x 30-45 seconds		
Friday - Strength			Week 5 - 85%			Week 6 - 85%			Week 7 - 90%			Week 8 - 90%		
Lifting Warm-up														
BB Deadlift			3x5			3x5			3x5			3x5		
<a href="#">BB Romanian Deadlift (RDL)</a>			3x5			3x5			3x5			3x5		
DB Lateral Step Up			3x5ea			3x5ea			3x5ea			3x5ea		
BB Incline Bench Press OR DB Incline Bench Press			3x5			3x5			3x5			3x5		
<a href="#">MB Rotational Slam Downs</a>			3x8			3x8			3x8			3x8		
Key			Comments/Notes											
BB - Barbell / DB – Dumbbell *adapted from Basics of Strength and Conditioning; NSCA			<b>2 x 2 rule:</b> increase weight when you can do 2 extra reps during 2 sequential training sessions; 60-120 sec recovery between sets											

Plyos (60s recovery/t sets)			SAQ			Conditioning		CORE (3 x 10-15)	
Exercise	Sets	Reps	Exercise	Reps	Rest	A. 10 x 40y sprints (60s recovery)		Weighted V-ups	
Box Jumps	3	8	Pro-Agility	5	60s	A. 8 x 200 sprints (30s recovery)		Side Plank/ Tap Down	
Lateral Hurdle Jumps	2	8	<a href="#">T- Drill</a>	5	60s	B. 6 x 100y sprints (60s recovery)		<a href="#">Single Leg Hip Thrust</a>	
Single Leg Squat Jump	2	8	<a href="#">Hex Drill</a>	5	60s	B. 8 x 2min hard (60s recovery)		<a href="#">Slider Pikes (use a towel on a hard floor if needed)</a>	

## BLOCK 3

<b>Potsdam Women's Volleyball Summer '19</b>												
	Week 9 - 75%			Week 10 - 80%			Week 11 - 75%			Week 12 - 85%		
	Load			Load			Unload			Load		
Warm-up & Movement Prep/Ploys												
<a href="#">DB Power Clean to Push Press</a>	3x3			3x3			3x3			3x3		
DB SA High Pull	3x3			3x3			3x3			3x3		
Pulling Choice	3x3			3x3			3x3			3x3		
MB Side Wall Throws	2x 15-30 seconds			3x 15-30 seconds			3x 30-45 seconds			3x 30-45 seconds		
<b>Tuesday - Strength</b>	Week 9 - 85%			Week 10 - 90%			Week 11 - 95%			Week 12 - 95%		
Warm-up & Movement Prep												
BB Front Squat OR Deadlift OR Modified	3x3			3x3			3x3			3x3		
BB Romanian Deadlift (RDL)	3x3			3x3			3x3			3x3		
DB Lateral Lunge	3x3ea			3x3ea			3x3ea			3x3ea		
BB Incline Bench Press OR DB Incline Bench Press	3x5			3x5			3x5			3x5		
<b>Thursday - Explosive/Plyos</b>	Week 9 - 70%			Week 10 - 75%			Week 11 - 70%			Week 12 - 80%		
Warm-up & Movement Prep												
<a href="#">DB Power Clean to Push Press</a>	3x3			3x3			3x3			3x3		
DB SA High Pull	3x3			3x3			3x3			3x3		
Pulling Choice	3x3			3x3			3x3			3x3		
MB Side Wall Throws	2x 15-30 seconds			3x 15-30 seconds			3x 30-45 seconds			3x 30-45 seconds		
<b>Friday - Strength</b>	Week 9 - 85%			Week 10 - 90%			Week 11 - 95%			Week 12 - 95%		
Warm-up & Movement Prep												
BB Back Squat OR Modified Squat	3x3			3x3			3x3			3x3		
BB Romanian Deadlift (RDL)	3x3			3x3			3x3			3x3		
DB Lateral Lunge	3x3ea			3x3ea			3x3ea			3x3ea		
BB Bench Press OR DB Bench Press	3x3			3x3			3x3			3x3		
<b>Key</b>	<b>Comments/Notes</b>											
BB - Barbell / DB – Dumbbell *adapted from Basics of Strength and Conditioning; NSCA	<b>2 x 2 rule:</b> increase weight when you can do 2 extra reps during 2 sequential training sessions; 2-3 min recovery between sets											

Plyos (60s recovery/t sets)			SAQ			Conditioning		CORE (3 x 10-15)	
Exercise	Sets	Reps	Exercise	Reps	Rest				
						A. 10 x 10sec sprints		<a href="#">Anti-Rotation</a> <a href="#">Reverse Lunge</a>	
<a href="#">Depth Jumps</a>	3	8	Box Drill	5	60s	A. Interval run Ladder 1min/2min/3min/2min/1min (half time recovery)		Weighted Russian Twist	
Single Leg Lateral Hurdle Jumps	3	8	<a href="#">Dot Drill</a>	2 of each drill	60s	B. 5 x 20y accelerations; 10 x 40y sprints (60s recovery)		<a href="#">Bird Dog</a>	
Single Leg Squat Jump	3	8	<a href="#">Hex Drill</a>	5	60s	B. 6 x 60s 10y shuttle (60s recovery)		<a href="#">High Plank w/ T-Spine Rotation</a>	