

**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**

|  |  |  |  |  |  |  |  |
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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Plyos | X |  |  | X |  |  |  |
| Dynamic Warm up & SAQ  |  |  | X |  |  | X |  |
| Lift | Explosive | Strength |  | Explosive | Strength |  |  |
| Conditioning/CORE |  |  | 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

hewitttk@potsdam.edu

**BLOCK 1**

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|  **Potsdam Women’s Volleyball Summer ‘19** |
| **Monday - Explosive** | **Week 1 - 65%** | **Week 2 - 70%** | **Week 3 - 65%** | **Week 4 - 75%** |
|  | *Load* | *Load* | *Unload* | *Load* |
| Warm-up & Movement Prep/Plyos |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Clean](https://www.youtube.com/watch?v=CUaxieWW0tw) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Single Arm High Pull](https://www.youtube.com/watch?v=3u2JZMnqn3U) (video shows dbl arm) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Shoulder Press](https://www.youtube.com/watch?v=B-aVuyhvLHU) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Seated Row](https://www.youtube.com/watch?v=IzoCF_b3cIY) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Cable Single Arm High Row](https://www.youtube.com/watch?v=zVt28Frz0MM) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Spider Plank](https://www.youtube.com/watch?v=88UaLdJMn00) | 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](https://www.youtube.com/watch?v=m4ytaCJZpl0) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [DB Lateral (side) lunges](https://www.youtube.com/watch?v=pTxXeNqaTPY) | 2x10ea |  |  | 3x10ea |  |  | 3x10ea |  |  | 3x10ea |  |  |
| [BB Incline Bench Press](https://www.youtube.com/watch?v=7UB2HQg5FNY) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Calf Raises](https://www.muscleandfitness.com/workouts/leg-exercises/videos/standing-calf-raise) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Supermans](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/9/supermans) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| **Thursday - Explosive** | **Week 1 - 60%** | **Week 2 - 65%** | **Week 3 - 60%** | **Week 4 - 70%** |
| Warm-up & Movement Prep/Ploys |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Clean](https://www.youtube.com/watch?v=CUaxieWW0tw) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Single Arm High Pull](https://www.youtube.com/watch?v=3u2JZMnqn3U) (video shows dbl arm) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Shoulder Press](https://www.youtube.com/watch?v=B-aVuyhvLHU) | 2x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Seated Row](https://www.youtube.com/watch?v=IzoCF_b3cIY) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Cable Single Arm High Row](https://www.youtube.com/watch?v=zVt28Frz0MM) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Spider Plank](https://www.youtube.com/watch?v=88UaLdJMn00) | 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](https://www.youtube.com/watch?v=m4ytaCJZpl0) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [DB Lateral (side) lunges](https://www.youtube.com/watch?v=pTxXeNqaTPY) | 2x10ea |  |  | 3x10ea |  |  | 3x10ea |  |  | 3x10ea |  |  |
| [BB Incline Bench Press](https://www.youtube.com/watch?v=7UB2HQg5FNY) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Calf Raises](https://www.muscleandfitness.com/workouts/leg-exercises/videos/standing-calf-raise) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| [Supermans](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/9/supermans) | 2x10 |  |  | 3x10 |  |  | 3x10 |  |  | 3x10 |  |  |
| **Key** | **Comments/Notes** |
| BB - Barbell / DB – Dumbbell/\*adapted from Basics of Strength and Conditioning; NSCA | **2 x 2 rule:** increase weight when you can do 2 extra reps during 2 sequential training sessions; 30-60 sec recovery between sets |

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| Plyos (60s recovery/t sets) | SAQ | Conditioning | CORE (3 x 10-15) |
| Exercise  | **Sets** | **Reps** | **Exercise** | **Reps** | **Rest** | 1. 10 x 20y accelerations (60s recovery)
 | [Anti-Rotation Reverse Lunge](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/348/anti-rotation-reverse-lunge) |
| [Box Jumps](https://www.youtube.com/watch?v=52r_Ul5k03g) | 2 | 8 | [Pro-Agility](https://www.stack.com/a/do-the-pro-agility-shuttle-to-build-multi-directional-speed) | 5 | 60s | 1. 6 x 200 sprints (30s recovery)
 | [Weighted Russian Twist](https://www.youtube.com/watch?v=NeAtimSCxsY) |
| [Skater jumps](https://www.youtube.com/watch?v=BOCgMuczgZA) | 2 | 8 | [T- Drill](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/171/t-drill) | 5 | 60s | 1. 6 x 50y sprints (60s recovery)
 | [Bird Dog](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/14/bird-dog) |
| [Hurdle Jumps](https://www.youtube.com/watch?v=-SaYUKYox-8) | 2 | 8 | [Box Drill](https://www.youtube.com/watch?v=EG1QDy6BMY4) | 5 | 60s |  B. 6 x 2min hard (60s recovery) | [High Plank w/ T-Spine Rotaiton](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/330/high-plank-t-spine-rotation) |

**BLOCK 2**

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|  **Potsdam Women’s Volleyball Summer ‘19** |
| **Monday - Explosive** | **Week 5 - 75%** | **Week 6 - 80%** | **Week 7 - 75%** | **Week 8 - 85%** |
|  | *Load* | *Load* | *Unload* | *Load* |
| Warm-up & Movement Prep/Ploys |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Power Clean](https://www.youtube.com/watch?v=vh0Tj7G4k0c) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Push Press](https://www.youtube.com/watch?v=vh0Tj7G4k0c) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Explosive Calf Raise](https://www.youtube.com/watch?v=IiFF29K57GU) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Standing Single Arm DB Row](https://www.youtube.com/watch?v=FIr1No-M_sQ) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Side Floor to Shoulder Cable Chops (explosive)](https://www.youtube.com/watch?v=NwwLEWzpZB0) | 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](https://www.youtube.com/watch?v=ZOtcE88yl94)  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Lateral Step Up](https://www.youtube.com/watch?v=aHnuEvbFqAI) | 3x5ea |  |  | 3x5ea |  |  | 3x5ea |  |  | 3x5ea |  |  |
| [BB Incline Bench Press OR DB Incline Bench Press](https://www.muscleandfitness.com/workouts/chest-exercises/videos/incline-dumbbell-bench-press) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [MB Rotational Slam Downs](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/287/rotational-slam) | 3x8 |  |  | 3x8 |  |  | 3x8 |  |  | 3x8 |  |  |
| **Thursday - Explosive** | **Week 5 - 70%** | **Week 6 - 75%** | **Week 7 - 70%** | **Week 8 - 80%** |
| Warm-up & Movement Prep/Ploys |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Power Clean](https://www.youtube.com/watch?v=vh0Tj7G4k0c) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Push Press](https://www.youtube.com/watch?v=vh0Tj7G4k0c) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Explosive Calf Raise](https://www.youtube.com/watch?v=IiFF29K57GU) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Standing Single Arm DB Row](https://www.youtube.com/watch?v=FIr1No-M_sQ) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [Side Floor to Shoulder Cable Chops (explosive)](https://www.youtube.com/watch?v=NwwLEWzpZB0) | 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](https://www.youtube.com/watch?v=ZOtcE88yl94)  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [DB Lateral Step Up](https://www.youtube.com/watch?v=aHnuEvbFqAI) | 3x5ea |  |  | 3x5ea |  |  | 3x5ea |  |  | 3x5ea |  |  |
| [BB Incline Bench Press OR DB Incline Bench Press](https://www.muscleandfitness.com/workouts/chest-exercises/videos/incline-dumbbell-bench-press) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| [MB Rotational Slam Downs](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/287/rotational-slam) | 3x8 |  |  | 3x8 |  |  | 3x8 |  |  | 3x8 |  |  |
| **Key** | **Comments/Notes** |
| BB - Barbell / DB – Dumbbell\*adapted from Basics of Strength and Conditioning; NSCA | **2 x 2 rule:** increase weight when you can do 2 extra reps during 2 sequential training sessions; 60-120 sec recovery between sets |

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| 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](https://www.youtube.com/watch?v=52r_Ul5k03g) | 3 | 8 | [Pro-Agility](https://www.stack.com/a/do-the-pro-agility-shuttle-to-build-multi-directional-speed) | 5 | 60s | A. 8 x 200y sprints (30s recovery) | Side Plank/ Tap Down |
| [Lateral Hurdle Jumps](https://www.youtube.com/watch?v=u5Rqhqr7a0s) | 2 | 8 | [T- Drill](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/171/t-drill) | 5 | 60s | B. 6 x 100y sprints (60s recovery) | [Single Leg Hip Thrust](https://www.youtube.com/watch?v=om7q9aCVvR0) |
| [Single Leg Squat Jump](https://www.youtube.com/watch?v=qltnzVseX-E) | 2 | 8 | [Hex Drill](Plyos%20%2860s%20recovery/t%20sets%29SAQConditioningCORE%20%283%20x%2010-15%29%20%20Exercise%20SetsRepsExerciseRepsRestA.10%20x%2020y%20accelerations%20%2860s%20recovery%29Anti-Rotation%20Reverse%20Lunge%20%20%20Box%20Jumps28Pro-Agility560sA.6%20x%20200%20sprints%20%2830s%20recovery%29%20%20Skater%20jumps28T-%20Drill%20%20560sB.6%20x%2050y%20sprints%20%2860s%20recovery%29%20%20Hurdle%20Jumps28Box%20Drill560s%20%20%20%20%20%20B.%206%20x%202min%20hard%20%2860s%20%20%20%20%20recovery%29) | 5 | 60s |  B. 8 x 2min hard (60s recovery) | [Slider Pikes (use a towel on a hard floor if needed)](https://www.youtube.com/watch?v=CG-qljrMNS4) |

**BLOCK 3**

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|  **Potsdam Women’s Volleyball Summer ‘19** |
|  | **Week 9 - 75%** | **Week 10 - 80%** | **Week 11 - 75%** | **Week 12 - 85%** |
|  | *Load* | *Load* | *Unload* | *Load* |
| Warm-up & Movement Prep/Ploys |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Power Clean to Push Press](https://www.youtube.com/watch?v=VQsrEfbfDOo) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [DB SA High Pull](https://www.youtube.com/watch?v=hMfYdHdcO6M) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| Pulling Choice | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [MB Side Wall Throws](https://www.youtube.com/watch?v=l0H-L2glg68) | 2x 15-30 seconds |  | 3x 15-30 seconds |  | 3x 30-45 seconds |  | 3x 30-45 seconds |  |
| **Tuesday - Strength** | **Week 9 - 85%** | **Week 10 - 90%** | **Week 11 - 95%** | **Week 12 - 95%** |
| Warm-up & Movement Prep |  |  |  |  |  |  |  |  |  |  |  |  |
| [BB Front Squat](https://www.youtube.com/watch?v=m4ytaCJZpl0) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [DB Lateral (side) lunges](https://www.youtube.com/watch?v=pTxXeNqaTPY) | 3x3ea |  |  | 3x3ea |  |  | 3x3ea |  |  | 3x3ea |  |  |
| [BB Incline Bench Press OR DB Incline Bench Press](BB%20Incline%20Bench%20Press) | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  | 3x5 |  |  |
| **Thursday – Explosive/Plyos** | **Week 9 - 70%** | **Week 10 - 75%** | **Week 11 - 70%** | **Week12 - 80%** |
| Warm-up & Movement Prep |  |  |  |  |  |  |  |  |  |  |  |  |
| [DB Power Clean to Push Press](https://www.youtube.com/watch?v=VQsrEfbfDOo) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [DB SA High Pull](https://www.youtube.com/watch?v=hMfYdHdcO6M) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| Pulling Choice | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [MB Side Wall Throws](https://www.youtube.com/watch?v=l0H-L2glg68) | 2x 15-30 seconds |  | 3x 15-30 seconds |  | 3x 30-45 seconds |  | 3x 30-45 seconds |  |
| **Friday - Strength** | **Week 9 - 85%** | **Week 10 - 90%** | **Week 11 - 95%** | **Week 12 - 95%** |
| Warm-up & Movement Prep |  |  |  |  |  |  |  |  |  |  |  |  |
| [BB Back Squat OR Modified Squat](https://www.muscleandfitness.com/workouts/leg-exercises/videos/back-squat) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [BB Romanian Deadlift (RDL)](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/317/romanian-deadlift) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| [DB Lateral (side) lunges](https://www.youtube.com/watch?v=pTxXeNqaTPY) | 3x3ea |  |  | 3x3ea |  |  | 3x3ea |  |  | 3x3ea |  |  |
| [BB Bench Press OR DB Bench Press](https://www.muscleandfitness.com/workouts/chest-exercises/videos/dumbbell-bench-press) | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  | 3x3 |  |  |
| **Key** | **Comments/Notes** |
| BB - Barbell / DB – Dumbbell\*adapted from Basics of Strength and Conditioning; NSCA | **2 x 2 rule:** 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 | [Anti-Rotation Reverse Lunge](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/348/anti-rotation-reverse-lunge) |
| [Depth Jumps](https://www.youtube.com/watch?v=C9o8_GvhG10) | 3 | 8 | [Box Drill](https://www.youtube.com/watch?v=EG1QDy6BMY4) | 5 | 60s | A. Interval run Ladder 1min/2min/3min/2min/1min (half time recovery) | Weighted Russian Twist |
| [Single Leg Lateral Hurdle Jumps](https://www.youtube.com/watch?v=wGFgo0K7gjY) | 3 | 8 | [Dot Drill](https://www.youtube.com/watch?v=j1zjYpJzeZI) | 2 of each drill | 60s | B. 5 x 20y accelerations; 10 x 40y sprints (60s recovery) | [Bird Dog](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/14/bird-dog) |
| [Single Leg Squat Jump](https://www.youtube.com/watch?v=qltnzVseX-E) | 3 | 8 | [Hex Drill](Plyos%20%2860s%20recovery/t%20sets%29SAQConditioningCORE%20%283%20x%2010-15%29%20%20Exercise%20SetsRepsExerciseRepsRestA.10%20x%2020y%20accelerations%20%2860s%20recovery%29Anti-Rotation%20Reverse%20Lunge%20%20%20Box%20Jumps28Pro-Agility560sA.6%20x%20200%20sprints%20%2830s%20recovery%29%20%20Skater%20jumps28T-%20Drill%20%20560sB.6%20x%2050y%20sprints%20%2860s%20recovery%29%20%20Hurdle%20Jumps28Box%20Drill560s%20%20%20%20%20%20B.%206%20x%202min%20hard%20%2860s%20%20%20%20%20recovery%29) | 5 | 60s |  B. 6 x 60s 10y shuttle (60s recovery)  | [High Plank w/ T-Spine Rotaiton](https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/330/high-plank-t-spine-rotation) |