

Off-Season PPM Conditioning Program for Lady Indian Basketball Players

Key:

PPM=your best time in the mile

CT=add 45 seconds to PPM average

LR=just run it

SPPM=all out

LPPM=hit SPPM on first mile, run second mile with all you have left

TM=timed mile

Quickness and Jumping Drills=Ladder; Jump Rope; Shuttle; Cones; Hops (90 sec. each)

Sprint Program=5 20's; 4 40's; 3 100's; 2 200's; 1 300 (using good running technique)

*Weight Training= 3sets each of: cleans, calf extensions, bench, core resistance;
complete ab workout*

Schedule:

Sunday=1 mile CT

Monday=2 mile LR; Quickness and Jumping Drills; Weight Training

Tuesday=1 mile SPPM; Quickness and Jumping Drills; Sprint Program

Wednesday=1 mile CT; Quickness and Jumping Drills; Weight Training

Thursday=2 mile LPPM; Quickness and Jumping; Sprint Program

Friday=1 mile CT; Quickness and Jumping Drills; Weight Training

Saturday= 1 mile TM; 2 mile LR; Sprint Program

Advanced Schedule:

Sunday=3 mile CT

Monday=4 mile LR; Quickness and Jumping Drills; Weight Training

Tuesday=1 mile SPPM; Quickness and Jumping Drills; Sprint Program

Wednesday= 2 mile CT; Quickness and Jumping Drills; Weight Training

Thursday=3 mile LPPM; Quickness and Jumping Drills; Sprint Program

Friday=2 mile CT; Quickness and Jumping Drills; Weight Training

Saturday=1 mile TM; 4 mile LR; Sprint Program