

2014 LTVB SUMMER WORKOUT PROGRAM



YOU WILL
NEVER
KNOW YOUR
LIMITS
UNLESS YOU
PUSH YOURSELF
TO THEM



Westwood Tournament
Champions

Fraulein Festival
Champions

Lone Star Circle
Champions

14-6A Champions

**STOP BEING A
PRISONER
OF YOUR PAST
BECOME THE
ARCHITECT
OF YOUR FUTURE**



DISCIPLINE
IS JUST CHOOSING BETWEEN
WHAT YOU WANT
NOW
AND
WHAT YOU WANT
MOST.

Area Champions

Regional Quarterfinal
Champions

Regional Semi-Final
Champions

Regional Champions

6A State Champions

Championship Mentality

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GOALS FOR THE SUMMER:

- Play at least 3 times a week or more!
- Gain power, speed and explosiveness. Do workout everyday!
- Improve conditioning. Do workout everyday!
- Develop leadership characteristics. Read 5 pages about leadership daily.
- Challenge yourself mentally & physically. Make yourself PUSH!

Elite Camp

Don't forget Elite Camp will be July 30-Aug. 1 (Wed.-Fri.) 9:30 am to 12:30pm. The cost is 100.00 and will be run at Wimberley High School. This camp will be high intensity in preparation for our Season which begins August 4th. Plan on attending! You can get forms from the website or Volleyball Office.

Lake Travis Volleyball Players of 2014:

Here is the plan for the summer of 2014. The overview is on this page. You have about 8 weeks to maintain & improve your strength, speed, conditioning, vertical and skill. This workout gives you the opportunity to come in for fall practice at YOUR BEST. Even on vacation, you must commit to pushing yourself to train for a championship. If you struggle motivating yourself to workout, sign up for the Lake Travis **CAVS COURSE**.

Here is an overview of your workout:

- You will lift 3-4 days a week (lift min 3 times)
- You will do plyos, sprints, or core along with weights.
- You will sprint 2 days & run 1 day.
- There are planned days of active rest...make sure you rest on those days.

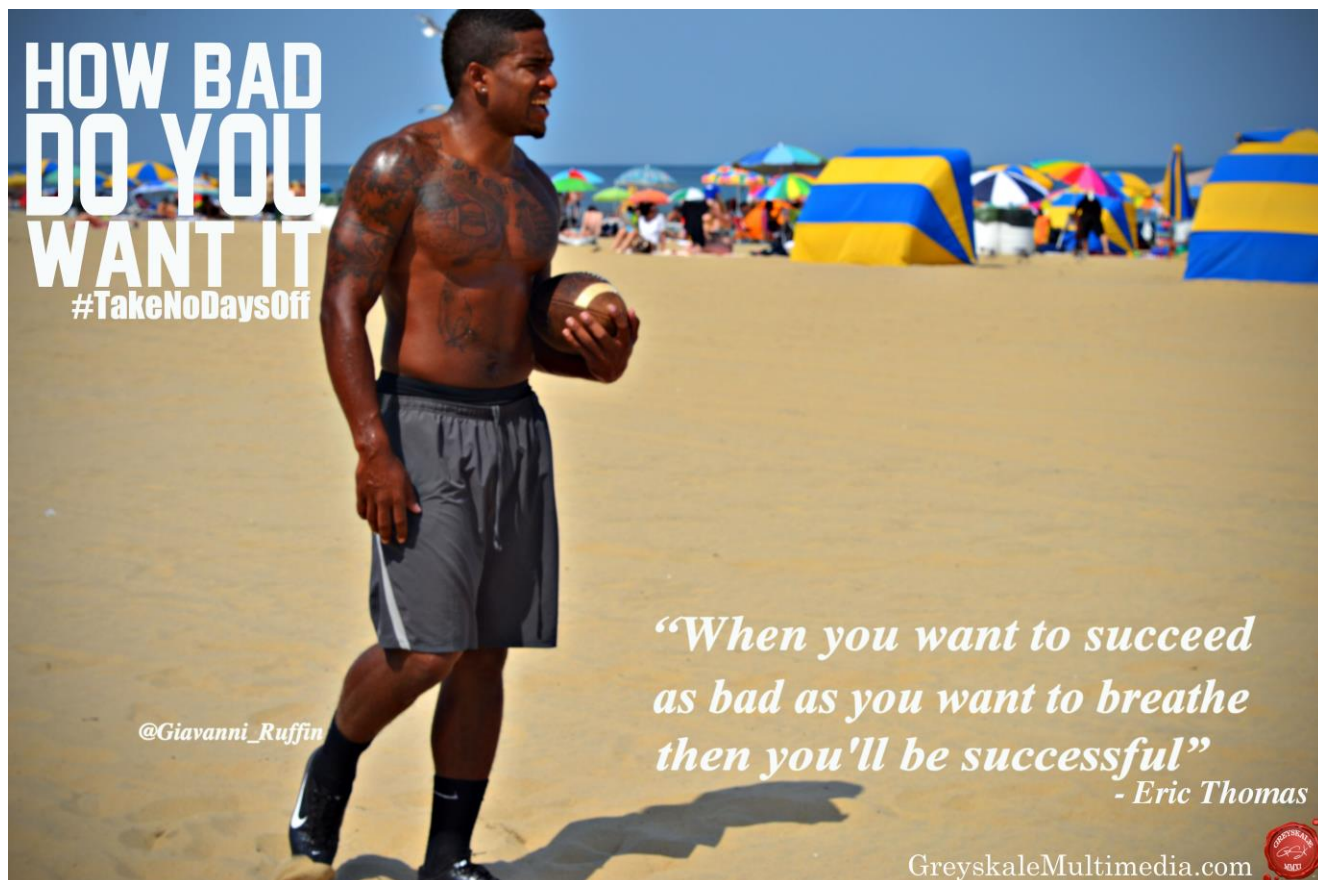
<u>RUNNING PROGRAM</u>	<u>Things to Remember:</u> <ol style="list-style-type: none"> 1. Follow the program as it is written: warm-up first, then start 2. You need a partner or a timer – NEVER RUN ALONE 3. Bring water with you. Stay hydrated. 4. Try to run on a marked field – use the practice fields or track. 5. Sprints – run in sets, rest by time. Each run should be a SPRINT – as fast as possible for you.
<u>AGILITIES</u>	<ol style="list-style-type: none"> 1. Same rules apply to agilities as to the running program. 2. If you don't have the proper equipment, use a substitute exercise.
<u>PLYO TRAINING</u>	<ol style="list-style-type: none"> 1. Be sure to jump balanced, in control, & land softly. 2. Overload works! If you use MAX effort every time, you will improve.
<u>CORE TRAINING</u>	<ol style="list-style-type: none"> 1. These are important to PREVENT injury! Do not skip! 2. Focus on tightening your core while working!!
<u>VOLLEYBALL</u>	<ol style="list-style-type: none"> 1. PLAY AS MUCH AS YOU CAN!

If you have questions, call my cell at 979-595-5204 and leave a message. I'll call you back with answers.

BEFORE EVERY WORKOUT, DO YOUR AGILITIES TO WARM UP!! IN THE WEIGHT ROOM DO HURDLES! AFTER EVERY WORKOUT, STRETCH FOR AT LEAST 15 MINUTES!!

Bring this folder with you to every workout. Strength workouts will include different circuits on different days which are located on the explanation sheets, so plan for workouts to take longer in the beginning due to unfamiliarity. Try to workout with a partner – this will keep you accountable and motivated.

There will be a conditioning test on **August 4th**. If you complete this program, **YOU WILL BE READY!**



Lake Travis Summer Weight Program 2014

June - 70-75% of Max

Day 1	
PRE GAME: Shoulder Circuit (3x8)	
Hang Clean	4x6
Scissor Jumps	4x10
SLDL	4x8
Side Box Jumps	4x6ea
Box Squat	4x8
Side Lunges	4x6e
Incline Press	4x8
Explosion Pushups	4x10
Curl, Press, Dip	4x8
High Box Jumps (Side Taps)	4x8
POST GAME: ABS	

Day2	
PRE GAME: ABS	
Dead Lift	4x5
Quick Step Ups	4x12
Resistant Band Jump	4x10
Good Mornings	4x8
Resistant Band Shuffles	X4
Weighted Lunges (45lb)	4x12
Bench Press	4x10
Pull ups	4x8
Split Jerk	4x6
Glute Ham	4x8
POST GAME: Shoulder Circuit (3x8)	

Day 3	
PRE GAME: Shoulder Circuit (3x8)	
Hang High Pulls	4x6
Scissor Jumps	4x10
Deep Squat	4x8
Side Lunges	4x6e
Caterpillar Walks	4x6
Squat Jumps (Continuous)	x4
5 Grind (Pushups, Curl, Dip, Press, Hold)	x2
POST GAME: ABS	

Day 4	
PRE GAME: ABS	
Back Rows	4x8
Weighted Low Box Jumps	4x10
Hang Clean	4x10
Knee Burpees	4x8
Resistant Frog Jumps to Sprint	x4
Overhead Squat (25lb)	4x12
Military Press	4x10
Hamstring Curls	4x8
POST GAME: Shoulder Circuit (3x8)	

Lake Travis Summer Weight Program 2014

July

Day 1	
PRE GAME: Shld (3x8) I's, Y's, T's	
Hang Clean	4x8
Scissor Jumps	4x14
SLDL	4x8
Side Box Jumps	4x8ea
Box Squat	4x12
Side Lunges	4x8e
Incline Press	4x12
Explosion Pushups	4x10
Curl, Press, Dip	4x10
High Box Jumps (Side Taps)	4x10
POST GAME: ABS	

Day 2	
PRE GAME: ABS	
Dead Lift	4x7
Quick Step Ups	4x14
Resistant Band Jump	4x15
Good Mornings	4x10
Resistant Band Shuffles	X4
Weighted Lunges (45lb)	4x16
Bench Press	4x12
Pull ups	4x12
Split Jerk	4x8
Glute Ham	4x10
POST GAME: Shld (3x8) I's, Y's, T's (3x8)	

Day 3	
PRE GAME: Shoulder Circuit (3x8)	
Hang High Pulls	4x6
Scissor Jumps	4x10
Deep Squat	4x8
Side Lunges	4x6e
Caterpillar Walks	4x6
Squat Jumps (Continuous)	x4
5 Grind (Pushups, Curl, Dip, Press, Hold)	x2
POST GAME: ABS	

Day 4	
PRE GAME: ABS	
Back Rows	4x10
Weighted Low Box Jumps	4x12
Hang Clean	4x10
Knee Burpees	4x10
Resistant Frog Jumps to Sprint	X6
Overhead Squat (25lb)	4x15
Military Press	4x10
Hamstring Curls	4x10
POST GAME: Shld (3x8) I's, Y's, T's t (3x8)	

Plyometrics (Jump Training)

Weeks 1 & 2 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	
Squat Jumps	8	8	
Tuck Jumps	8	8	
Bounding	8	8	

Rest 2 minutes

Jump Rope Routine

equipment needed: jump rope

Watch Video: <http://vimeo.com/60392460>

1. A-Run – 25 ea leg
2. Bounce Jump: 25
3. A-Run: 25 each leg
4. Double Unders: 25
5. A-Run: 25 each leg
6. Forward-Straddle: 25
7. A-Run: 25 each leg
8. Scissors: 25
9. A-Run: 25 each leg
10. Skier's Jump: 25
11. A-Run: 25 each leg

Rest 2 minutes

Box & Cone Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep squat) onto box	5	5	
Lateral Cone Jumps	20 seconds	20 seconds	
Forward Cone Jumps	20 seconds	20 seconds	
Sand Drills (Approach and Block Jumps)	10 each	10 each	10 each

Rest 2 minutes

Descriptions:

Step-downs – you will step off the box and land on 2 feet in a half squat position (helps teach proper landing technique and builds muscles around the knee to help cushion).

Bounding – Jump out as far as you can go, landing on 2 feet in control

Weeks 3 & 4 – Mondays & Wednesdays

Plyo Routine **equipment needed:** box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	
Squat Jumps	10	10	
Tuck Jumps	10	10	
180 degree jumps	15 yds	15 yds	

Rest 2 minutes

Jump Rope Routine **equipment needed:** jump rope

Rest 2 minutes

Box & Cone Drill Routine **equipment needed:** box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	8	8	
Box Shuffle	30 seconds	30 seconds	
Double Box Shuffle	30 seconds	30 seconds	
Lateral Box Jumps	30 seconds	30 seconds	
Cone Jumps	30 seconds	30 seconds	

Rest 2 minutes

Harness Drill Routine **equipment needed:** harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	15 yds	15 yds	
Shuffle R/L	15 yds	15 yds	
Approaches	15 yds	15 yds	

No Rest

Weeks 5 & 6 – Mondays & Wednesdays

Plyo Routine **equipment needed:** box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	8
Squat Jumps	8	8	8
Tuck Jumps	8	8	8
180 degree jumps	10 yds	10 yds	10 yds

Rest 2 minutes

Jump Rope Routine **equipment needed:** jump rope

Rest 2 minutes

Box & Cone Drill Routine **equipment needed:** box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	6	6	6
Box Shuffle	20 seconds	20 seconds	20 seconds
Double Box Shuffle	20 seconds	20 seconds	20 seconds
Lateral Box Jumps	20 seconds	20 seconds	20 seconds
Cone Jumps	20 seconds	20 seconds	20 seconds

Rest 2 minutes

Harness Drill Routine **equipment needed:** harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	10 yds	10 yds	10 yds
Shuffle R/L	10 yds	10 yds	10 yds
Approaches	10yds	10 yds	10 yds

No Rest

Weeks 7 & 8 – Mondays & Wednesdays

Plyo Routine

equipment needed: box & elastic line or cones

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	10
Squat Jumps	10	10	10
Tuck Jumps	10	10	10
180 degree jumps	10 yds	10 yds	10 yds

Rest 2-3 minutes

Jump Rope Routine

equipment needed: jump rope

Rest 2-3 minutes

Box Drill Routine

equipment needed: box & cone

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps	8	8	8
Box Shuffle	30 seconds	30 seconds	30 seconds
Double Box Shuffle	30 seconds	30 seconds	30 seconds
Lateral Box Jumps	30 seconds	30 seconds	30 seconds
Cone Jumps	30 seconds	30 seconds	30 seconds

Rest 2-3 minutes

Harness Drill Routine

equipment needed: harness or sand

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Forward run	15 yds	15 yds	15 yds
Shuffle R/L	15 yds	15 yds	15 yds
Approaches	15 yds	15 yds	15 yds

Sprint & Agility Workout

Warm-up Drills: ALL ARE DONE FOR 20 YARDS

WEEK 1: Day 1

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #2:

100 yards x 2 (30 sec rest)
70 yards x 4 (25 sec rest)
40 yards x 4 (15 sec rest)

SET #3:

Agilities 1

WEEK 1: Day 2

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #2:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps

Trip 2: Up the big side & at top do 15 lunges alt. legs

Trip 3: Up the big side

SET #3:

Agilities 2

WEEK 2: Day 1

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

30 yards x 4 (15 sec rest)
50 yards x 4 (20 sec rest)
80 yards x 4 (25 sec rest)

REST 3:00 minutes

SET #2:

100 yards x 2 (30 sec rest)
70 yards x 4 (25 sec rest)
40 yards x 4 (15 sec rest)

SET #3:

Agilities 1

WEEK 2: Day 2

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)

REST 4:00 minutes

SET #2:

100 yards x 2 (30 sec rest)
30 yards x 4 (25 sec rest)
60 yards x 4 (15 sec rest)

REST 4:00 minutes

SET #3:

30 yards x 2 (15 sec rest)
70 yards x 2 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #4:

Agilities 2

WEEK 3: Day 1

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)
REST 4:00 minutes

SET #2:

100 yards x 2 (30 sec rest)
30 yards x 4 (25 sec rest)
60 yards x 4 (15 sec rest)
REST 4:00 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps
Trip 2: Up the big side & at top do 15 lunges alternating legs
Trip 3: Up the big side

SET #4**Agilities 1****WEEK 3: Day 2**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

40 yards x 4 (15 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (30 sec rest)
REST 4:00 minutes

SET #2:

100 yards x 2 (30 sec rest)
30 yards x 4 (25 sec rest)
60 yards x 4 (15 sec rest)
REST 4:00 minutes

SET #3:

30 yards x 2 (15 sec rest)
70 yards x 2 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #4**Agilities 2****WEEK 4: Day 1**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)
REST 3:00 minutes

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)
REST 3:00 minutes

SET #3:

70 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)

SET #4**Agilities 1****WEEK 4: Day 2**

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)
REST 3:00 minutes

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)
REST 3:00 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps
Trip 2: Up the big side & at top do 15 lunges alternating legs
Trip 3: Up the big side

SET #4**Agilities 2**

WEEK 5: Day 1

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

100 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)
REST 3:00 minutes

SET #2:

30 yards x 4 (30 sec rest)
80 yards x 4 (25 sec rest)
30 yards x 4 (15 sec rest)
REST 3:00 minutes

SET #3:

70 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)

**SET #4
Agilities 1****WEEK 5: Day 2**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
70 yards x 4 (30 sec rest)
REST 2:30 minutes

SET #2:

40 yards x 4 (30 sec rest)
20 yards x 4 (25 sec rest)
100 yards x 4 (15 sec rest)
REST 2:30 minutes

SET #3:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
40 yards x 4 (30 sec rest)

**SET #4
Agilities 2****WEEK 6: Day 1**

>>JOG ONE LAP & DO WARM-UP DRILLS

SET #1:

70 yards x 4 (15 sec rest)
50 yards x 4 (25 sec rest)
70 yards x 4 (30 sec rest)
REST 2:30 minutes

SET #2:

40 yards x 4 (30 sec rest)
20 yards x 4 (25 sec rest)
100 yards x 4 (15 sec rest)
REST 2:30 minutes

SET #3:

Bleachers:

Trip 1: Up the big side & at top do 15 tuck jumps
Trip 2: Up the big side & at top do 15 lunges alternating legs
Trip 3: Up the big side

**SET #4
Agilities 1****WEEK 6: Day 2**

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

50 yards x 4 (15 sec rest)
100 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)
REST 2:00 minutes

SET #2:

50 yards x 4 (30 sec rest)
100 yards x 2 (25 sec rest)
20 yards x 4 (15 sec rest)
REST 2:00 minutes

SET #3:

40 yards x 4 (15 sec rest)
30 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

**SET #4
Agilities 2**

WEEK 7: Day 1

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

80 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
100 yards x 2 (30 sec rest)
REST 2:00 minutes

SET #2:

40 yards x 4 (30 sec rest)
20 yards x 4 (25 sec rest)
100 yards x 4 (15 sec rest)
REST 2:00 minutes

SET #3:

60 yards x 4 (15 sec rest)
40 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

SET #4

Agilities 1

WEEK 7: Day 2

>>JOG ONE LAP & DO WARM-UP DRILLS:

SET #1:

50 yards x 4 (15 sec rest)
100 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)
REST 2:00 minutes

SET #2:

50 yards x 4 (30 sec rest)
100 yards x 2 (25 sec rest)
20 yards x 4 (15 sec rest)
REST 2:00 minutes

SET #3:

40 yards x 4 (15 sec rest)
30 yards x 4 (25 sec rest)
20 yards x 4 (30 sec rest)

SET #4

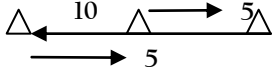
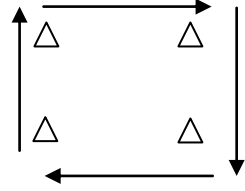
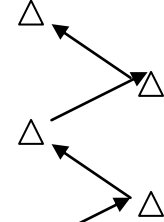
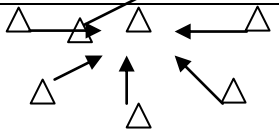
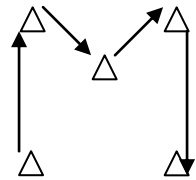

Agilities 2

Explanation of Agility Exercises

All agilities start with speed dynamics!!!

1. Warm-up: Normal warm-up agilities.

Use the width of the track or FB field to do agilities

Drill Name	Drill Explanation	Equipment Needed	Drill Set-up
5-10-5	Start touching the middle cone. Sprint to 1 outside cone touch it with hand, then sprint across 10 yards to other outer cone touch it, change directions and sprint through the middle cone	3 cones Directions: 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint 4. Shuffle/Sprint/Shuffle 5. Sprint/Back peddle/Sprint 6. Back Peddle/Sprint/BP	
Square Drill	Start on one corner and perform activity around all 4 cones. Stay as close to the cones as possible. Make quick crisp movements.	4 cones 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint/Shuffle 4. Sprint/Grapevine/BP/Grapevine 5. Sprint/Shuffle/BP/Shuffle	
5 Cone Weave	Start at one end and perform activity up and back through the cones. Touch every cone with your hand.	5 cones 1. Sprint all 2. Shuffle all forward 3. Shuffle all pivot and shuffle 4. Sprint/Backpeddle	
Star Drill	Start touching the first cone and shuffle in towards the center cone, going in and out through the entire set-up.	5 cones Shuffle all	
M Drill	Start touching the 1st cone sprint forward to 2nd cone, BP to 3rd cone, sprint to 4th cone, and BP through the 5th	5 cones Sprint/BP all	
Lateral Hop to Sprint	4 lateral jumps over and back; 2 cones then sprint 10 yards	2 cones	

Agilities #1

- 5-10-5 (all directions) x 2
- 5 Cone Weave x 2
- Lateral Hop to Sprint x 10

Agilities #2

- Square Drill x 2
- Star Drill x 10
- M Drill x 10

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Record your workouts on these calendars!

July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Record your workouts on these calendars!