

ASC BASKETBALL SUMMER 2010 WORKOUT

Week 1 May 17-22

MONDAY	
Squat (strength progression)	4 x 3
Mid-thigh Clean & squat	3 x 6
Step up	2 x 10ea
Pull circuit	time:
2 mile run	goal: 7 min

Week 2 May 24-28

MONDAY	
Squat (strength progression)	4 x 3
Mid-thigh Clean & squat	3 x 6
Step up	2 x 10ea
Pull circuit	time:
1 mile run	goal: 7 min

Week 3 May 31-June 4

MONDAY	
Squat (strength progression)	4 x 3
Mid-thigh Clean & squat	3 x 6
Step up	2 x 10ea
Pull circuit	time:
2 mile run	goal: 15 min

TUESDAY	
Bench Press (strength progression)	3 x 6
Incline Bench	5,5,3,3
Dead Lift	2 x 10ea
Arm circuit	reps=
Body weight Bench press rep test	reps=

TUESDAY	
Bench Press (strength progression)	3 x 6
Incline Bench	5,5,3,3
Dead Lift	2 x 10ea
Arm circuit	reps=
Gauntlet	reps=

TUESDAY	
Bench Press (strength progression)	3 x 6
Incline Bench	5,5,3,3
Dead Lift	2 x 10ea
Arm circuit	3 SETS
GRIZZLY	

WEDNESDAY	
2 mile run	time:

WEDNESDAY	
1 mile run	goal: 7 min
	time:

WEDNESDAY	
2 mile run	goal: 15 min
	time:

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	4 x 8 @ 80% of 1RM Clean
Front Military Press	4 x 8
Bench Ab circuit	2 x 20 each

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	4 x 8 @ 80% of 1RM Clean
Front Military Press	4 x 8
Bench Ab circuit	2 x 20 each

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	4 x 8 @ 80% of 1RM Clean
Front Military Press	4 x 8
Bench Ab circuit	2 x 20 each

FRIDAY	
Back Squat	6 x 6 @ 75%
Bench Press	6 x 6 @ 75%
Front Pull-up	3 x MAX
Dips	3 x MAX

FRIDAY	
Back Squat	6 x 6 @ 75%
Bench Press	6 x 6 @ 75%
Front Pull-up	3 x MAX
Dips	3 x MAX

FRIDAY	
Back Squat	6 x 6 @ 75%
Bench Press	6 x 6 @ 75%
Front Pull-up	3 x MAX
Dips	3 x MAX

SATURDAY	
2 mile run	time:

SATURDAY	
1 mile run	goal: 7 min
	time:

SATURDAY	
2 mile run	goal: 15 min
	time:

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Week 4 June 7-11

MONDAY	
Squat (strength progression)	5 x 3
Mid-thigh Clean & squat	4 x 6
Step up	2 x 8ea
Pull circuit	time:
1.5 mile run (goal: 10:30)	time:

Week 5 June 14-18

MONDAY	
Squat (strength progression)	5 x 3
Mid-thigh Clean & squat	4 x 6
Step up	2 x 8ea
Pull circuit	2 x 8ea
2 x 800m (goal: 3 min each) 3 min rest between	times:

Week 6 June 21-25

MONDAY	
Squat (strength progression)	5 x 3
Mid-thigh Clean & squat	4 x 6
Step up	2 x 8ea
Pull circuit	2 x 8ea
2x 800m (3min) 2x 400m (70, 73s)	same rest as last week
	times:

TUESDAY	
Bench Press (strength progression)	4 x 6
Incline Bench	5 x 3
Dead Lift	2 x 8ea
Arm circuit	reps=
Body weight Bench press rep test	reps=

TUESDAY	
Bench Press (strength progression)	4 x 6
Incline Bench	5 x 3
Dead Lift	2 x 8ea
Arm circuit	reps=
Gauntlet	reps=

TUESDAY	
Bench Press (strength progression)	4 x 6
Incline Bench	5 x 3
Dead Lift	2 x 8ea
Arm circuit	reps=
GRIZZLY	3 SETS

WEDNESDAY	
1.5 mile run (goal: 10:30)	time:

WEDNESDAY	
4 x 400m (goal: 70,73,75,75s)	times:

WEDNESDAY	
OFF	

THURSDAY	
Floor power clean (Clean Progression)	4 x 6 @ 90% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Military Press	2 x 10 each
Ab circuit	2 x 10 each

THURSDAY	
Floor power clean (Clean Progression)	4 x 6 @ 90% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Military Press	2 x 10 each
Ab circuit	2 x 10 each

THURSDAY	
Floor power clean (Clean Progression)	4 x 6 @ 90% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Military Press	2 x 10 each
Ab circuit	2 x 10 each

FRIDAY	
Back Squat (workout max)	6 x 5 @ 85%
Bench Press (workout max)	6 x 5 @ 85%
Curl-up	3 x MAX
Dips	3 x MAX

FRIDAY	
Back Squat (workout max)	6 x 5 @ 85%
Bench Press (workout max)	6 x 5 @ 85%
Curl-up	3 x MAX
Dips	3 x MAX

FRIDAY	
Back Squat (workout max)	6 x 5 @ 85%
Bench Press (workout max)	6 x 5 @ 85%
Curl-up	3 x MAX
Dips	3 x MAX

SATURDAY	
1.5 mile run (goal: 10:30)	time:

SATURDAY	
2 x 800m (goal: 3 min each)	time:

SATURDAY	
2x 800m (3min) 2x 400m (70, 73s)	same rest as last week
	times:

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Week 7 June 28 - July 2

MONDAY	
Squat (strength progression)	
Mid-thigh Clean & squat	3,3,3,2,2
Lunge Walk	4 x 6 each leg
Pull circuit	2 x 6ea
1 mile (sprint straights, walk turns)	

TUESDAY	
Bench Press (strength progression)	
Incline Bench	5 x 5
Dead Lift	3,3,3,3,2,2
Arm circuit	2 x 6ea
Body weight Bench press rep test	reps=

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	5 x 5 @ 100% of 1RM Clean
Front Push Press	4 x 8
Ab circuit	2 x 10 each

FRIDAY	
Back Squat (workout max)	7 x 4 @ 90%
Bench Press (workout max)	7 x 4 @ 90%
Behind neck pull-up	3 x MAX
Dips	3 x MAX

SATURDAY	
1 mile (sprint straights, walk turns)	

Week 8 July 5 - 9

MONDAY	
Squat (strength progression)	
Mid-thigh Clean & squat	3,3,3,2,2
Lunge Walk	4 x 6 each leg
Pull circuit	2 x 6ea
4 X 400m (70,70,73,73sec)	90 sec rest between

TUESDAY	
Bench Press (strength progression)	
Incline Bench	5 x 5
Dead Lift	3,3,3,3,2,2
Arm circuit	2 x 6ea
10 x 100m (sprint, walk back, sprint)	

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	5 x 5 @ 100% of 1RM Clean
Front Push Press	4 x 8
Ab circuit	2 x 10 each
1.5 mile (sprint straights, walk turns)	

FRIDAY	
Back Squat (workout max)	7 x 4 @ 90%
Bench Press (workout max)	7 x 4 @ 90%
Behind neck pull-up	3 x MAX
Dips	3 x MAX
4 X 400m (70,70,73,73sec)	90 sec rest between

Week 9 July 12 - 16

MONDAY	
Squat (strength progression)	
Mid-thigh Clean & squat	3,3,3,2,2
Lunge Walk	4 x 6 each leg
Pull circuit	2 x 6ea
4 X 400m (70,70,73,73sec)	70 sec rest between

TUESDAY	
Bench Press (strength progression)	
Incline Bench	5 x 5
Dead Lift	3,3,3,3,2,2
Arm circuit	2 x 6ea
GRIZZLY	3 SETS

WEDNESDAY	
4 X 400m (70,70,73,73sec)	70 sec rest between

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	5 x 5 @ 100% of 1RM Clean
Front Push Press	4 x 8
Ab circuit	2 x 10 each

FRIDAY	
Back Squat (workout max)	7 x 4 @ 90%
Bench Press (workout max)	7 x 4 @ 90%
Behind neck pull-up	3 x MAX
Dips	3 x MAX
10 x 100m (sprint, walk back, sprint)	

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Week 10 July 19 - 23

MONDAY	
Squat (strength progression)	3,3,3,2,2
Mid-thigh Clean & squat	4 x 6 each leg
Split Squat Jump	2 x 5ea
Pull circuit	70 sec rest between
4 X 400m (68,70,73sec)	

Week 11 July 26 - 30

MONDAY	
Squat (strength progression)	5 x 3
Mid-thigh Clean & squat	4 x 6 each leg
Split Squat Jump	2 x 5ea
Pull circuit	2:30 rest between
2 x 800m (goal: 2:30)	

Week 12 August 2 - 6

MONDAY	
Squat (strength progression)	4 x 4
Mid-thigh Clean & squat	4 x 6 each leg
Split Squat Jump	2 x 5ea
Pull circuit	2:30 rest between
2 x 800m (goal: 2:30)	

TUESDAY	
Bench Press (strength progression)	5 x 3
Incline Bench	3,3,3,2,2
Dead Lift	2 x 5ea
Arm circuit	reps=
Body weight Bench press rep test	
10 x 50m (sprint, jog back, sprint)	

TUESDAY	
Bench Press (strength progression)	3 x 3
Incline Bench	3,3,3,2,2
Dead Lift	2 x 5ea
Arm circuit	1 mile run 6 min

TUESDAY	
Bench Press (strength progression)	3 x 6
Incline Bench	3,3,3,2,2
Dead Lift	2 x 5ea
Arm circuit	1 mile run 6 min

THURSDAY	
Floor power clean (Clean Progression)	4 x 5 @ 120% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Push Press	2 x 10 each
Ab circuit	70 sec rest between
4 X 400m (68,68,70,73sec)	

THURSDAY	
Floor power clean (Clean Progression)	4 x 5 @ 120% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Push Press	2 x 10 each
Ab circuit	10 x 100m (sprint, walk back, sprint)

THURSDAY	
Floor power clean (Clean Progression)	4 x 5 @ 120% of 1RM Clean
Romanian Dead Lift	4 x 8
Back Push Press	2 x 10 each
Ab circuit	1 mile run 6 min

FRIDAY	
Back Squat (workout max)	4 x 4 @ 90%
Bench Press (workout max)	4 x 4 @ 90%
Front pull-up	3 x MAX
Dips	3 x MAX
10 x 100m (sprint, walk back, sprint)	

FRIDAY	
Back Squat (workout max)	4 x 4 @ 90%
Bench Press (workout max)	4 x 4 @ 90%
Front pull-up	3 x MAX
Dips	3 x MAX

FRIDAY	
Back Squat (workout max)	4 x 6 @ 80%
Bench Press (workout max)	4 x 6 @ 80%
Front pull-up	3 x MAX
Dips	3 x MAX

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Week 13 August 9 - 13

MONDAY	
Squat (strength progression)	3 x 5
Mid-thigh Clean & squat	4 x 6 each leg
Step up	2 x 8ea
Pull circuit	
1.5 mile run (goal: 9min)	

Week 14 August 16 - 20

MONDAY	
Squat (strength progression)	3 x 5
Mid-thigh Clean & squat	4 x 6 each leg
Step up	2 x 8ea
Pull circuit	
1.5 mile run (goal: 9min)	2:30 rest between

TUESDAY	
Bench Press (strength progression)	
Incline Bench	4 x 6
Dead Lift	5 x 5
Arm circuit	2 x 8ea
Body weight Bench press rep test	reps=
2 mile run (goal: 15 min)	

TUESDAY	
Bench Press (strength progression)	
Incline Bench	4 x 6
Dead Lift	5 x 5
Arm circuit	2 x 8ea
2 mile run (goal: 15 min)	

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	4 x 8 @ 120% of 1RM Clean
Snatch Grip Push Press	4 x 8
Bench ab circuit	2 x 20 each
1 mile run (goal: 6 min)	

THURSDAY	
Floor power clean (Clean Progression)	
Romanian Dead Lift	4 x 8 @ 120% of 1RM Clean
Snatch Grip Push Press	4 x 8
Bench ab circuit	2 x 20 each
1 mile run (goal: 6 min)	

FRIDAY	
Back Squat (workout max)	3 x 3 @ 95%
Bench Press (workout max)	3 x 3 @ 95%
Curl-up	3 x MAX
Dips	3 x MAX
1.5 mile run (goal: 9 min)	

FRIDAY	
Back Squat (workout max)	3 x 3 @ 95%
Bench Press (workout max)	3 x 3 @ 95%
Curl-up	3 x MAX
Dips	3 x MAX
1.5 mile run (goal: 9 min)	