

Welch College Volleyball

Summer Exercise Program

Two Phases

“work hard and continue to get better”

Phase I: Perform exercises 2 times per week (Tuesday and Thursday)

Weeks 1-4

Warmup: (just like in the spring workouts) 2 sets of 20 yards

-high knees, butt kicks, super marios, leg kick outs with small hops, lunge, reverse lunge with twist to front knee, knee hug to the chest/extend to toe on foot that is on the ground, hand walk (touch toes and walk hands out to push up hold then take small steps with feet while legs are straight back to toe touch position), push up hold walk (act like performing push up but stay in up position and take small steps with feet and move hands forward like walking), side lunge (rotate sides each time)

-jog 5 sets of 20 yards

*run a little faster after each completion

Strength:

-keep your core engaged in everything you do. Core strength is key!

-Push up (3x15)

*w/hold in up position (3x45 seconds)

*w/hold extend right arm and left leg (3x45 seconds)

*w/hold extend left arm and right leg (3x45 seconds)

-Shoulder push up (3x12)

*performed like you are doing a hand walk except your feet and hands are about 12-18 inches apart. Butt is high in the air, bend at elbows.

-Body Squat (3x40)

-Drop Lunge (3x20 on each leg)

*stationary lunge in up and down movement. Constant movement.

-Jump Lunges (3x15 on each leg)

*just like a drop lunge except explode on the upward movement and you should leave the ground coming back down with the opposite foot forward and the opposite foot backward. Core strength is key allowing you to stay balanced.

-Dips with Chair (5x12)

*keep legs straight, bend at elbows to 90 degrees and then push back up.

Phase Ia: Perform twice a week with a day in-between.

Weeks 1-4

Warmup: (just like in the spring workouts) 2 sets of 20 yards

-high knees, butt kicks, super marios, leg kick outs with small hops, lunge, reverse lunge with twist to front knee, knee hug to the chest/extend to toe on foot that is on the ground, hand walk (touch toes and walk hands out to push up hold then take small steps with feet while legs are straight back to toe touch position), push up hold walk (act like performing push up but stay in up position and take small steps with feet and move hands forward like walking), side lunge (rotate sides each time)

-jog 5 sets of 20 yards

*run a little faster after each completion

Plyometric: Fast, repetitive movements resulting in stronger explosion with lower body extremities.

-2 foot hop (2 minutes)

*with legs straight and not bend at the knees, repeatedly jump up and down on your toes as fast as you can.

-1 foot hop (2 minutes): perform on both feet

*same as 2 foot hop

-scissor hops (2 minutes)

*find a crack in the pavement or put down a piece of tape. Place each foot on opposite sides. Alternate in a hopping manner as fast as you can by staying on your toes going back and forth.

-1 foot scissor hops (2 minutes): both feet

-find a park bench, concrete wall, stairs to a deck, etc. Anything that has something 12"-16" higher than ground level.

*Perform explosive jumps with both feet (2x15)

→ As soon as your feet hit the elevated surface jump back down landing on both feet again only to explode back to the elevated surface. You should jump and land on both feet.

*Explosive jumps alternating feet (2x20 each)

→ It would be like high knees except your feet are touching the elevated surface. Quick movement!

Run: 2 miles

Cool down: 10 X 20yd sprints

Phase II: Perform exercises 3 times per week (Monday, Wednesday, and Friday)

Weeks 5-10

Warmup: (just like in the spring workouts) 2 sets of 20 yards

-high knees, butt kicks, super marios, leg kick outs with small hops, lunge, reverse lunge with twist to front knee, knee hug to the chest/extend to toe on foot that is on the ground, hand walk (touch toes and walk hands out to push up hold then take small steps with feet while legs are straight back to toe touch position), push up hold walk (act like performing push up but stay in up position and take small steps with feet and move hands forward like walking), side lunge (rotate sides each time)

-jog 10 sets of 40 yards

*run a little faster after each completion

Strength:

-keep your core engaged in everything you do. Core strength is key!

-Push up (5x15)

*w/hold in up position (5x45 seconds)

*w/hold extend right arm and left leg (5x45 seconds)

*w/hold extend left arm and right leg (5x45 seconds)

-Shoulder push up (5x10)

*performed like you are doing a hand walk except your feet and hands are about 12-18 inches apart. Butt is high in the air, bend at elbows.

-Body Squat (6x50)

-Drop Lunge (5x30 on each leg)

*stationary lunge in up and down movement. Constant movement.

-Jump Lunges (5x20 on each leg)

*just like a drop lunge except explode on the upward movement and you should leave the ground coming back down with the opposite foot forward and the opposite foot backward. Core strength is key allowing you to stay balanced.

-Dips with Chair (5x15)

*keep legs straight, bend at elbows to 90 degrees and then push back up.

Phase IIa: Perform three times a week with a day rest in between

Weeks 5-10

Warmup: (just like in the spring workouts) 2 sets of 20 yards

-high knees, butt kicks, super marios, leg kick outs with small hops, lunge, reverse lunge with twist to front knee, knee hug to the chest/extend to toe on foot that is on the ground, hand walk (touch toes and walk hands out to push up hold then take small steps with feet while legs are straight back to toe touch position), push up hold walk (act like performing push up but stay in up position and take small steps with feet and move hands forward like walking), side lunge (rotate sides each time)

-jog 10 sets of 20 yards

*run a little faster after each completion

Plyometric: Fast, repetitive movements resulting in stronger explosion with lower body extremities.

***find a crack or place a strip of tape on ground

-2 foot hop (3 minutes)

*with legs straight and not bend at the knees, repeatedly jump up and down on your toes as fast as you can.

-1 foot hop (3 minutes): perform on both feet

*same as 2 foot hop

-scissor hops (3 minutes)

* Place each foot on opposite sides. Alternate in a hopping manner as fast as you can by staying on your toes going back and forth.

-1 foot scissor hops (3 minutes): both feet

-find a park bench, concrete wall, stairs to a deck, etc. Anything that has something 12"-16" higher than ground level.

*Perform explosive jumps with both feet (4x15)

→As soon as your feet hit the elevated surface jump back down landing on both feet again only to explode back to the elevated surface. You should jump and land on both feet.

*Explosive jumps alternating feet (4x20 each)

→ It would be like high knees except your feet are touching the elevated surface. Quick movement!

Run: 3 miles

Cool down: 20 X 20yd sprints

