

ROGERS VOLLEYBALL CONDITIONING PROGRAM 2009

SPEED AND CARDIO

WEEK:	DAY ONE:	TIMES:	DAY TWO:	TIMES:	DAY THREE:	TIMES:
JUNE 8TH			ACTIVE REST			
JUNE 15TH	4 X 100 SPRINT	1:4 REST	4 X 100 SPRINT	1:4 REST	30 MINUTES CARDIO	NA
JUNE 22ND	8 FLYING 40'S	1:3 REST	20 MINUTE RUN	NA	8 FLYING 40'S	1:3 REST
JUNE 29TH	6 X 50 M SPRINT	1:6 REST	20 MINUTE RUN	NA	6 X 50 M SPRINT	1:6 REST
JULY 6TH			ACTIVE REST			
JULY 13TH	3 X 200 M SPRINT	1:4 REST	300-200-100 LADDER	1:3 REST	3 X 200 M SPRINT	1:4 REST
JULY 20TH	5 X 100 M SPRINT	1:4 REST	5 X 100 M SPRINT	1:4 REST	30 MINUTES CARDIO	NA
JULY 27TH	4 X 150 M SPRINT	1:3 REST	4 X 150 SPRINT	1:3 REST	15 MINUTE STADIUM STAIRS	NA
AUGUST 3RD	3 X 200 M SPRINT	1:4 REST	300-200-100 LADDER	1:3 REST	3 X 200 M SPRINT	1:4 REST
AUGUST 10TH			ACTIVE REST			