

ROGERS VOLLEYBALL STRENGTH TRAINING PROGRAM

Week of July 13th & 20th-Phase 3		Training Parameters					Week One			Week Two		
Day	Exercise	Week 1	Week 2	% 1 RM	Rest	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	
1	1a	3 x 8	3 x 8	80-82%	2-3 min.							
	2a	3 x 8	3 x 8	80-82%	2-3 min.							
	3a	3 x 8	3 x 8	80-82%	2-3 min.							
	3b	3 x 8	3 x 8	80-82%	2-3 min.							
	4a											
5a	2 x 12	2 x 12	65%									
2	1a	3 x 8	3 x 8	80-82%	2-3 min.							
	2a	3 x 8	3 x 8	80-82%	2-3 min.							
	3a	3 x 8	3 x 8	80-82%	2-3 min.							
	4a	3 x 8	3 x 8	80-82%	2-3 min.							
	4b	3 x 8	3 x 8	80-82%	2-3 min.							
5a												
3	1a	3 x 8	3 x 8	80-82%	2-3 min.							
	2a	3 x 8	3 x 8	80-82%	2-3 min.							
	3a	3 x 8	3 x 8	80-82%	2-3 min.							
	3b	3 x 8	3 x 8	80-82%	2-3 min.							
	4a											
5a	2 x 12	2 x 12	65%									

Notes:

Superset Example: Do one set of 4a then one of 4b until finished
 Notice increase in weight %, last couple reps should be difficult; challenge yourself
 Record Weight in box given

Parent Signature Upon Completion _____

Date _____

ALEASHA WILLIAMS
aleashaj@hotmail.com
 APRIL 27, 2009