

Monday				
Starting Speed				
BBK Skills (Fundamentals/Light)				
Lift - Lower Body Emphasis				
Light Conditioning				

Tuesday				
360° Speed - Agility/Quickness/Deceleration				
BBK Skills (Advanced/Intense)				
Medium Conditioning				

Wednesday				
"Quicks" - Quickness/Reactions				
BBK Light Skills				
Lift - Upper Body Emphasis				
Active Recovery - Rollout and Flexibility				

Ready	Warmup #1				
	Sets	Dist	%	Rest	
	Hamstring (Straight) AIS	1	30e	NA	0
	Side Lying Quad AIS	1	10e	NA	0
	Fwd/Bwd Skip	2	80f	50%	15s
	Cradle to Chest-->Lunge	1	30f	50%	15s
	Lunge w/ 3 Rotations	1	30f	50%	15s
	Side Shuffle w/ Arms	2	80f	50%	15s
	Side Leg Swing	1	30f	50%	15s
	1-2-3 Touch	2	80f	75%	15s

Ready	Warmup #2				
	Sets	Dist	%	Rest	
	Calf (Bent/Straight) AIS	1	20e	NA	0
	Hip (Int/Ext) AIS	1	20e	NA	0
	Stuntman Fall	2	80f	50%	15s
	Inchworm	1	30f	50%	15s
	Quad Stretch-->Lunge	1	30f	50%	15s
	Karioka	2	80f	50%	15s
	Side Lunge	2	15f	50%	15s
	Angled Speed Skaters	2	80f	75%	15s

Ready	Warmup - MB				
	Sets	Reps	%	Rest	
	BTB Tug o' War AIS	1	20e	NA	0
	Chest AIS	1	10e	NA	0
	MB Around the World	1	10e	3kg	15s
	MB OH Side2Side	1	10e	3kg	15s
	MB Pendulum	1	20	3kg	15s
	MB Swing	1	10e	3kg	15s
	MB Side Taps	1	20e	3kg	15s
	360° Lunges	1	1m	BW	15s

Aim	Starting Speed				
	Sets	Reps	%	Rest	
	Power Skips	2	80f	75%	30s
	180° & 270° Spins	1e	8	75%	30s
	MB Windmill Throw	2	6e	90%	1m
Broad Jump into Start	8	30f	90%	>30s	

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder 2In1Out+2In2Out	2e	1	75%	30s
	MB SideToss into Sprint	2e	15f	90%	1m
	1-Leg Lat Line Hops	3e	10s	90%	30s
Assist Slide+Xover Dec.	2e	3e	90%	30s	

Aim	"Quicks" / Skills				
	Sets	Reps	%	Rest	
	Pogo Jumps	3	25	BW	30s
	Free Throws				
	Chest Pass into Wall	3	20	3kg	1m
TennisBall Reactions	2	2m	BW	30s	

Fire-1	Basketball Skills				
	Sets	Reps	%	Rest	

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	Sets	Reps	%	Rest	

Fire	Lift #2				
	Sets	Reps	Wt.	Rest	
	DB Lying Lat. Raise	2e	90s	5#	30s
	Leg Circles	3	20e	BW	1m
	Push Press	4	3	80%	2m
	Chinups/Angled Chins	3	20	BW	1m
	Pushups	3	25+	BW	1m
L-Overs	2	15e	BW	30s	

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	Depth Drop	3	10	BW	1m
	Plank	1	90s	BW	30s
	Hang Clean Pull	3	5	80%	2m
	Squat	4	6	85%	2m
	RDL	4	6	85%	2m
Jack Knives (HF Iso)	2e	15	BW	1m	

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	Suicide	3	1	75%	0
	Hurdle TripleTaps	3	10s	90%	1m
	Suicide	3	1	75%	0
	Breakout Drill	3	5e	BW	1m
	Suicide	3	1	75%	0
Jump Rope	3	10s	90%	2m	

Clear-1	Rollout				
	Sets	Reps	Wt.	Rest	
	O/S Leg	1e	30s	NA	0
	Quads	1e	30s	NA	0
	Glutes	1e	30s	NA	0
	Chest	1e	30s	NA	0
	Lats	1e	30s	NA	0
Shoulder	1e	30s	NA	0	

Fire-3	Conditioning				
	Sets	Dist	%	Rest	
Light Jog	1	20m	50%	0	

Clear	Cooldown #2				
	Sets	Hold	%	Rest	
	Wall Chest Stretch	1e	30s	NA	0
	Side Lean w/ Reach	1e	30s	NA	0
	Butterfly	1e	30s	NA	0
	Figure 4 - Face Down	1e	30s	NA	0
	Kneeling Lunge	1e	30s	NA	0
Half Hug	1e	30s	NA	0	

Clear-2	Flexibility				
	Sets	Reps	%	Rest	
	Hamstring	1e	30s	NA	0
	Modified Hurdler Push	1e	30s	NA	0
	Scissor Quad	1e	30s	NA	0
	Iron Cross	1e	30s	NA	0
	Lean Away Row	1e	30s	NA	0
Wall Pec Deck	1e	30s	NA	0	

Clear	Cooldown #1				
	Sets	Hold	%	Rest	
	4 Way Ankle Walk	1e	80f	BW	0
	Side Lean	1e	30s	NA	0
	Pretzel	1e	30s	NA	0
	Side Lying Quad	1e	30s	NA	0
	X-Over Hamstring	1e	30s	NA	0
Elbow Behind Head	1e	30s	NA	0	



Thursday	
360° Speed - Agility/Quickness/Deceleration	
BBK Skills (Advanced/Intense)	
Medium Conditioning	

Friday	
Starting Speed & Transition Speed	
BBK Skills (Fundamentals/Light)	
Lift - Total Body	
Medium Strength/Conditioning	

Saturday	
Dribbling/Ball Handling Skills	
Active Recovery - Rollout & Flexibility	

Ready	Warmup #3		Sets	Dist	%	Rest
	Hamstring (Bent) AIS	1	30e	50%	15s	
Hip (Int/Ext) AIS	1	20e	50%	15s		
Jumping Jack Skip	2	80f	50%	15s		
Ultimate Lunge	1	30f	50%	15s		
ReachRevLunge w/Rot	1	30f	50%	15s		
Side Skips	2	30f	50%	15s		
Froggy Skip	1	30f	50%	15s		
Backpedal Striders	2	80f	75%	15s		

Ready	Warmup #4		Sets	Reps	%	Rest
	Knee Hug AIS	1	10e	50%	15s	
Scissor Quad AIS	1	10e	50%	15s		
Fwd Skip + Spins	2	80f	50%	15s		
F/B Walk Over Fence	2	15f	50%	15s		
Opp. Foot to Hand	1	30f	50%	15s		
X-Over Skip	2	30f	50%	15s		
Crescent Kicks	1	30f	50%	15s		
Angled Slides	2	80f	75%	15s		

Ready	Warmup		Sets	Time	%	Rest
	Walk	1	30m	50%	0	
OR						
Treadmill	1	30m	50%	0		
OR						
Elliptical Runner	1	30m	50%	0		
OR						
Bike	1	30m	50%	0		

Aim	360° Speed		Sets	Reps	%	Rest
	3 Hurdles-Pause/COD	2e	6	75%	30s	
Ladder Lat2ft+HopScotch	2e	1	75%	30s		
Fwd/Bwd Line Hops	2	20s	90%	1m		
Alter. Split Jumps-2	2	12	90%	1m		

Aim	Starts + Transitions		Sets	Reps	%	Rest
	Lunge Chops & Lifts	1e	10e	3kg	30s	
Speed Skaters	3	10s	90%	1m		
Jump into MB OH Pass	2	6	3kg	30s		
Assist Sprint+Bwd Dec.	2e	3e	90%	30s		

Aim	Technique		Sets	Reps	%	Rest
	Dribbling/Ball Handling	1	10m	50%	0	

Fire-1	Basketball Skills		Sets	Reps	%	Rest

Fire	Basketball Skills		Sets	Reps	%	Rest

Fire	Rollout		Sets	Hold	%	Rest
	O/S Leg	1e	30s	NA	0	
Quads	1e	30s	NA	0		
Glutes	1e	30s	NA	0		
Chest	1e	30s	NA	0		
Lats	1e	30s	NA	0		
Shoulder	1e	30s	NA	0		

Fire-2	Conditioning		Sets	Reps	Wt.	Rest
	Jog @50% for 20m w/ Random Plyo Drills					
Split Run	5	5s	BW	0		
Hip Pivot	5	5s	BW	0		
Funky Split Run	5	5s	BW	0		
Sumo-□/□-Sumo	5	5s	BW	0		

Fire-2	Lift #3		Sets	Reps	Wt.	Rest
	MB Repeat Barrel Toss	4	3	3kg	1m	
Bentover Row	4	6	85%	90s		
Split Squat	2e	6	30#	1m		
Side Bridge	1e	45s	BW	30s		
Alter. Side Split Squat	3	6e	BW	1m		
DB I/Y/T	2	90s	5#	1m		

Clear-2	Flexibility		Sets	Reps	%	Rest
	Hamstring	1e	30s	NA	0	
Modified Hurdler Push	1e	30s	NA	0		
Scissor Quad	1e	30s	NA	0		
Iron Cross	1e	30s	NA	0		
Lean Away Row	1e	30s	NA	0		
Wall Pec Deck	1e	30s	NA	0		

Clear-1	Rollout		Sets	Dist	%	Rest
	Calf	1e	30s	NA	0	
I/S Leg	1e	30s	NA	0		
O/S leg	1e	30s	NA	0		

Fire-3	Conditioning		Sets	Dist	%	Rest
	Forward Lunge	5	80f	BW	30s	
Reverse Lunge	5	80f	BW	30s		
Side Lunge	2	80f	BW	30s		

Clear-2	Cooldown #1		Sets	Hold	%	Rest
	4 Way Ankle Walk	1e	80f	BW	0	
Side Lean	1e	30s	NA	0		
Pretzel	1e	30s	NA	0		
Side Lying Quad	1e	30s	NA	0		
X-Over Hamstring	1e	30s	NA	0		
Elbow Behind Head	1e	30s	NA	0		

Clear	Cooldown #2		Sets	Hold	%	Rest
	Wall Chest Stretch	1e	30s	NA	0	
Side Lean w/ Reach	1e	30s	NA	0		
Butterfly	1e	30s	NA	0		
Figure 4 - Face Down	1e	30s	NA	0		
Kneeling Lunge	1e	30s	NA	0		
Half Hug	1e	30s	NA	0		





Symbol	=	Definition
%	=	Percentage of perceived effort
#	=	Pounds (lbs.)
>>>	=	50% > 75% > 90%
▲	=	Start at ___%; add 5-10lbs each set
360° Speed	=	Running/Re-directing in all directions
50%	=	A light and focused effort
75%	=	A smooth and intensified effort
90%	=	Full speed with a calm face+C10
BW	=	Bodyweight
Cooldown	=	Light stretching or rolling out
Conditioning	=	Work Capacity Augmentation
Dist	=	Distance covered for set/rep
e	=	Each side / leg / arm
Flexibility	=	Stretching to promote recovery
Hold	=	Time you hold a stretch / rollout
kg	=	Kilograms (kg X 2.2 = lbs.)
Lift	=	Exercises for the weightroom
Linear Speed	=	Running Forward
m	=	Minute(s)
MB	=	Medicine Ball
MR	=	Manual (Partner) resistance
NA	=	Not Applicable
Playing Speed	=	Combining Linear, 360°, & Conditioning
Prep	=	Explosive movements / Plyos / Ballistics
Reps	=	Repetition(s) per set (Distance covered)
Rest	=	Rest between sets
Rollout	=	Rolling muscles out on a MB or foam roller
s	=	Seconds
Sets	=	Number of set(s)
Technique	=	Controlled and deliberate practice
Time	=	Time of each set
Warmup	=	Basic movements to get started
Wt.	=	Weight percentage of 1rep max
y	=	Yards
Ready	=	General warmup - 50% effort
Aim	=	Specific warmup - 75-90% effort
Fire	=	Focus of the workout
Clear	=	Stretching and cooldown activities
Exercise 1	=	Superset --> No rest between 1 & 2; Rest after 2 only
Exercise 2		