

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

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

Wednesday				
"Quicks" - Quickness/Reactions				
BBK Light Skills				
Lift - Total Body				
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	
	MB GrannyPass in Wall	3	8	75%	1m
	Double Broad Jump	1	40f	90%	1m
	Lateral Moving Start	10	40f	90%	1m
	TennisBall Reactions	2	2m	90%	1m

Aim	360° Speed				
	Sets	Reps	%	Rest	
	Ladder 2In1Out Fwd/Bwd	2e	1	75%	30s
	Depth Drop to Lat Sprint	1	6e	90%	0
	Slide+Xover COD	2e	3e	90%	30s
	Compass Drill	5	10s	90%	1m

Aim	"Quicks" / Skills				
	Sets	Reps	%	Rest	
	Quick Box Jump/Run	3	20	BW	1m
	Free Throws				
	TB Catch and Release	1	3m	BW	0
	1Arm MB Chest Pass	2	10e	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 Ext. Rotation	2e	1m	5#	30s
	Plank	3	1m	BW	0
	Incline Press	4	6	85%	2m
	Front Squat	4	6	85%	2m
	Partner Leg Throws	2	30	MR	1m
	Modified Empty Can	2	20	BW	0

Fire-2	Lift #1				
	Sets	Reps	Wt.	Rest	
	Countermove Jump	4	6	BW	1m
	DB Lying Lat. Raise	1	2m	5#	30s
	Hang Clean	3	3	75%	2m
	Fwd Lunge	4	6e	40#	2m
	Jack Knives (HF Iso)	2e	10	BW	30s
	Pullups/Angled Pulls	4	10+	BW	1m

Fire-2	Conditioning				
	Sets	Reps	%	Rest	
	Suicide	2	1	75%	0
	MB Accelerations	2	20s	3kg	1m
	Suicide	2	1	75%	0
	1-Leg Lat Line Hops	2	20s	90%	1m
	Suicide	2	1	75%	0
	Hip Pivot	2	20s	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	
	Jog @50% for 10m w/ Random Plyo Drills				
	Split Run	3	5s	BW	0
	Hip Pivot	3	5s	BW	0
	Funky Split Run	3	5s	BW	0
	Pogo Jumps	3	5s	BW	0

Clear-2	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/COD	
BBK Skills (Advanced/Intense)	
Heavy Conditioning	

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

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

Ready	Warmup #3			
	Sets	Dist	%	Rest
	1	30e	50%	15s
	1	20e	50%	15s
	2	80f	50%	15s
	1	30f	50%	15s
	1	30f	50%	15s
	2	30f	50%	15s
	1	30f	50%	15s
	2	80f	75%	15s

Ready	Warmup #4			
	Sets	Dist	%	Rest
	1	10e	50%	15s
	1	10e	50%	15s
	2	80f	50%	15s
	2	15f	50%	15s
	1	30f	50%	15s
	2	30f	50%	15s
	1	30f	50%	15s
	2	80f	75%	15s

Ready	Warmup			
	Sets	Time	%	Rest
	1	20m	50%	0
	OR			
	1	20m	50%	0
	OR			
	1	20m	50%	0
	OR			
	1	20m	50%	0

Aim	360° Speed			
	Sets	Reps	%	Rest
	2e	1	75%	30s
	2	6e	75%	30s
	2	10e	90%	1m
	5	10s	90%	1m

Aim	Starts + Transitions			
	Sets	Reps	%	Rest
	3e	15f	75%	30s
	1e	12	3kg	0
	2e	3e	90%	1m
	2e	1	90%	1m

Aim	Technique			
	Sets	Reps	%	Rest
	1	10m	50%	0
	1	10m	50%	0

Fire-1	Basketball Skills			
	Sets	Reps	%	Rest

Fire-1	Basketball Skills			
	Sets	Reps	%	Rest

Fire	Rollout			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Fire-2	Conditioning			
	Sets	Reps	%	Rest
	"Fast Breaks" - Sprint Court & Drift Back			
	5	10s	90%	0
	4	10s	90%	0
	3	3e	90%	0
	2	1	90%	0
	1	1m	90%	0

Fire-2	Lift #3			
	Sets	Reps	Wt.	Rest
	3	3	75%	2m
	4	6	85%	2m
	2e	45s	BW	30s
	4	6	85%	2m
	2	6e	40#	2m
	1	3m	5#	0

Clear	Flexibility			
	Sets	Reps	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear-1	Rollout			
	Sets	Dist	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

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

Clear-2	Cooldown #1			
	Sets	Hold	%	Rest
	1e	80f	BW	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0

Clear	Cooldown #2			
	Sets	Hold	%	Rest
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	1e	30s	NA	0
	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		