

# Strength and Conditioning

## Week 1 to Week 4

**Focus: Strenth - Power- Plyometric**  
**Notes:** When ever you jump in this workout, be sure to pay attention to your landing.

Provided by: McKay Sport and Fitness Consulting



### Strength

Exercise	Sets	Reps	More Difficult	Less Difficult	Notes
<a href="#">Normal Grip Push-up</a>	2	AMAP	<a href="#">Elevate feet</a>	<a href="#">Go onto your knees</a>	AMAP = as many as possible. All the way down, and all the way up
<a href="#">Body weight squats</a>	2	15	<a href="#">1 Legged, or hold weights</a>	<a href="#">Hold on to a pole or rope</a>	The slower you go, the more difficult these will get
<a href="#">Calf Raises</a>	2	20	<a href="#">1 legged</a>	Feet on the ground	Full extension and stretch at the bottom
<a href="#">Body Weight Row</a>	2	6 -- 8	<a href="#">Pull-up</a>	<a href="#">Pull yourself while standing</a>	Engage your shoulders back before pulling.
<a href="#">Lunge Jumps</a>	2	10 each	Switch legs during jump. Hold light	<a href="#">land on same leg</a>	Explode on the way up. Use your arms for momentum
<a href="#">Dips</a>	2	10	Body is Hanging	<a href="#">From bench behind you</a>	Go as deep as you can based on shoulder comfortability. Use a bench if on the ground.
Perform all the above exercises one after the other, then repeat.			Rest less between exercises	Rest more between exercises	Try and complete each exercise to muscular fatigue/failure

### Agility, Power, Speed

Exercise	Sets	Reps	More Difficult	Less Difficult	Notes
<a href="#">Depth Jumps</a>	3	6	N/A	N/A	Focus on exploding as soon as you hit the ground. *land softly
<a href="#">3m shuffle drill</a>	3	30s	Longer time or go to 3.5 m	Shorter distance or shorter time	It will also have a cardio component. Be sure to touch the ground.
<a href="#">Box Jumps</a>	3	6	Higher box, do from seated on chair	Lower box	The box doesn't have to be super high, be safe. You should step off the box, not jump
<a href="#">Shuffle and block Jumps</a>	3	5 each way	More Jumps/double shuffle	Get rid of the shuffle	Do this in front of a wall or fence. This will make sure you are not floating forward
Complete all 3 sets of an exercise before moving to the next on. Take ample time to rest.			Increase the number of reps by 1 or 2 each week	Try performing the exercises on softer surfaces	Always focus on jumping as high as possible. Land as soft as possible.

### Cardio, HIIT

Exercise	Sets	Reps	More Difficult	Less Difficult	Notes
<a href="#">Step ups</a>	4	30s	Faster Feet/Longer	Lower step.	