

St. Bernard Vikings Pre-Season Conditioning Program

(Head Coach: Bob Alaniz, St. Bernard H.S., Playa Del Rey)

The Conditioning & Weight Training program that we use for the 5 weeks prior to the start of practice has been adapted from numerous coaches & trainers that I have been fortunate enough to have heard at clinics, camps, & through conversations with my colleagues.

1st Two Weeks: Power Weight Training, Plyometric Jumping, Aerobic, & Anaerobic Running.

Workouts are: Mon – Tues – Wed – Thurs – Fri- Sat

Monday/ Wednesday Workout:

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Jumping exercises
 - Bench hop; 30 seconds, 2 sets
 - Standing long jump, 10 jumps, 2 sets, down & back
 - 30 second Knee to chest jump, 2 sets
- 4) Power Wt. Training (Mon/Wed/Fri)
 - Chest: Bench press
 - Incline press
 - Dumbbell flies
 - Diamond push-ups
 - Triceps: Dumbbell, lower triceps (straight)
 - Dumbbell, upper triceps (cross)
 - Shoulders & back:
 - Dumbbell military press
 - Dumbbell rows
 - Reverse Lat-flies
 - Bench overhead extensions
 - Legs: Squats
 - Box step-ups (w/dumbbells)
 - Step backs (w/dumbbells)
 - Calf raisers
 - Heavy rope

* 3 sets / 30 seconds each
- 5) Running:
 - 1st week: Mon-1 mile, under 7:30 min.
 - Wed- 2 miles, under 17:00 min.
 - 2nd week: Mon- 1 mile, under 7:15 min.
 - Wed- 2 miles, under 16:45 min.
- 6) Cool down, stretching

Tuesday / Thursday Workout:

- 1) 1 minute warm-up jog
- 2) Stretching
- 3) Jumping exercises: (all 2 sets)
 - Korean jumps, 20 yards, down & back
 - 1 led hop jumping, 20 yards, down & back
 - Depth-drop box jumping, 10 jumps
 - Cord jumping, 6 jumps per-set
- 4) Running:
 - 1st week: Tues- ½ mile under 3:45 min.
 - ¼ mile under 1:30 min.
 - Thur- 1 mile under 7:45 min.
 - ½ mile under 3:45 min.
 - ¼ mile under 1:30 min.
 - 2nd week: Tues- 1 mile under 7:30 min.
 - ½ mile under 3:35 min.
 - ¼ mile under 1:25 min.
 - Thur- 1 mile under 7:20 min.
 - ½ mile under 3:30 min.
 - ¼ mile under 1: 20 min.
- 5) Sit Up's: 1st week:
 - Crunches, 100
 - Bicycles, 150
 - Yoga's, 20
 - Leg up's (Killers) 102nd week:
 - Crunches, 150
 - Bicycles, 200
 - Yoga's, 30
 - Leg up's, 12
- 6) Cool down, stretching

Saturday Workout:

- 1st week:
 - Jog to beach, ½ mile
 - 10, 60 yard sprints on the sand
 - 10, 40 yard sprints on the sand
 - Jog back to school
 - Cool down, stretch
- 2nd week:
 - Manhattan Beach Sand Dunes
 - 10, 30 yard sprints – then walk to top

3rd Week: Power Weight Training, Plyometric Jumping, & Anaerobic Running.

Monday / Wednesday Workout:

- 1) 1 minute warm-up jog
- 2) Stretching
- 3) Jumping exercises
Same as first 2 weeks, but add one more set
- 4) Power Weight Training (Mon/Wed/Fri)
Same as first 2 weeks, but add 5 pounds on each set
- 5) Running (anaerobic)
Mon- $\frac{3}{4}$ mile, (3 laps) under 5:50 – 2 min. rest
 $\frac{3}{4}$ mile, under 6:05 – 5 min. water break
 $\frac{1}{2}$ mile, under 3:30 min.
 $\frac{1}{2}$ mile, under 3:40 min.
 $\frac{1}{4}$ mile, under 1:15 min.
Wed- same as Monday, but add an extra $\frac{1}{4}$ mile, under 1:20 min.
- 6) Cool down, stretching

Tuesday / Thursday Workout:

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Jumping exercises
Same as first 2 weeks, but add one more set
- 4) Running (anaerobic)
2 $\frac{1}{4}$ miles, under 1:10 min., under 1:05 min.
(jog $\frac{1}{2}$ lap in between repeat)
2 220's, under :32 sec., under :30 sec
(jog $\frac{1}{2}$ lap in between repeat)
2 110's, under :13.5, under 13.0
(jog back to start line & repeat)
- 5) Sit Up's:
Crunches, 200
Bicycles, 300
Yoga's, 40
Leg Up's, 15
- 6) Cool down, stretching

Saturday Workout:

3.2 mile Playa Run (hills & some beach)

4th Week: Power Training, Plyometric Jumping, & Anaerobic Running

Monday / Wednesday & Tuesday / Thursday Workout:

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Jumping exercises
Same as week 3, but add 1 more set
- 4) Power Weight Training
Same as week 3
- 5) Running
Mon- 1 mile, under 7:00 min.
¾ mile, under 5:30 min.
½ mile, under 3:20
¼ mile, under 1:22
Wed- Individual best times
1 mile
¾ mile
½ mile

Tuesday / Thursday Workout:

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Tues- ¼ mile, under 1:18 min.
220, under :34 sec.
¼ mile under 1:20 min.
220, under :33 sec.
¼ mile, under 1:16 min.
220, under :34 sec.
Thur- Individual best times
¼ mile
220
110

**Sit Up's – Mon thru Thursday

Crunches, 250

Bicycles, 400

Yoga's, 50

Leg Up's, 20

**Cool down, stretching

5th Week: Power Weight Training, Aerobic & Anaerobic Running

Monday / Wednesday / Friday Workout

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Power Weight Training
 - Mon / Wed: same as week 4
 - Friday: Max out day
- 4) Running
 - Monday- 12 suicide line drills, under :24 sec.
 - Wednesday- no run
 - Friday- Make up day

Tuesday / Thursday Workout

- 1) 1 minute warm up jog
- 2) Stretching
- 3) Running
 - Tuesday- 5 mile run
 - Thursday- 20 suicide line drills, 10 under :26 sec.
10 under :24 sec.

This Weight Training & Conditioning Program is designed to prepare us for our style of play; which is an up tempo style of pressure defense, & fast breaking offense.