

Basic Strength & Conditioning Training Program

Schedule

Always warm up the joints with dynamic stretches, and do as much static stretching at the end of your routines as necessary. Rotate through this weekly schedule. Aside from 'Endurance', this should take no more than ~20 minutes/day. If you miss a day, continue with the next workout in your sequence the next day. You can get back on schedule by doubling up or skipping the next Wednesday rest/stretch.

Day	Routine	Exercises (see details below)
Monday	Upper body strength	Push-ups, pull-ups, table dips
Tuesday	Speed work	100-200 yd sprints
Wednesday	Rest and stretch	Static stretching
Thursday	Lower body strength	Air squats, walking lunges, calf raises
Friday	Core strength	Planks, rocks, and superman
Saturday	Plyometrics	Burpies, frog jumps, climbers, quick jumps
Sunday	Endurance work	Jogging

Warm-up

Keep it simple—just loosen up the joints. Start from the toes and work your way up the body. If it helps or you are doing this first thing in the morning then feel free to do a few jumping jacks or light jog to get the blood flowing first.

- Feet: Toe bounces
- Ankles: Walk on heels & toes
- Knees: Knee bends to full squat
- Groin: Cossack (side-to-side) squats or side lunges
- Hips: Narrow and wide hip circles
- Shoulders: Small and large arm circles, forward and back
- Arms: Table rocks

Daily routines

Three sets of each exercise to failure to maintain perfect form. Either rotate through each exercise or take 30 seconds rest in between each set. Record total reps and try to increase by 1-2 every week.

- Monday—Upper body strength training:
 - Push-ups (to modify start on knees)
 - Pull-ups (to modify do arm hangs, assisted pull-ups, or negatives)
 - Table dips
- Tuesday—Speed work: 8 sets of sprints with 1 minute walking in between. Cover 100-200 yards on each sprint, or just sprint for 30 seconds. Try to reduce time required for

200m or increase distance covered in 30 seconds each week. Work the intensity up during the first three runs, and go 100% on the last five. If running is not for you, then do similar interval training on a rowing machine, bike, elliptical trainer, in a pool, or free-form.

- Wednesday—Stretch: Take a rest day or do some static stretches (especially calves, hamstrings, quads, shoulders, arms) after a warm-up
- Thursday—Lower body strength training (30-60 seconds per set):
 - Air squats
 - Walking lunges (hands over head)
 - Calf raises (toes on stairs)
- Friday—Core work
 - Low plank
 - High plank
 - Side planks
 - Bent body or hollow body rocks
 - Tuck ups
 - Superman or arch body rocks
- Saturday—Plyometrics: Try to increase the height and power of each jump or complete more jumps per set every week. Three sets of each with no more than 1 minute rest in between each set. Three sets of each for 30-60 seconds each.
 - Burpies
 - Frog jumps
 - Mountain climbers
 - Quick jumps/knees high
- Sunday—Endurance training: Go for a 2-4 mile run or brisk uphill hike