

Volleyball Strength & Conditioning

You Get Out of It What You Put Into It. Our Season Starts Now.

Objectives: To improve overall fitness with a specific focus on strength, metabolic conditioning, agility, power, speed, and flexibility. Completion of this program will transfer into improved overall body control and skill in volleyball play.

Format: This format is flexible to your summer schedule. I'm programming 3 strength & conditioning days, 2 Rest Days, and 2 Recovery Days. Make it work for you! This programming is very detailed so you can follow it step by step. Message me if you have any questions and stay in communication weekly.

Text this number: 81010 Text this message:@vballsu

DAY 1 (Monday)	DAY 2 (Tuesday)	DAY 3 (Wednesday)	DAY 4 (Thursday)	DAY 5 (Friday)	DAY 6 (Saturday)	DAY 7 (Sunday)
<ul style="list-style-type: none"> ➤ Warm up ➤ Skill: Strength ➤ Mobility ➤ Metabolic Conditioning 	Light Recovery	<ul style="list-style-type: none"> ➤ Warm up ➤ Skill: Strength ➤ Mobility ➤ Metabolic Conditioning 	REST DAY	<ul style="list-style-type: none"> ➤ Warm up ➤ Skill: Strength ➤ Mobility ➤ Metabolic Conditioning 	Light Recovery	REST DAY

Strength (skill) Exercises: Back squat, Standing Push Press, Standing Strict Press, Deadlift, Weighted Lunges

Metabolic Conditioning Exercises: Running/Jogging, Sprinting, Jump Rope, Plank Holds, Push Up Plank Holds, Air Squats, Jumping Squats, Lunges, Burpees, Jumping Jacks, Push Ups, Sit Ups

General Warm Up: Whenever you see "General Warm up" listed, complete the list below. This should only take 8-10 minutes MAX. Move through it efficiently.

- Run/Jog 800 m (2 laps on a track or treadmill) or run for 4 minutes
- 20 jumping jacks
- 10 standing, controlled, full depth air squats
- 10 full range of motion push-ups (elbows in by the body, chest goes to the ground, then all the way up) * knees down is okay
- 10 alternating lunges (you can lunge across an area or standing in place you lunge forward then bring foot back and switch; back knee "kisses" the ground)
- 10 arm hugs
- 10 arm swings
- 20 seconds each leg- Quad Stretch

Accountability: EACH SUNDAY, email Coach Utroska @ stephutoska@aol.com or TEXT THROUGH REMIND what you did in the week. You must include the Times, Rounds, Reps completed for the Work out of the Day and for the Weightlifting Portion, the Weights you did.

Example: WEEK 1: Monday- back squat to 95 lbs, WOD- 7:18; Tuesday- Completed Active Recovery, Wed- 5X10 Strict Press to 20lb dumbbells, ETC.

WEEK 1 JUNE 13-19	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP 8-12 minutes	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/ Active Recovery -Run or jog for 8 minutes -Use a foam roller if available.	Specific Warm up -30 jumping jacks -5 push ups -20 jumping jacks -10 sit ups -10 jumping jacks -5 push ups	REST DAY	-General Warm Up *refer to day 1 -Static Stretching Sit on your bottom and have legs out. Reach to the right foot for 20 seconds, then to the left then the center.	Light/ Active Recovery -Run/Walk Intervals for 30 minutes -RUN 1 MIN -WALK 2 MIN	REST DAY
SKILL/STRENGTH 12-20 minutes	Back Squat: 5x5 ➤ 5 BS @35 or 45 lbs (barbell) ➤ 5 BS @ 55lbs ➤ 5 BS @ 65lbs ➤ 5 BS @ 75lbs ➤ 5 BS @ 85lbs Rest 1-2 minutes in between. If you want to go heavier, increase by 10 or 5 pounds at a time. If you fail, go back down in weight for the rest of the sets.	-Stretch whatever feels sore. -5 sets of 30 second Plank Holds. Rest 30 seconds in between. -Run/Jog/ Walk for 10 minutes	Standing Strict Press: -Using 2 light dumbbells (5lbs) stand up straight, feet right under your shoulders. Start with the your arms out and bent at 90 degrees, then press up so arms are extended and dumbbells touch. Do 10 repetitions. - 10 reps with 8lbs -10 reps with 10lbs -10 reps with 12lbs -10 reps with 15lbs *You can go heavier is able but only for 2 more sets. If you fail, go down in weight and complete a total of 5 sets.		Deadlift: Deadlift with Dumbbells -5 sets of 10 reps -Start with 5lb dumbbells in each hand. Stand up, feet under your hips, arms in front so dumbbells are on the top of your thighs. Keeping your back flat, lower the dumbbells to below your knees to shins slowly (deadlift motion) then stand up. THAT'S 1 REP. -10 reps @ 5lbs -10 reps @10lbs -10 reps @ 15lbs -10 reps @ 20lbs -10 reps @25 lbs	If on a treadmill, make sure the INCLINE IS AT 1 OR 2. -Static stretch after wards	
MOBILITY *done after skill or in between work	Quad Stretch in-between sets. After you're done, hold a sitting straddle (legs out) and reach out in the middle 3x 20 seconds		-Arm Hugs & Swings -Hold Right Arm Across 20 sec -Hold Left Arm Across 20 sec		Stretch lower back by laying on the ground and bringing straight right leg across your body, hold for 30 secs then switch to left.		
CONDITIONING (WORKOUT OF THE DAY)	5 Rounds For Time *RECORD YOUR TIME -10 sit ups -10 Air Squats -20 jumping jacks		For 12 minutes- Each Minute do 1 burpee, 2 sit ups, 3 air squats		20 MIN As many rounds as possible of: -12 sit ups -15 box jumps (18-20 inch boxes or 4, 45lb plates)		

WEEK 2 JUNE 20-26	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP	Specific Warm up -30 jumping jacks -5 push ups -20 jumping jacks -10 sit ups -10 jumping jacks -5 push ups	Light/Active Recovery PLAY VOLLEYBALL OUTSIDE FOR 20 MINUTES! -If you're by yourself you can go for a 20 minute jog or walk	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	REST DAY	Specific Warm up -Jog 800m or 4 minutes -butterfly stretch 20 secs -straddle stretch left, right, and center 20 secs/side -10 sit ups -10 air squats -10 hand release push ups - arm hugs, arm swings	Light/Active Recovery Ride a bike (indoor at a gym or outdoor on your own bike)	REST DAY
SKILL/STRENGTH	Standing Strict Press: 5 sets x10 reps - 10 reps with 8lbs -10 reps with 10lbs -10 reps with 12lbs -10 reps with 15lbs -10 reps with 20 lbs *You can go heavier is able but only for 2 more sets. If you fail, go down in weight and complete a total of 5 sets.		Back Squat: 5x5 ➤ 5 BS @35 or 45 lbs (barbell) ➤ 5 BS @ 55lbs ➤ 5 BS @ 65lbs ➤ 5 BS @ 75lbs ➤ 5 BS @ 85lbs Rest 1-2 minutes in between. If you want to go heavier, increase by 10 or 5 pounds at a time. If you fail, go back down in weight for the rest of the sets.		SPRINTS YAY! 8 sets of 60 meter sprints RECORD YOUR TIMES 1) _____ 2) _____ 3) _____ 4) _____ 5) _____ 6) _____ 7) _____ 8) _____ REST/WALK 1 minute in between for treadmill, use 1 for incline	Ride for 20 minutes at a moderate pace If you can't use a bike, you can jog or go on an elliptical	
MOBILITY	-Arm hugs & Swings -Right and left arm across -Right and left arm behind head 15 seconds each stretch		Quad Stretch in-between sets. After you're done, hold a sitting straddle (legs out) and reach out in the middle 3x 20 seconds		Stretch your hamstrings!		
CONDITIONING (WORKOUT OF THE DAY)	Work for Time: 15 hand release push ups 15 jumping jacks 12 hand release push ups 12 jumping jacks 9 hand release push ups 9 jumping jacks 6 hand release push ups 6 jumping jacks 3 hand release push ups 3 jumping jacks RECORD YOUR TIME!		RUN 1 MILE- RECORD YOUR TIME! Rest for 2 minutes then- 5 sets of 30 second PLANK HOLDS		As Many Rounds as Possible in 12 minutes -10 sit ups -12 walking lunges		

WEEK 3 JUNE 27- JULY 3	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP	-General Warm Up *refer to day 1 -Static Stretching Sit on your bottom and have legs out. Reach to the right foot for 20 seconds, then to the left then the center.	Light/Active Recovery STRETCH EVERYTHING! Take 10 minutes to static stretch -Walk for 20 to 30 minutes	Specific Warm up -30 jumping jacks -5 push ups -20 jumping jacks -10 sit ups -10 jumping jacks -5 push ups -arm circles forward and backwards -arm hugs, arm swings	REST DAY	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/Active Recovery -Run or jog for 8 minutes -Use a foam roller if available.	REST DAY
SKILL/STRENGTH	Deadlift with Dumbbells 5 sets of 10 reps -10 reps @ 12lbs -10 reps @15lbs -10 reps @20lbs -10 reps @25lbs -10 reps @30/35lbs *KEEP YOUR BACK FLAT! *AFTER THE DUMBBELLS PAST YOUR KNEES, YOUR KNEES SHOULD SLIGHTLY BEND *YOU SHOULD FEEL TENSION IN HAMSTRINGS, NOT QUADS	Record how long you walked.	Standing Strict Press: 5 sets x10 reps - 10 reps with 8lbs -10 reps with 10lbs -10 reps with 12lbs -10 reps with 15lbs -10 reps with 20 lbs *You can go heavier is able but only for 2 more sets. If you fail, go down in weight and complete a total of 5 sets.		Back Squat: 5x5 ➤ 5 BS @35 or 45 lbs (barbell) ➤ 5 BS @ 55lbs ➤ 5 BS @ 65lbs ➤ 5 BS @ 75lbs ➤ 5 BS @ 85lbs Rest 1-2 minutes in between. If you want to go heavier, increase by 10 or 5 pounds at a time. If you fail, go back down in weight for the rest of the sets. IF YOU FEEL GOOD, KEEP GOING UNTIL YOU GET TO YOUR HEAVIEST SET OF 5 😊	-Stretch whatever feels sore. -5 sets of 30 second Plank Holds. Rest 30 seconds in between. -Run/Jog/Walk for 10 minutes	
MOBILITY	Hamstring Stretch		-Right and left arm across -Right and left arm behind head 15 seconds each stretch		Pigeon Pose in between your sets		
CONDITIONING (WORKOUT OF THE DAY)	Work for Time 50 jumping air squats 50 sit ups 50 jumping jacks 50 alternating lunges RECORD YOU TIME!		Work for Time 10 burpees 15 sit ups 20 air squats 25 jumping jacks 30 second plank hold 25 jumping jacks 20 air squats 15 sit ups 10 burpees		Sprint Interval Workout (on a treadmill or outside) For 10 minutes: -sprint 15 seconds -run/jog 45 seconds -To cool down, walk for 5 minutes So at the beginning of each minute you will sprint		

WEEK 4 JULY 4- JULY 10	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/Active Recovery FIND A BODY WEIGHT ONLY WORKOUT ON PINTEREST	-Specific Warm up 20 jumping jacks 10 big arm circles forward 10 big arm circles backwards 10 push ups 20 jumping jacks 10 arm hugs 10 arm swings	REST DAY	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/Active Recovery -Run/Walk Intervals for 30 minutes -RUN 1 MIN -WALK 2 MIN	REST DAY
SKILL/STRENGTH	Jumping Air Squats -5 sets of 15 reps *Rest 30 seconds between sets THEN -5 sets of 30 second wall sits *rest 30 seconds between sets	AND DO IT 😊 Keep it short and simple, should only be 15-20 minutes tops	Push Press with dumbbells or barbell *Push press means you can start the lift by bending your knees and using your legs to get the weight overhead. Standing up, feet under hips, stomach tight, chest open, barbell on shoulders in front or dumbbells on shoulders, elbows up -5 reps with 8lb dumbbells or 15lb bar -5 reps with 10lb dumbbells or 20lb bar -5 reps with 12lb dumbbells or 25lb bar -5 reps with 15lb dumbbells or 30lb bar		Weighted Walking Lunges *as you walking across an area your back knee should kiss the ground and front knee should stay in line with your toes. Arms are by your sides because you're holding dumbbells 10 walking lunges 5lb wts 10 walking lunges 8lb wts 10 walking lunges 10lb wts 10 walking lunges 12lb wts 10 walking lunges 15lb wts *If it's too heavy, stay at a weight you can do and complete all 5 sets of 10	If on a treadmill, make sure the INCLINE IS AT 1 OR 2. -Static stretch after wards	
MOBILITY	When you are resting in between your sets, sit on the floor, feet & legs apart, and stretch down to your right and left side and the center		Stretch your wrists! Sit on the ground and have your palms flat on the ground, arms straight, and fingers forward. Move your weight around for about 20 seconds. Switch so your fingers are facing you and palms are up. Move your weight around for about 20 seconds. Do this 3-4 times.		<p>Pigeon Pose-</p> <p>How To Do</p> <ul style="list-style-type: none"> *lengthen up through spine on an inhale before extending over front leg *hips square to front of mat *front knee directly in line with hip *back foot extends straight out in line with the hip *drin does NOT need to be parallel to front of mat *lengthen inner thighs away from each other *shoulders relax away from ears *tailbone extends back as breastbone extends forward *relax completely *Find comfortable position for arms to rest *tuck through front foot <p>www.themarsale.com</p>		

CONDITIONING (WORKOUT OF THE DAY)	20 minutes as many rounds as possible -5 push ups -10 sit ups -15 airsquats		4 Rounds NOT FOR TIME -Run 400 meters (.25 mile) -10 tuck jumps -30 sec plank hold		Not for Time: 10 sets of 30 second wall sets -then- 5 sets of 20 sit ups		
WEEK 5 JULY 11- JULY 17	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP	Specific Warm up -jog 800 meters or 4 minutes -20 lunges -hold pigeon pose for 1 minute each leg -calf stretch -5 burpees -10 air squats -quad stretch *JUMP ROPE FOR 60 SECONDS	Light/Active Recovery PLAY VOLLEYBALL OUTSIDE FOR 20 MINUTES! -If you're by yourself you can go for a 20 minute jog or walk	-Specific Warm up 20 jumping jacks 10 big arm circles forward 10 big arm circles backwards 10 push ups 20 jumping jacks 10 arm hugs 10 arm swings	REST DAY	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/Active Recovery STRETCH EVERYTHING! Take 10 minutes to static stretch -Walk for 20 to 30 minutes	REST DAY
SKILL/STRENGTH	For 10 Minutes EVERY MINUTE ON THE MINUTE -10 jumping air squats -2 burpees - you rest until the next minute starts		Push Press with dumbbells or barbell -8 reps with 8lb dumbbells or 15lb bar -8 reps with 10lb dumbbells or 20lb bar -8 reps with 12lb dumbbells or 25lb bar -8 reps with 15lb dumbbells or 30lb bar		Weighted Walking Lunges -use 10 lb dumbbells in each hand -5 sets of 15 lunges -if 10 lbs is too light, go to 12 or 15 -if 10 lbs is too heavy, go to 8	Record how long you walked.	
MOBILITY	Stretch your wrists and shoulders for 2-3 minutes		Stretch your wrists and shoulders for 2-3 minutes		Quad and hamstring stretch		
CONDITIONING (WORKOUT OF THE DAY)	3 rounds for time -100 single unders with jump rope -10 burpees		Run 1 mile 50 sit ups Run 800m 25 sit ups Run 400m 10 sit ups		50 burpee box jumps -do a burpee, do a box jump; that's 1		

WEEK 6 JULY 18- JULY 24	DAY 1 (Monday) SKILL/STRENGTH & METCON	DAY 2 (Tuesday)	DAY 3 (Wednesday) SKILL/STRENGTH & METCON	DAY 4 (Thursday)	DAY 5 (Friday) SKILL/STRENGTH & METCON	DAY 6 (Saturday)	DAY 7 (Sunday)
WARM UP	Quick warm up -5 minutes running/jogging No skill portion just WOD Stretch whatever feels tight CHIPPER WORKOUT 50 jumping jacks	Light/Active Recovery	-General Warm Up Jog 800m or 4 min. 20 jumping jacks 10 air squats 10 push ups 10 alternating lunges 10 arm hugs 10 arm swings Quad Stretch 20 sec	Light/Active Recovery	Specific Warm up -30 jumping jacks -5 push ups -20 jumping jacks -10 sit ups -10 jumping jacks -5 push ups	Light/Active Recovery Day You Pick: Create your own light workout or find something online that you like. Keep it light and no more than 30 minutes.	REST DAY
SKILL/STRENGTH	50 sit ups 45 jumping jacks 45 air squats 40 jumping jacks 40 split jumps 35 jumping jacks 35 push ups 30 jumping jacks 30 burpees 25 jumping jacks 25 sit ups 20 jumping jacks		Back Squat: 5x5 ➤ 5 BS @35 or 45 lbs (barbell) ➤ 5 BS @ 55lbs ➤ 5 BS @ 65lbs ➤ 5 BS @ 75lbs ➤ 5 BS @ 85lbs Rest 1-2 minutes in between. IF YOU FEEL GOOD, KEEP GOING UNTIL YOU GET TO YOUR HEAVIEST SET OF 5 😊		Standing Strict Press: 5 sets x10 reps - 10 reps with 8lbs -10 reps with 10lbs -10 reps with 12lbs -10 reps with 15lbs -10 reps with 20 lbs *You can go heavier is able but only for 2 more sets. If you fail, go down in weight and complete a total of 5 sets.		
MOBILITY	20 air squats 15 jumping jacks				Warm up your legs and stretch quads and hamstrings		
CONDITIONING (WORKOUT OF THE DAY)	15 split jumps 10 push ups 5 burpees *HAVE A FRIEND DO THE WORKOUT WITH YOU BECAUSE TRUST ME IT'S TORTURE! Don't split it up, you do all the work		2 nd Strength portion NO WOD TODAY -Start with dumbbells at your hips then go down to your shins and back up, that's 1 rep. Deadlift: Deadlift with Dumbbells -5 sets of 10 reps -10 reps @ 5lbs -10 reps @10lbs -10 reps @ 15lbs -10 reps @ 20lbs -10 reps @25 lbs		SPRINTS YAY! 8 sets of 60 meter sprints RECORD YOUR TIMES 1) _____ 2) _____ 3) _____ 4) _____ 5) _____ 6) _____ 7) _____ 8) _____ REST/WALK 1 minute in between for treadmill, use 1 for incline		