

Men's Basketball: In-Season Training Program

Program Objectives: Maintain size, strength, speed and power during the season.

Weekly Plan:

- Train 2 times per week (ideally Monday & Wednesday)
- Do the [Foam Roller](#) work and stretches (e.g. [Calves](#), [Soleus](#), [Hamstrings](#), [Piriformis](#), [Hip Flexors](#), [Rectus Femoris](#), [Groin](#), [Chest](#), [Lats](#), [Posterior Shoulder Capsule](#), [Upper Traps](#), [Levator Scapulae](#), [Scalenes](#)) as needed before bed – this will improve mobility, enhance recovery and improve sleep quality. You can also do a small amount of this pre-training as needed.

Training Prep:

Part 1: Rolling

- [Foot Rolling with Golf Ball \(30sec each foot\) and Pec Minor Rolling with Golf Ball \(30 sec each side\)](#)
- Optional: do other areas as needed, but don't take too long. For more foam rolling drills see: [Foam Roller Drills](#)

Part 2: Mobility (use as needed, skip areas that you have great mobility, but these areas are common problem spots)

- [Ankle Mobility Drill](#): 1-2x5-8 rep per leg. Push knee forward, keep weight on heel, do not let knee come in!
- [T Spine Mobility](#): 1-2x5 reps each movement with slow breaths (more if needed on the side that does not rotate as well)
- [Floor Slides with Breathing](#): 1-2x5-8 reps
- [Dynamic Hip Flexor Stretch](#): 1-2x5-8 per leg
- [Optional: do more mobility work as needed. For more info see: Dynamic Mobility Level 1](#)

Part 3: Hip & Core Activation (choose one for each area)

- [Posterior Core & Hamstrings](#): [Glute Bridge with Foot Lifts \(1-2x3-5 per leg\)](#), [Ball Leg Curl with Foot Lifts \(1-2x3-5 per leg\)](#), or [Straight Leg Bridge \(1-2x3-5 per leg\)](#)
- [Lateral Core & Hips](#): [FMS Lifts and Chops](#) (1-2x5 each) [Side Bridge with Leg Lift](#): 1-2x10-20 sec per side, [X-Band Sideways Walks](#) (1-2x5 steps each way), [Side Steps with Mini Band](#) (1-2x5 steps each way), or [Monster Walks](#) (1-2x5 steps each way)
- [Anterior Core](#): [RKC Plank: 5-10 sec hold](#), [Strict Bear Crawl \(1-2x10-15meters\)](#), or [Leg Lowering \(1-2x5 per leg – this is great if you have stiff hamstrings\)](#)

Part 4: Neural Activation

- [PNF Patterns](#): 5 reps with each movement (optional)
- Jump Rope Skipping: 1 min (do 1 min of jumping jacks if no skipping rope)
- [Optional: Body Weight Jump Squats or Standing Long Jumps \(1-3x5\)](#), [Skipping for Height or Skipping for Distance \(1-2x10-20meters\)](#) and/or medicine ball throwing (choose 1-2): [Chest Passes](#), [Underhand Throws](#), [Slams](#), [Push Pass](#), [Side Pass](#), [Overhead Throws \(1-2x5\)](#)

Part 5: Specific Warm-Up

- Lifting: warm-up sets: use 1-3 progressively heavier warm-up sets of 2-5 reps for main exercises.
- If sprinting, do at least 3 progressively faster warm-up sprints at 70, 80 and 90% of max speed.

Note:

There is a lot of exercise variety in these programs. This is to account for individual difference that will exist on a team and equipment availability. It is also a way to give you variety when needed during a long in-season. Note: too much switching of exercises can make you sore, but never switching exercises can increase risk for tendon/joint stress. Change when you progress stalls or need a change. You can also change reps and loads within the rep ranges given. You can also vary the number of sets with the ranges based on your needs. When you are tired, do less reps and sets as opposed to lifting lighter weights. Keep track of your weight. If you are losing weight in-season (usually not good as it means you are losing muscle), you may need to do the higher number of sets and eat more quality food.

Day 1: Moderate Strength Day

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Explosive Lift Variation* (medium load)	3x3	X	90s-2m	*Options: low pulls , clean pulls , snatch pulls , hang power clean , hang power snatch , Clean & Jerk or Trap Bar Jumps . Make sure the version you choose is something you can do well and does not beat up your joints.
2	Deadlift or Squat Variation* (*A great option for many is to alternate between trap bar deadlifts and squat variation each week)	1-3x3-5 (not including warm-up sets)	2111	90s-2m	Deadlift options: Trap Bar Deadlift , Sumo Deadlift , Deadlift from rack or Deadlift from blocks . Squat options: Front Squat , Safety Squat Bar , Safety Squat Bar Holding the Rack , Zercher , 2 KB Front Squat , Touch and Go Box Squat , Split Squat , Single Leg Squat from Bench , Single Leg Squat to Box or Single Leg Squat from High Box
3a	Inverted Row or Prone DB Row	2-4x8-10	2011	30-45s	
3b	Suspension Strap Military Push-Ups or Weighted Military Push-Ups	2-4x5-8	2010	30-45s	How to do Weighted Push Ups
3c	Single Leg Deadlift Variation*	2-4x8-10	2111	20-30s**	*Choose from: Single Leg Kettlebell Deadlift , SL KB DL (from step or plates) , Single Leg 1-Arm Romanian Deadlift , Single Leg Romanian with Glute Emphasis . **20-30sec between legs and next round. Note: Romanians are more hamstring-intense, but may make you too sore for practice.
4	Suspension Strap Mountain Climbers , Swiss Ball Mountain Climbers or Dead Bug with a Squeeze	2x3-5 per leg	Very Slow	30-45s	
5	Multi-Plane Hops with Stability	1-2x*	5 sec**	45s	*1 set = 1 hop in each direction (forward, left, back, right. Return to middle after each rep. ** each time you land, hold and stick landing for 5 sec.

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Day 2: Power Day

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Explosive Lift Variation* (heavy)	4-5x2	X	2m	*Options: low pulls , clean pulls , snatch pulls , hang power clean , hang power snatch , Clean & Jerk or Trap Bar Jumps . Make sure the version you choose is something you can do well and does not beat up your joints. This can be the same or a different version than day 1.
2	Option 1: Goblet Squat	2x5	2011	1m	This is great if you are beat up. It is also great to maintain the squat pattern – especially if you did a single-leg squat variation on day 1.
	Option 2: Speed Squat	4-5x2	20X1	45-60s	This is a great option if you are feeling great and want to work more on your power. Choose from the squat options in day 1. Go lighter weight and move the weight fast!
3a	Pull-Up Variation*	2-4x6-10	2010	30-45s	Choose from: Pull Ups , Chin Ups , Ring Chin Ups , Neutral Grip Pull Ups , Ring Pull Ups
3b	Push Press , DB Push Press or 1-Arm DB Push Press	2-4x3-5	21X1	30-45s	
3c	Kettlebell Swings or DB Swings	2-4x6-10	X	45s	You can also try Hip Thrust if you have trouble with the swings. Go controlled if you do hip thrusts, pause and squeeze glutes at the top of each rep for 2 counts.
4	½ Turkish Get-Up or Full Get-Up	3-5 reps per side	*	**	*Go controlled, pause and "own" each position. **Alternate sides each rep. Rest as needed between reps.
5	1-Arm Farmer's Walks or 1-Arm KB Farmer's Walk	1-2x20meters	Brisk walk	30s*	*30sec between sides and sets.
6	Pallof Press with band and partner	1-2x8-10	Slow	30s*	*30sec between sides and sets.

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Day 3: Volume Day – This is only used in one the following 3 situations:

1) You are a red shirt, 2) you know for sure you are not playing on the weekend or 3) you have a bye weekend and practice volume did not jump up too high that week

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Explosive Lift Variation (light)	3x3	X	1m	*See Day 1 for options
2a	SL Squat Variation*	3-4x6-8	2010	30-45s	*Choose from: Single Leg Squat from Bench , Single Leg Squat to Box , or Single Leg Squat from High Box
2b	1-Arm DB Row	3-4x6-8	2011	30-45s	
2c	Leg Curl Variation*	3-4x6-8	2011	30-45s	*Choose from: Swiss Ball Leg Curl (note: see: Swiss ball leg curl progressions and regressions), Ball Leg Curl 2 Up, 1 down , Band-Assisted Glute-Ham Raise , Glute-Ham Raise , Sliding Leg Curls or Suspension Strap Leg Curls
2d	1-Arm Incline DB Bench Press	3-4x6-8	2010	30-45s	
2e	Swiss Ball Stir the Pot	3-4x3-5*	Slow	30-45s	*3-5 slow circles in each direction.
3a	Standing DB Curls (optional)	1-3x8-12	2010	30s	
3b	DB Pullover-Triceps Extensions (optional)	1-3x8-12	2010	30s	
4	Option 1: Kettlebell Swings (optional*)	5-8x10-20	X	1m	Do not do if you are fatigued and beat up from practices this week. Note, these are lighter swings for conditioning purposes. This is a great option if you have knee pain or shin splits or if it is not feasible to sprint because the gym is busy.
	Option 2: Sprints (optional*)	5-10x20meters	X	**	Do not do if you are fatigued and beat up from practices this week. **Rest is the time to walk back to the starting position.

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 warm-up sets of 2-5 reps for main exercises.

Important Notes: Order Example: 1a, 1b = perform these exercises before in superset fashion before moving to the next set of exercises. Follow the recommended "Rest" between the exercises. Maintain perfect form and stop **before** you lose perfect form. * Tempo: 4 numbers: 1st: lower, 2nd, time at bottom, 3rd raise/lift, 4th time at top. X = explosive. **DO NOT TRAIN IN ANKLE BRACES UNLESS YOU HAVE BEEN INSTRUCTED TO DO SO BY YOUR THERAPIST**

Cool Down:

After training you want to let your body know this and help it switch out of training mode (fight or flight) and back into recovery mode (rest and recover). To do this, take at least 5 minutes after training to unwind. Here are some great options:

[Crocodile Breathing](#)

[Breathing on a Foam Roller](#)

[Foam Roller work for problem areas](#)

[Resting Postures: Try each of these positions for about 30-40sec each. Spend more time on problem areas.](#)

[Static stretching:](#) (e.g. [Calves](#), [Soleus](#), [Hamstrings](#), [Piriformis](#), [Hip Flexors](#), [Rectus Femoris](#), [Hip External Rotators](#), [Groin](#), [Chest](#), [Lats](#), [Posterior Shoulder Capsule](#), [Upper Traps](#), [Levator Scapulae](#), [Scalenes](#))