

Men's Basketball Training Program Off-Season 3: Basketball-Specific Conditioning

Program Objectives: Build/maintain muscle, strength, speed & power while shifting the focus to conditioning.

Weekly Plan:

- Do the strength & power training 3 times per week. Do 2 high-intensity conditioning sessions and 2-3 low intensity conditioning sessions per week. These can be done after training or ideally later in the day (e.g. lift in the morning, condition in the evening. Note: avoid day after day of hard training (e.g. Mon: lift, Tues: hard conditioning, Wed: lift, Thurs: hard conditioning, Friday: lift)
- 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.

Day 1: Heavy Upper Body

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Med Ball Push Pass or Med Ball Chest Passes	3x3-5	X	45-60s	
2a	Chin Ups	2-3x5, 1x8-12	2010	45-60s	
2b	1-Arm DB Push Press	3-4x3-5	21X1	45-60s	
3a	Prone DB Row	3-4x6-8	2011	45-60s	
3b	Bench Press , Floor Press or DB Bench Press	3-4x6-8	2010	45-60s	Guys with longer arms will do better with DB Bench Press
4	Prone DB Flies	2x12-5	3021	45-60s	

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

Day 2: Lower Body Strength

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	Olympic Lifting Variation*	4-5x3	X	90s-2m	*Options: low pulls , clean pulls , snatch pulls , hang power clean , hang power snatch , Clean & Jerk or Trap Bar Jumps
2	Trap Bar Deadlift or Sumo Deadlift	1-2x5	2111	2min	
3	Single Leg Squat Variation*	3-4x6-10	2010	90s	*Choose from: Single Leg Squat from Bench , Single Leg Squat to Box , or Single Leg Squat from High Box
4a	Back Extensions , Romanian Deadlift or Kettlebell Swings	3-4x8-10	2011*	45s	*Note: swings done fast
4b	Dead Bug with a Squeeze	2-3x4-6 per side	2020	45s	

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

Day 3: Speed & Beach Day

Order	Exercise	Sets x Reps	Tempo	Rest	Notes
1	10 Meter Sprints (optional)	3-4 sets	X	90s-2m	Just a little work to practice speed in a non-exhaustive state
2a	Neutral Grip Pull Ups	3x6-8	2010	45s	
2b	Incline DB Press	3x6-8	2010	45s	
3a	Seated Cable Row (wide grip)	3x8-10	2011	45s	
3b	Dips or Push-Up Variation*	3x8-10	2110	45s	Do not use dips if they bother your shoulder or chest. *For push-ups, choose from: Push Ups , Dead Stop Push Ups or Suspension Strap Push-Ups . Use Weighted Push Ups as needed.
4a	Band Biceps Curls (optional)	1-3x12-15	2011	30-45s	
4b	Band Pressdowns (optional)	1-3x12-15	2011	30-45s	

Notes: sets x reps (e.g. 3x8 = 3 sets of 8 reps), use 1-3 progressively heavier 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**

Basketball-Specific Conditioning Program

Purpose:

- As you are well aware, basketball involves a lot of running. As the game goes on and fatigue sets in, performance can drop. Fatigue affects your shooting, passing, ball handling, and ability to move efficiently on the court. In close games, the team that is the best conditioned has the upper hand. Many athletes jog for their running work, which is not sport-specific and can make them slower. Interval sprinting is a far superior way to condition for basketball. Work hard on your conditioning program and enjoy the results when you step on the court ☺

Program Explanation & Important Notes:

- Make sure you have good shoes. Running shoes are preferred to basketball shoes for running. However, for the court drills, wear your basketball shoes.
- When you are not doing specific court work, choose running tracks or grass fields over concrete or pavement when possible. One grass and other natural surfaces, watch for uneven ground – we don't want any rolled ankles.
- Focus on proper running technique: stay on your toes, fully extend your hips, pump the arms straight forward and back, get low during acceleration & deceleration
- Do not stop between sets. Walk around while you rest for the allotted amount of time.
- If have any current/old nagging injuries or are experiencing pain with the running program, please let me know.
- RPE = Rate of perceived exertion. Basically, it is asking you on a scale of 1-10 how hard you are working (1 = walk in the park, 10 = all out sprint). Use the RPE guidelines to help you measure your intensity.

RPE = Rate of Perceived Exertion (on a scale of 1-10, how hard do you feel you are working?)

1 = almost nothing at all	4 = moderate	7 = heavy
2 = very, light	5 = somewhat hard	8 = very heavy
3 = light	6 = hard	9 = extremely difficult
		10 = full out maximum

- Record your best time for a particular distance each day. Have some healthy competition with yourself and try to beat your best time. For the sprints, you may want to have someone else time you.
- Really push yourself. Most people would rather go longer than harder – don't be like most people.
- If you finish the program and don't "feel" like you worked out, chances are you didn't push yourself enough

Warm-Up:

- If you have just doing your weights, you should be warm. If not, start with 3-5 minutes of brisk walking, then 5 sets of 20 yard light sprints (progressively increase speed).

Progression:

- Conditioning sessions must be progressed each workout to see improvement in current conditioning level.
- The program has progression build into it, but you need to be striving for personal records on the drills each session.
- Be sure to follow the rest intervals. Gradually decreasing these is a fantastic way to get in shape!
- Start with less sets if this feels too difficult

Low-Intensity Active Recovery Options: choose one each time – 2-3 times per week

Low-Intensity Active Recovery Options:	Details	Notes
Cross-Field Tempo Runs	8-12 sets (rest time is build into the drill)	Start in one corner of a soccer field and do a light sprint diagonally across the field. Speed should be less than 75% of max speed. When you get to the opposite corner, walk the width of the field and repeat the process in the opposite direction.
Brisk Walking with long strides	20-30 min	Good option if need a break from running
Low-Intensity Cycling	20-30 min	Use only if injured or have shin splints

High-Intensity Conditioning Sessions: 2x per week

Note: If you are doing a 4 week conditioning block, cut out week 1.

Week #	Day	RPE (Scale 1-10)	Distance (sets x meters)	Rest Interval	Best Time
1	Day 1	7-8	4-5x100	Time to walk back to start	
	Day 2	8-9	5-6x100	Time to walk back to start	
2	Day 1	10	10x40	30-60 sec	
		9	4-5x80	Time to walk back to start	
		8	2-3x100	Time to walk back to start	
	Day 2	8	3-4x5½'s	100 sec	
		8	3-4x½ Court, Full Court	100 sec	
		9	1x60 sec Side-Line Drill	(record reps)	
3	Day 1	10	4x10	30 sec	
		10	3x20	30 sec	
		10	3x40	40 sec	
		9	3x60	45 sec	
		9	2x80	Time to walk back to start	
		8	2x100	Time to walk back to start	
	Day 2	8	4x5½'s	90 sec	
		8	4x½ Court, Full Court	90 sec	
		9	1x60 sec Side-Line Drill	(record reps)	
4	Day 1	8	2x5½'s	80 sec	
		9	3x½ Court, Full Court	80 sec	
		9	3xSuicides	80 sec	
		9	3xReverse Suicides	80 sec	
		9	1x60 sec Side-Line Drill	(record reps)	
	Day 2	8	2x5½'s	70 sec	
		9	3x½ Court, Full Court	70 sec	
		9	2xSuicides	70 sec	
		9	3xReverse Suicides	70 sec	
		9	1x60 sec Side-Line Drill	(record reps)	
5	Day 1	8	3x5½'s	60 sec	
		9	3x½ Court, Full Court	60 sec	
		9	3xSuicides	60 sec	
		9	1xReverse Suicides	60 sec	
		9	1x60 sec Side-Line Drill	(record reps)	
	Day 2	Omit high-intensity conditioning on this day and replace with a low-intensity, active recovery session			

Court Drill Explanations:

Note: Don't be afraid to ask questions if you are not sure about the drills.

5½'s

- ✓ Start at the baseline
- ✓ Sprint the length of the court 5 times
- ✓ Sprint ½ the length of the court to finish at half court
- ✓ Stay in a straight line

Half Court, Full Court

- ✓ Start at the base line
- ✓ Sprint to half court and back
- ✓ Sprint a full court length and back
- ✓ Sprint to half court and back
- ✓ Sprint a full court length and back
- ✓ Stay in a straight line
- ✓ Finish at the base line

60-Sec Side Line Drill

- ✓ Start on the sideline
- ✓ Sprint to the other sideline and back as many times as you can in 60 seconds
- ✓ Count reps (over and back is 2 reps) instead of time and record in the space provided
- ✓ Try to get 17 or more reps
- ✓ Stay in a straight line

Suicides

- ✓ Start on the baseline
- ✓ Sprint to the foul line and back to the base line
- ✓ Sprint to half court and back to the base line
- ✓ Sprint to the far foul line and back to the base line
- ✓ Sprint the full length of the court and back
- ✓ Stay in a straight line
- ✓ Bring a puke bucket 😊

Reverse Suicides

- ✓ Start on the base line
- ✓ Sprint the full length of the court and back to the base line
- ✓ Sprint to the far foul line and back to the base line
- ✓ Sprint to half court and back to the base line
- ✓ Sprint to the closest foul line (from where you started) and back to the base line
- ✓ Stay in a straight line

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](#))