

<p><b>January 5 &amp; 12</b>  Day 1; WU= Jump Rope, 4'  RDL with barbell; 2 x 8  Hang Clean; 5,5,5,4,3  Step-ups; 2 x 12 w/15lb-20lb tube  Swiss Ball; 12 push-ups, 8 pikes, 8 ab roll-ups (2x)  Chin-ups; 2 x 8, Pull-ups; 2 x 8  Mini Band Rtn  Stretch bands and Slant Board.</p>	<p><b>Day 2; January 7 &amp; 14</b>  WU=Jump Rope, 4'  Back Squat to Push press; 2 x 10  Box Jump; 2 x 8 (24")  Single-leg Squat; 3 x 6  Plyo Push-up with med ball; 3 x 10  Chin-up; 1x amap  Jump Rope; 1' warm-up,  5 x 10 double jumps (:20 Rest)  Mini Band Rtn  Stretch Bands and Slant Board.</p>
<p><b>January 19 &amp; 26</b>  Day 1; WU = Jump Rope, 4'  RDL with barbell; 2 x 8  Hang Clean; 4,4,4,3,3,2  Step-ups; 2 x 10 w/15lb-20lb tube  Swiss Ball; Trunk Curl, 3 x 30,Push-ups, 3 x 12-15  Chin-ups; 2 x 8, Pull-ups; 2 x 8  Mini Band Rtn  Stretch bands and Slant Board.</p>	<p><b>Day 2; January 21 &amp; 28</b>  WU = Jump Rope, 4'  Back Squat to Push press; 2 x 10  Box Jump; 2 x 8 (24")  Squat Jump with tubing; 3 x 8  Plyo Push-up with med ball; 3 x 10  Chin-ups; 1x amap  Jump Rope; 1' warm-up  6 x 10 double jumps (:20 Rest)  Mini Band Rtn  Stretch Bands and Slant Board.</p>

**(Mid-Distance Strength Training 2015).**

<p><b>February 2 &amp; 9</b>  Day 1; WU = Jump Rope, 4'  Single leg RDL with Dumbell; 2 x 8  Hang Clean; 4,3,3,3,2  Forward Step Lunge with barbell; 2 x 8  Swiss Ball; 10 ab roll-up, 10 pike (2x)  Swiss Ball; Push-ups, 1x amap  Chin-ups; 1x amap  Mini Band Rtn</p>	<p><b>Day 2; February 4 &amp; 11</b>  WU = Jump Rope, 4'  Back Squat to Push press; 1 x 10  Overhead squat; 1 x 10  Box Jump; 3 x 8 with tubing  Med ball; dbl leg hop to push press; 10x  dbl leg hop to Over head bkwds; 10x  Jump Rope; 3 x 30 Running A's. 2 x 15 Jump for height  Clap Push-ups; 2 x 10</p>
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<p>Stretch Bands and Slant Board.</p>	<p>Chin-up; 1x amap Mini Band Rtn Stretch Bands and Slant Board.</p>
<p><b>February 16 &amp; 23</b> <b>Day 1;</b> WU = Jump Rope, 4' RDL with barbell; 2 x 8 Hang Clean; 4,3,3,2,2 Forward Lunge with barbell; 2 x 8 Swiss Ball; 6x walk-out, 12 push-ups (3x, :20 rest) Chin-ups; 3 x 6-8, Pull-ups; 3 x 6-8 Mini Band Rtn Stretch Bands and Slant Board.</p>	<p><b>Day 2; February 18 &amp; 25 (25<sup>th</sup> schedule may change).</b> WU = Jump Rope, 4' Overhead squat; 2 x 10 Med ball; push press; 10x     dbl leg hop to push press; 10x     over head bkwns; 10x     dbl leg hop to over head bkwns; 10x     single leg push press; 6x Clap push-ups; 3 x 8-12, :30 rest Mini Band Rtn Stretch Bands and Slant Board</p>