

Dear Harvard Men's Volleyball Players,

First off, great job this semester. I love to see the hard work you have put into the training program so far. I enjoyed training you during this past school year. This is your strength and conditioning manual. It is set up as user friendly as possible, so it should be easy to follow. Most of the exercises should be familiar as we have done them before but if you have any questions about the program do not hesitate to call me at (508) 364-0300 or email me at uhjoe21@yahoo.com. I will be sure to help you out any way that I can. You can also go to the gocrimson.com webpage and find videos of many of the exercises that we will be using. Just click on Harvard Athletics then find strength and conditioning and finally click on the multimedia link.

You may not know but the summer is the most important training period for a volleyball player. This program begins May 26<sup>th</sup> and ends Aug 28<sup>th</sup>. This time can be a chance for you to build upon the foundation that we have set during the school year and come back stronger, healthier, and in better shape than ever. **Don't "slack off"** if you put the effort in I promise it will pay off.

**HAVE A TERRIFIC SUMMER!!!!!!**

Best of Luck,

Joe Connolly  
Strength & Conditioning Coach  
Harvard University

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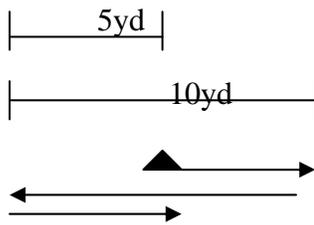
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## Preseason Testing

### Conditioning/Agility:

#### 1. 5-10-5

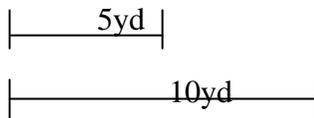
Start at the middle cone and sprint 5 yd to the other cone. Then turn and run 10 yd to the farthest cone. Finally turn and run 5 yd through the starting cone.



#### 2. 20 yd Sprint

Best 20 yd time of 2 attempts

#### 3. 30 yd Shuttle



Keep times under 8 seconds. Allow 16 seconds for rest and repeat.

The follow is an example of a typical week:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lift/Core & Cond.	Plyo/Core Play VB	Lift/Core & Cond	Plyos. Play VB	Lift Play VB	Play VB	OFF

### **A couple of things to note about the program...**

It is understandable that some of you may not have access to the equipment needed for every exercise. If you do not then try to get the most done with what you have. For example if there is no chin-up bar at your gym then use the lat pulldown machine, if you can't do cleans where you are then do jump squats.

Remember, if you get injured you can still lift. If your arm is hurt you can still use your other arm; if your leg is injured you can still do 1 leg exercises and upper body exercises etc.

### **Rest!!!**

Make sure that you take the proper rest for each activity. The rest periods that are given are so that you can get the most out of your workout. Adding rest or taking it away can change what you get out of the workout.

### **Safety!!!**

Be safe before anything else. Make sure you have spotters, use clips, set crash bars to appropriate heights, and run on proper surfaces. Stay properly hydrated (DRINK WATER). Check weather reports. If it is too hot to do you're conditioning outside try to find an indoor facility (i.e. inside a gym or on a treadmill).

Follow the setup of the program. If you must deviate from it because of your schedule that is ok but try to stick to it as best you can.

**Workouts begin Monday May 26<sup>th</sup>**

# Warm-up

## 1.) Lifting Warm-ups (MWF)

### Warm-up 1:

High Knee-Heel Butt x5e  
Figure 4-Elephant x5e  
Lateral Squat R/L/Sumo x5e  
World's Greatest x5e  
High Knee Run/Buttkick  
Mountain Climbers x20e

### Warm-up 2:

Jump Rope- Left Leg 20sec  
Right Leg 20sec  
2 Feet 30sec  
Skip 20sec ea.  
High Knee 30 sec

### Warm-up 3:

Neck Rolls x10  
Shoulder Rolls x10  
Arm Circles x10  
Trunk Twists x10  
High Knee Grab x5 ea.  
Heel to Butt x5 ea.  
Figure 4 x5 ea.  
Sumo Squat x10

## 2.) Agilities Warm-up (T/Th/Sat)

### Warm-up 1:

15 yd  
High Knee-Heel Butt Grab  
High Knee – Lunge Walk  
Backward Lunge Walk w/twist  
World's Greatest  
Inchworm  
Lateral Lunge Walk  
High Knee Run x2  
High Knee Skip x2  
Power Skips for Height x2  
Shuffle x2  
Carioca x2

Make sure that you properly warm-up before each activity. You do not need to injure yourself because of **LAZINESS!!!!** Do not choose the same warm-up every time.

# Summer Core & Stretching Routines (MWF)

## Phase 1

### Mon –Killer Core x3

- Atomics x25
- Rocky x20
- V-Twists x15e
- Deadfish x12e
- Oblique Bridge x12e
- Flutterkicks x20e
- Supermen x15

### Wed –Hard Core x3

- SL Situps x25
- Figure 4 Crunches x15e
- Reverse Crunches x15
- Lying Opp x10e
- Front Bridge x :40s
- Heel Touches x25e
- Faceplants x20

### Thurs –Easy Abs x2

- Atomics x15
- OH Crunch x15
- Oblique Bridge x :30s
- Rev Crunch x20
- Super T's x15

## Phase 2

### Mon –Killer Core x10

- Atomics x10
- SL Situps x5
- Supermen x5

### Wed –Hard Core x5

- Front Bridge x: 45
- Oblique Bridge x :45e
- 6 in. Crunch Hold x 1:00
- Lying Opp x15e
- Face Plants x15

### Thurs –Easy Abs x2

- Atomics x25
- OH Crunch x15
- Deadfish x15
- V-Twists x20
- Super T's x15
- Supermen x15

## Phase 3

### Mon –Killer Core x4

- Atomics x30
- Rocky x20
- V-Twists x10e
- Deadfish x20e
- Oblique Bridge x10e
- Flutterkicks x20e
- Supermen x15

### Wed –Hard Core x4

- SL Situps x30
- Figure 4 Crunches x15e
- Reverse Crunches x15
- Lying Opp x10e
- Jackknife Opp x15e
- Heel Touches x25e
- Faceplants x20

### Thurs –Easy Abs x2

- Rot Atomics x15e
- OH Crunch x20
- Oblique Bridge x :45s
- Rev Crunch x25
- Super T's x15

**The Core routines are to be done at the end of each lift. Phase 1 Core is done after each Phase 1 lift; Phase 2 Core is done after each Phase 2 lift; Phase 3 Core is done after each Phase 3 lift. After the Core is completed then either do conditioning session or go through the stretch routine holding each exercise for 10-15 seconds.**

## **STATIC FLEXIBILITY**

Flexibility is an area of training that most athletes feel is important but is often neglected nonetheless. This neglect can occur due to the mild discomfort associated with stretching or because it is time consuming or maybe even because of post-workout fatigue. But far and away, the biggest reason that flexibility training is neglected is due to laziness. And this is certainly not a valid reason to dismiss an area of training that can potentially make an athlete much more effective.

Flexibility is critically important to maximizing an individual's athleticism. It is defined as the range of motion around a joint and common sense would seem to indicate that if an athlete's range of motion were to increase, his performance capability would also rise. With this improved range of motion around a joint, an athlete can now decrease his risk of injury due to the fact that the muscles have more elasticity and can go into greater areas of stretch before being damaged.

Flexibility in the knee and hip joints, as well as in the torso, is a critical ingredient in the maximization of an athlete's speed potential. Many athletes are extremely tight in these areas, especially the hip joint and lower back region, and for this reason are not in a position to run to their capabilities. We strongly encourage you to stretch these areas as frequently as possible so that you can put yourself in a position to improve your speed, and explosive power.

Proper flexibility training is not a difficult task to perform but requires a little discipline and concentration. You should spend from 20-30 seconds in each stretch, holding the stretch in a position of very mild discomfort. Stretching to the point of extreme pain is not efficient in improving flexibility and can cause micro tears in muscle fibers. When stretching, concentrate on what you are doing and not on your surroundings and emphasize deep, controlled breathing. A list, with descriptions and illustrations, of appropriate dynamic and static stretches is included below. Spend 30 minutes per night rotating through this stretch circuit and you will make great gains in all the other aspects of your training.

1. **ROLL OUT NECKS** – Maintaining a flexible neck area is extremely important in sports. Roll out your neck out throughout a total range of motion in both directions.
2. **LUNGE STRETCH** – This stretch works on the hip flexors which are critical in speed development. With your back knee resting on the ground move your front leg forward until the knee is bent over the foot.
3. **STRADDLE OUT** – From a deep straddle position, reach down to your left leg and pull yourself down. Do also to the right leg and down the middle between your legs. This is excellent for the groin and ham.
4. **SAIGON SQUAT** – One of the best lower body and hip flexibility exercises, the Saigon squat is performed by placing your feet about shoulder width apart down as with your heels flat on the ground.
5. **LEGS TO CHEST** – While lying flat on your back pull both knees to your chest. Attempt to pull your knees to your chest and raise your buttocks off the ground.
6. **SPINAL TWIST** – This is a great movement for lower back and torso flexibility that also works on rib muscles and the upper back. Turn your head and torso as much as possible and look directly behind you.

7. HURDLE STRETCH – This is a great exercise for the hamstring muscles which are critical in sprinting speed. Be sure to put the inside of your foot against the inner thigh of the leg being stretched to alleviate pressure on the knee.
8. QUAD STRETCH – The quad area can be stretched efficiently in several different ways. Lying on your stomach, grab either your right or left ankle and pull into your buttocks. To hit the vastus group of the quads, be sure to keep the stretched leg in contact with the ground. To work more on the rectus femoris, allow the stretched leg to come off of the ground.
9. STANDING HAMSTRING STRETCH – Put heel onto a waist high object and bend forward into stretch.

### **Stretch (Post Workout)**

**\*\*Legs Together Back Straight\*\* / \*\*Round the Back\*\* / \*\*Leg in a V (middle, right, left)\*\* / \*\*Right Over Left & Turn\*\* / \*\*Hug it in\*\* / \*\*Left Over Right & Turn\*\* / \*\*Hug it in\*\* / \*\*Heel to Butt (right, left)\*\* / \*\*Calf Stretch (right, left)\*\* / \*\*Hip flexor (right, left)\*\***

### **Plyometrics**

Only one Plyometric drill a session is asked of you. This is because it is expected that you complete every repetition of the drill with 100% explosiveness and perfect form.

You should not be performing repetitions while fatigued so make sure that you wait at least 1:30 between sets. If you do not then you are wasting your time.

Do not do plyos on concrete or asphalt surfaces. It is better to do them on grass, wooden gym floor, or in aerobics rooms.

Wear good shock absorbing shoes such as cross trainers.

**Land correctly!!!!!!** Butt back, chest up, and knees behind the toes. Make sure you cushion the landing (land like a helicopter not like an airplane). This will help prevent injuries during the season.

### **Plyometric Drills**

**Ice Skaters w/ stick-** Jump from your right leg to your left leg. Hold on the left leg for 3 sec and then jump back to the other leg. Jump as high as you can as long as you can balance on one leg.

**Ice Skaters continuous-** Do not stick and hold, instead once your foot hits the ground immediately jump to the other foot.

**Ice Skaters w/ 45degree stick-** Jump from 1 foot to the other at a 45 degree angle and stick the landing.

**One Leg Lateral Hurdle Hops w/ stick-** Start on your right leg with your body perpendicular to the hurdle. Take-off and land on the same leg. Jump laterally to the right over the given number of hurdles. Then jump laterally to the left over given number of hurdles (still jumping and landing with the right leg). Repeat with left leg.

**One Leg Lateral Hurdle Hops w/bounce-** Add 1 bounce between hurdles

**One Leg Lateral Hurdle Hops continuous-** Jump continuously over the hurdles without sticking or bouncing in between.

**2 Foot Hurdle Hops w/ stick** – Jump and land over hurdle with 2 feet. Stick and hold the landing for 1 full second. Repeat over given number of hurdles.

**2 Foot Hurdle Hops w/ bounce-** Add 1 bounce between hurdles.

**2 Foot Hurdle Hops continuous-** Jump continuously over hurdles without sticking or bouncing in between.

**One Leg Linear Hurdle Hops w/ stick-** Jump and land over hurdle with 1 leg. Stick and hold the landing for 1 full second. Repeat over given number of hurdles.

**One Leg Linear Hurdle Hops w/bounce-** Add 1 bounce between hurdles

**One Leg Linear Hurdle Hops continuous-** Jump continuously over the hurdles without sticking or bouncing in between.

**Standing Broad Jumps-** Stand with two feet shoulder width apart and jump as far as you can. Make sure that you are able to land and keep your balance. Go for distance over height.

## **Linear Speed and Agilities**

On all starts remember to push off your front foot. Don't take a step back or lift your front foot.

On the 5&3 step stops drop your butt and stop in an athletic position. If you are not stopping in the appropriate number of steps then **SLOW DOWN**.

Remember to sink your hips and properly break down whenever changing directions.

When moving laterally make sure that the weight is on the inside ball of your feet, you are in a good athletic position, and that you push off the back foot rather than letting your feet come together.

## Linear Speed Drills

**Pushup Start-** Perform a pushup and then bring 1 knee up to your chest. Drive off the front leg and sprint for the given distance.

**1 Leg Start-** Start with one foot on the ground. Driving off the front foot (foot on the ground), sprint for given distance. Repeat the drill on both legs.

**Tempo Sprint-** Sprint for a given distance at about 85% speed. The goal is to work on running technique so stay relaxed and only go as fast as you can with good technique.

**Split Squat Start-** Start in a split squat stance with your body facing to the right. Your right foot should be in front. Drive off your front foot, turn your hips forward and sprint for the given distance.

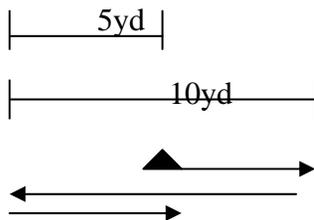
**Sprint-** Start in a 3 point stance and sprint for the given distance.

**Turn & Run-** Start with you back to the starting line. Drop step with your right leg and open up your hips. Turn to the right and sprint for the given distance. Perform the exercise in each direction.

## Agility Drills

**Pro Agility Progression-** There are 3 parts to the progression.

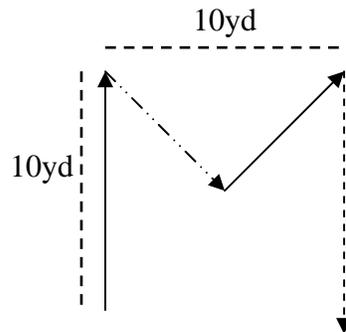
1. 5yd crossover – Start with feet straddling the line and right hand touching it. Crossover with left leg and sprint 5yd to the right. Perform exercise to both sides.
2. 5-10yd run - Start with feet straddling the line and right hand touching it. Crossover with left leg and sprint 5yd to the right. Touch the line with right hand and sprint 10yd to the left. Perform exercise to both sides.
3. 5-10-5 pro agility - Start with feet straddling the line and right hand touching it. Crossover with left leg and sprint 5yd to the right. Touch the line with right hand and sprint 10yd to the left. Touch line with left hand and sprint 5td through the start line. Perform exercise to both sides.



**10yd Perfect Shuffle-** Start in a good athletic position. Keep weight on the inside ball of the foot. Push off the back foot and shuffle 10 yd. Do not let you feet come together. Form should be kept over speed.



**M-Drill-** Set up 2<sup>nd</sup> cone 10yd in front of 1<sup>st</sup> cone. Set up 4<sup>th</sup> cone 5yd to the right of the 2<sup>nd</sup> cone. Set up 5<sup>th</sup> cone 10yd behind 4<sup>th</sup> cone. Set up 3<sup>rd</sup> cone in the center of all the other cones. Start at 1<sup>st</sup> cone – sprint to 2<sup>nd</sup> cone – shuffle diagonally to the 3<sup>rd</sup> cone – sprint to 4<sup>th</sup> cone – backpedal through the 5<sup>th</sup> cone.



## **Conditioning**

The summer conditioning plan is developed to improve your overall conditioning level, as well as your short distance speed.

In order to get the best results go all out on all of the sprints.

Make sure that you give yourself room to slow down. Don't stop in three steps after a sprint (this is a good way to injure yourself). Take a minimum of 20 yd to stop.

Always face in the same direction when turning in the shuttles. This will allow you to work on turning in both directions.

## **Conditioning Drills**

All drills are to be measured out in yards. This is the equivalent of a long stride. When setting up drills make sure you are consistent with your step size. Err on the side of too long as opposed to too short. In order to become the Ivy League Champions there will be no room for cutting corners or taking the easy option so do not get into that habit when you train.

**Fartleks** – Jog at a moderate pace for the assigned jog time and sprint as fast as possible during the assigned sprint time. You can either use a track or just run on the road. If you can't run then you can do the same workout on a bike or in the pool.

**150yd Shuttle runs** (25yd intervals) - Sprint 25yd to cone and back to start. Repeat 3 times.

**100yd Shuttle runs** (25yd intervals) - Sprint 25yd to cone and back to start. Repeat 2 times.

**60yd Shuttle** (5/10/15) - Sprint 5yd and back, sprint 10yd and back, sprint 15yd and back.

**30yd Shuttle** (5/10) – Sprint 5 yd and back, sprint 10 yd and back.

### **Recording Sessions:**

All sessions require you to continue to fill in RPE values and a number of them also require you to record running data (run times). This will allow you to monitor progress and give a good indication of you fitness level. Be sure to fill in all data immediately after the session so you don't forget it. If you miss a session for some reason leave that session empty.

### **Shuttle & Sprint Times**

<b>Times:</b>
150yd w/50yd intervals- <28sec
100yd w/50yd intervals- <18sec
50yd w/50yd intervals- <8sec
150yd w/25yd intervals- <31sec
100yd w/25yd intervals- <20sec
50yd w/25yd intervals- <9sec
60yd w/5-10-15yd intervals- <15 se
30yd w/5-10yd intervals- <8sec.

**Phase 1 – 150 yd shuttle or 100 yd shuttle**

**Phase 2 – 60 yd shuttle or 50 yd shuttle**

**Phase 3 – 60 yd shuttle or 30 yd shuttle**

## Phase 4 – 60 yd shuttle or 30 yd shuttle

### **Strength Training**

The purpose of the strength training program is to develop strength and power to improve volleyball performance and help reduce the potential for injury. Although strength gains are one of the priorities, there are many other elements that must be developed. The main objective is to become a better athlete at the sport you are playing. For a strength training program to be productive, it must be done on a consistent basis and for a period of time. We will go through three cycles where we will change the emphasis of volume (repetitions) and intensity (load) in order to produce optimal results. This is called periodization. A well planned periodized program allows an athlete to peak power and speed for the competitive season so performance will be at its optimum.

It is important to keep accurate records of your progress during the workouts. These records will help you keep track of the amount of weight that you are working at from week to week and the progress you are making. It is essential you train to a reasonable overload each workout to stimulate strength, power, and speed development. By working at your prescribed percentages for the core lifts you will stimulate this development. Use the load progression chart and percentage charts included in the manual for all of your core lifts. You must also strive to push yourself each week on your auxiliary lifts. Continually try to lift a little more or get an extra repetition on your last set each week. This principle is used during all phases of the summer schedule.

#### **Hypertrophy Phase (4 weeks):**

The objective of the hypertrophy phase is to develop joint strength and muscular conditioning. This will prepare the body for the more intense phases ahead of us during the summer.

#### **Strength Phase (4 weeks):**

This phase will increase the volume of high intensity lifts as we work towards our season peak. This phase should be the phase in which the greatest strength gains are made. This is the time to turn up the effort level and really focus on getting all our lifts and bettering previous marks.

#### **Power Phase (4 weeks):**

**In this phase there is an increased emphasis on speed, balance and power development. This phase brings us into our competitive season. It is our goal also to fine tune the body for competition and not over-train this close to the season. During this phase strive to move the load as fast as possible to further develop speed and power.**

#### **Rest Periods**

##### *Hypertrophy Days*

Our goal is to train with no more than 1:30-2:00 minutes between sets on core lifts and 1:00 minute rest between sets on auxiliary lifts. This phase is very important to the success of the program. Without a prepared body, the adaptation of the body to the later high demands will be slowed.

### *Strength and Power Days*

Rest 3:00 minutes between core lifts and 1:00 minute between auxiliary lifts.

### **Unload Weeks:**

Every fourth week is an unload week where volume and intensity are backed off significantly to allow the athlete to recuperate completely from the previous three weeks of intense training. An unload week will allow the athlete to rest, replenish energy reserves, and let the body rebound and be fresh for the shift to the next training phase. Make sure that you use this time to rest. Unload weeks will give you a deserved physical and mental break from all your rigorous training. The exercises chosen for the unload week performed with light to moderate weights. Weeks 4, 8, 12, are designated unload weeks for the 2008 summer training cycle.

### **Percentages**

To get your weights for the clean, squat and bench go to Appendix B. There you will find your old max numbers. Subtract 10 lb off your old squat max, 5lb off your old clean max, and 5 lb of your old bench max. This will give you the new numbers from which you will take percentages off of.

For bench, clean, and back squats increase your max by 5lbs after each unload week and work off the new maximum for the next phase of training.

### **Notes**

It is important for you to follow the program as it is designed.

Do not stay in high reps all the time. This will not make you a better field hockey player.

When doing the supplemental exercises (anything other than the clean, squat, or bench), add 2.5 lb. to the heaviest set from the week before if the weight is less than 30lb. or add 5 lb. if the weight is greater than 30 lb.

Example: wk 1 heaviest= 25 lb then wk 2 start with 27.5 lb.

### **Alternative Exercises:**

Clean/Hang Jump Shrug/Hang High Pull

- DB Snatch
- Box Jumps
- DB Jump squats

Squats

- Leg Press
- Smith Machine

PB Leg Curl

- Leg curl machine
- 1 Leg SLDL
- RDL

Chin-ups

- Lat Pulldowns

PB Hip-Ups

- Hip-Ups on the floor or step aerobic box

Inverted Row

- Seated Cable Row

1 Leg Squats

- DB Step Ups

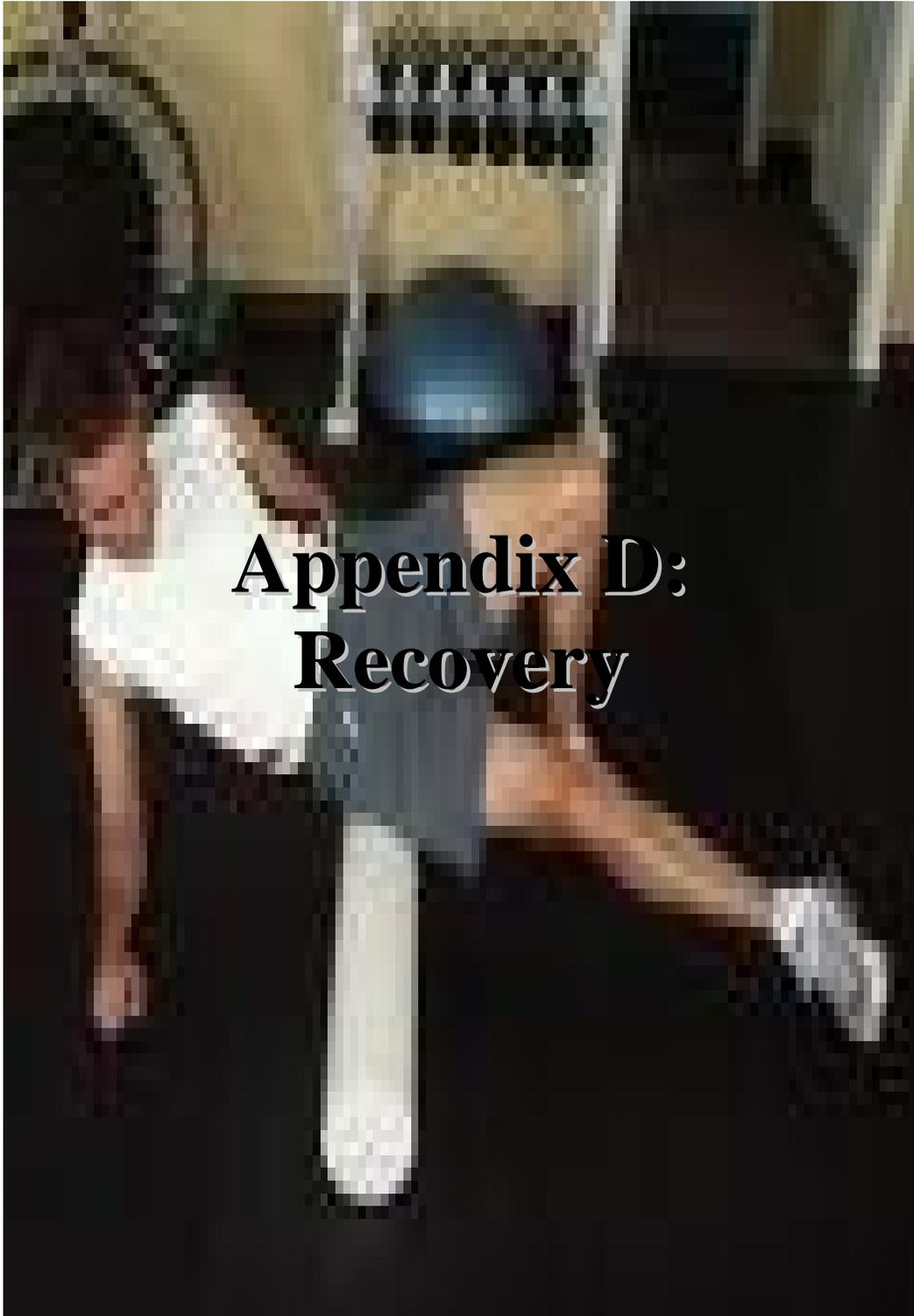
**\*\*\*THESE ARE ONLY ALTERNATIVE EXERCISES AND\*\*\*  
**SHOULD BE USED ONLY AS A LAST RESORT IF YOU CANNOT  
DO THE EXERCISES ON THE SHEET****

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## IRON CRIMSON RULES OF STRENGTH TRAINING

1. When you enter the weight room, be prepared to lift. Wear appropriate clothing, have your shoes tied, and be mentally prepared to improve. It doesn't make sense to make the effort to go to the gym to train if you're not ready to give 100%.
2. Follow the order of the weight program. The exercises are set up so that all explosive movements are done first, with the major compound lifts following them. The assistance movements are always the last exercises done. This will allow you to have maximal strength and energy for the major lifts.
3. Make it a habit to use excellent technique in all training movements. This means always having control of the barbell or dumbbells, especially in the lowering phase. Pay attention to your technique and don't allow outside distractions to affect your set.
4. Follow the cycled poundages that have been prescribed for you in core lifts. This progression is designed for maximal improvement and will put you at peak strength levels right at the conclusion of the training cycle. Use the percentage charts included in this manual to find the weights you will be using for the day.
5. Keep missed reps to a minimum! If you fail on a rep, rack the weight and lower the poundage for the next set. Do not have your spotter continue to assist you on rep after rep if the weight is too heavy. This can cause excessive micro tears to the muscle fibers and can actually make you weaker.
6. Take sufficient rest between sets, especially in the major, core lifts. Three to four minutes between sets should be the norm if you are to be rested and prepared for your next set.
7. Assistance movements are an integral part of the total physical preparation necessary for intercollegiate sports. Be aggressive every week on these lifts. Working hard on the assistance movements is critical for performance and injury prevention.
8. Take every precaution to insure a SAFE lifting environment. This means having competent spotters, using collars on free weight lifts, and keeping plates off the floor.
9. Do not use straps when lifting weights. Hand strength is a critical ingredient in sports, and the more you grip and squeeze, the stronger your grip will become.
10. Do not use supportive equipment (belts etc.) when lifting weights. Supportive equipment gives athletes a false sense of security which may lead them to using too much weight on an exercise which may cause serious injury. When one region is supported the others become even more susceptible to injury. Also wearing a lifting belt causes a raise in blood pressure which may lead to bigger weights in the present but internal harm in the long run and in some cases immediately. The benefit of not wearing supportive gear is the core gets trained. Core strength is a critical ingredient in sports, and the more you use it to support your body position the stronger your core will become.

11. Fill out your lifting card completely. Fill in all weights used and indicate the number of reps you achieve on every set. Good record keeping helps a great deal in long term improvements.
12. Crush abdominal work! Just because you may have great looking abs, does not mean you have sufficient strength in this critical area. We do abdominal work to have great strength in the torso area, not to look good.



# RECOVERY ACTIVITIES

Recovery days should be performed at least once per week and can be done on all off days.

- **Dynamic Flexibility:**
  - See video for example of dynamic flexibility routine – this can be done in preparation for training and/or on recovery days
- **Static Flexibility:**
  - Static stretching should only be done at the end of training sessions or on recovery days – never before training for strength, speed, or conditioning sessions. See included static stretch routines.
- **Foam Rolling:**
  - Full-body foam rolling routines are excellent recovery-day activities, to stimulate muscle stretch receptors, and work lactic acid out of your muscles when you are sore. This can also be done before and immediately after training sessions.
- **LIGHT Biking or Treadmill Walking:**
  - A short (10-20) minute, and easy (20-40% max capacity) bike ride or treadmill walk is a good way to draw lactic acid out of your legs and stimulate muscle receptors which allow you to get a better stretch routine and keep you more flexible
- **Smart nutrition:**
  - Eating well on recovery days is vital for muscle growth and development. This means getting enough protein and carbohydrates at the right times of day to prepare you for your next training session. See the attached nutrition packet for information on eating as an athlete and specific tips for eating before and after competitions and training sessions. Remember: you stronger in the weight room and bigger at the dinner table.
- **Sleep:**
  - You must get an adequate amount of sleep at night to adequately recover between training sessions. If you are not getting 7-8 hours of sleep each night on a consistent basis, you are not maximizing your potential for athletic development over the summer.

## **EXAMPLE OF A SMART RECOVERY DAY ROUTINE:**

- 5-minute dynamic flexibility warm-up
- 10-minute LIGHT stationary bike ride
- 10-minute full body foam rolling routine
- 15-minute full body static stretch