

HARVARD WOMEN'S VOLLEYBALL – WINTER BREAK WORKOUTS

Three workouts each week you are away from school

DAY ONE

D-FLEX WARM-UP: NORMAL COMBOS X 5 EACH

JUMPING JACKS/MOUNTAIN CLIMBERS 3X10 EACH (PAIRED)

TERMINATOR X 6 REPS (FIRST 3 <15 SECONDS/NEXT 3 < 16 SECONDS)
(30 SECONDS REST BETWEEN REPS)

PLYO CIRCUIT:

BOX JUMPS 3X5

BROAD JUMPS 3X5

SPEED SKATERS 3X5EACH

HANG CLEANS 3X5

Paired with

DB SCARECROWS 3X8

BACK SQUAT 3X10

Paired with

1-ARM DB ROW 3X10EACH

CORE: 200 REPS OF YOUR CHOOSING (*Sets of 25*)

DAY TWO

D-FLEX WARM-UP: NORMAL COMBOS X 5 EACH

JUMPING JACKS/MOUNTAIN CLIMBERS 3X10 EACH (PAIRED)

AGILITY WORK

5-10-5 PROGRESSION X 2 EACH WAY (*5-yard stick/5-10-stick/5-10-5*)

MOVING BLOCKS DRILL 3 X 4 JUMPS EACH SIDE

PLYO CIRCUIT:

1-LEG BOX JUMP 3X4 EACH

2-LEG TUCK JUMPS WITH BOUNCE BETWEEN 3X8

RAPID-FIRE MED BALL CHEST THROW ON WALL 3X20

POWER CLEAN 3X5

Paired with

EXTERNAL SHOULDER ROTATION WITH BAND OR TUBING 3X10 EACH

BENCH PRESS 3X10

Paired with

1-LEG DB RDL 3X6 EACH

CORE: PLANK HOLD/SIDE BRIDGE HOLD EACH SIDE/Y-HOLD 2 X :30 EACH

CONDITIONING: BIKE OR ELLIPTICAL 1:00 HARD/1:00 EASY X 30 MINUTES

DAY THREE:

D-FLEX WARM-UP: NORMAL COMBOS X 5 EACH

JUMPING JACKS/MOUNTAIN CLIMBERS 3X10 EACH (PAIRED)

CONDITIONING: SEPARATORS

(5-YDS/BACK, 10-YDS/BACK, 15-YDS/BACK, 20-YDS/BACK, 25-YDS/BACK)

COMPLETE 3 REPS, STARTING A NEW ONE EVERY MINUTE

Then: 1:00 minute off

COMPLETE 3 MORE REPS, STARTING A NEW ONE EVERY MINUTE

Then, 1:00 minute off

COMPLETE 1 MORE REP, AS FAST AS POSSIBLE

SQUAT JUMPS WITH BAR OR DB'S 3X6

Tripled with

BODY WEIGHT SPLIT SQUAT JUMPS 3X5 EACH

Tripled with

ROCKY SIT-UPS 3X20

1-LEG SQUAT TO BOX (STANDING ON GROUND) 3X5 EACH

Tripled with

CHIN-UPS 3X5 OR CABLE PULL DOWNS 3X8

Tripled with

LYING OPPOSITES 3X20 EACH

FINISHER SERIES:

Complete each set before moving on to the next one – try to go as fast as possible

BODY WEIGHT SQUATS TO PARALLEL X 50

PUSHUPS X 45

JUMPIES X 40

DB CURL-TO-PRESS WITH AT LEAST 10 POUNDS EACH X 35

MOUNTAIN CLIMBERS X 30 EACH

ATOMICS X 25

BURPEES X 20

SIDE BRIDGES X 15 EACH

JUMPIES X 10