

Sample Fitness Routine

This is a sample only. Do not start a fitness program without first consulting your coach.

Monday: Jumping Day

3 by 20 jump ups
3 by 60 jumps over a 6" hurdle
3 by 30 kangaroos

30-40 min jogging

Tuesday: Sprinting Day

3 times 6x8
3 times 90 ft sprints
3 times 30 sec shuttle
1 time lines of the court
3 by 10 push ups

Wednesday: Jumping Day

3 by 25 jump ups
3 by 70 jumps over a 6" hurdle
3 by 35 kangaroos

30-40 min jogging

Thursday: Sprinting day

3 times 6x8
3 times 90 ft sprints
3 times 30 sec shuttle
2 times lines of the court
3 by 15 push ups

Friday: Jumping Day

3 by 30 jump ups
3 by 80 jumps over a 6" hurdle
3 by 40 kangaroos

30-40 min jogging

Saturday: Sprinting Day

3 times 6x8
3 times 90 ft sprints
3 times 30 sec shuttle
3 by 20 push ups

Notes:

Take a 2-3 minute break between tries for every drill.

Increase number of repetitions by around 5%-10% every successive week.

Starting in the second week, include sit-ups (2 by 30 times as fast as possible daily).