

Suggested Summer Volleyball Training

	<i>Push-ups & Sit-ups</i>	<i>Jumps</i>	<i>Running</i>	<i>On the Track</i>
Mon. June 23	3 sets of 10 push-ups 3 sets of 10 sit-ups	3 sets of 10 approach jumps 5 seconds between jumps, AND 1 minute between sets	20 - 30 min. (easy)	none
Tue. June 24	3x (10pu & 10su)	3 sets of 10	none	4x 200 @ 62 sec each, then 2x 400, <2 min 20 sec each
Wed. June 25	3x (10pu & 10su)	3 sets of 10	20 - 30 min. (easy)	none
Thu. June 26	3x (10pu & 10su)	3 sets of 10	none	Same as Tuesday
Fri. June 27	3x (10pu & 10su)	3 sets of 10	20 - 30 min. (easy)	none
Mon. June 30	4x (10pu & 10su)	4 sets of 10	2 mi < 20-22 min	none
Tues. July 1	4x (10pu & 10su)	4 sets of 10	none	8x 200 < 62 sec each, then 2x 400, each < 2 min, 4 sec
Wed. July 2	4x (10pu & 10su)	4 sets of 10	2 mi < 20-22 min	none
Thurs. July 3	4x (10pu & 10su)	4 sets of 10	none	1 x mile < 10 min
Fri. July 4	4x (10pu & 10su)	4 sets of 10	2 mi < 20-22 min	none
Mon. July 7	4x (10pu & 10su)	5 sets of 10	2 mi < 20-22 min	none
Tues. July 8	4x (10pu & 10su)	5 sets of 10	none	16x 100 < 30 sec each, then 1x 800 < 4 min
Wed. July 9	4x (10pu & 10su)	5 sets of 10	2 mi < 20-22 min	none
Thurs. July 10	4x (10pu & 10su)	5 sets of 10	none	1 x mile < 9:30
Fri. July 11	4x (10pu & 10su)	5 sets of 10	2 mi < 20-22 min	none
Mon. July 14	2x (20pu & 20su)	6 sets of 10	3 mi < 33-36 min	none
Tues. July 15	2x (20pu & 20su)	6 sets of 10	none	4x 100 < 26 sec, then 1x 200 < 54 sec, then 1 x 100 < 25 sec
Wed. July 16	2x (20pu & 20su)	6 sets of 10	3 mi < 33-36 min	none
Thurs. July 17	2x (20pu & 20su)	6 sets of 10	none	1 x mile < 9:00
Fri. July 18	2x (20pu & 20su)	6 sets of 10	3 mi < 33-36 min	none
Mon. July 21	3x (20pu & 20su)	7 sets of 10	3 mi < 31-33 min	none
Tues. July 22	3x (20pu & 20su)	7 sets of 10	none	2x (100, 200, 400, 200, 100)
Wed. July 23	3x (20pu & 20su)	7 sets of 10	3 mi < 31-33 min	none
Thurs. July 24	3x (20pu & 20su)	7 sets of 10	none	1 x mile < 8:30
Fri. July 25	3x (20pu & 20su)	7 sets of 10	3 mi < 31-33 min	none
Mon. July 28	4x (20pu & 20su)	8 sets of 10	2 mi < 19-20 min	none
Tues. July 29	4x (20pu & 20su)	8 sets of 10	none	2x (100,200,300,400,300,200,100)
Wed. July 30	4x (20pu & 20su)	8 sets of 10	2 mi < 19-20 min	none
Thurs. July 31	4x (20pu & 20su)	8 sets of 10	none	1 x mile < 8:10
Fri. August 1	4x (20pu & 20su)	8 sets of 10	2 mi < 19-20 min	none

The above is an outline. Do more, and faster, when your body indicates a greater conditioning level.

Your bodies should be able to handle the training, keep eating, drinking, and sleeping!

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