

A LevelUp Basketball Training Youth Cardio/Plyometric Endurance Program.

Increasing a child's stamina and endurance, in other words, improving their ability to experience less fatigue they play their sport takes TIME. Below is a beginner friendly program to help athletes increase stamina on the basketball court. Also, nutrition is especially important, what you place in the engine, is just as important as how you drive a car, without the proper fuel the car will not function.

The Workout is scheduled on a 7-day weekly cycle.

Increase the number of sets by 1 each month (i.e. sets are how many times you perform the same exercise, 10 reps 4 sets = 40 reps, do 10 repetitions 4 times)

Example: Month 1 = 3 sets, Month 2 = 4 sets, Month 3 = 5 sets

Rest times are important for optimal recovery to yield the best results.

Noteif athletes are unsure how the exercise is performed, YouTube or google are great resources.**

Note Workouts are to be always done with proper form, including landing, CORE, sprints etc.**

WORKOUT SCHEDULE

Day 1

Always start the workout with a dynamic Warmup

- **Core Exercises** (3 x 30 seconds each)
 - Clamshells (each side)
 - Fire Hydrant (each side)
 - Plank
 - Side Plank
 - Russian Twists
 - Dead Bug
- **Lower Body Plyometric** (3 sets x 10-12 jumps)
 - Box Jumps
 - Depth Jumps
 - Lateral Bounds



Day 2 REST (No workouts)

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Day 3

Always start work with dynamic warmup.

- **Core/Hip Exercises** (3 x 30 seconds each)
 - Clamshells (each side)
 - Fire Hydrants (each side)
 - Plank
 - Side Plank
 - Russian Twists
 - Dead Bug
- **Lower Body Plyometric** (3 sets x 10-12 jumps)
 - Alternate Leg Bounding
 - Single Leg Hops
 - Step Ups



Day 4 - Build Stamina- Long jogs.

Once per week 5km, 6km 7km, 10km

Day 5 – REST

Day 6 On-the basketball court - Sprint Training

Train for speed 3-4 times per week.

- $\frac{3}{4}$ court sprints (baseline to foul line, decelerate and walk back to the starting point): 8-10 sprints x at 85% intensity, rest thirty seconds.
- Modify sprints by adding lateral slides before sprinting i.e. lateral slides to Free, throw line, sprint full court.
- 17s (17 sideline-to-sideline sprints): 3-5 set
try to finish in sixty to sixty-five seconds, each set.

***Note: Sprints can be done on a school field or near your home on the road (be careful) use two marks to designate points to sprint to**

Day 7 REST (No workouts)