West Michigan Lakers Personal Conditioning Plan

April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jump Rope Drills																															
40 Secs-Normal speed																															
20 Secs-Maximum Speed																															
Two Feet																															
10 Second Rest																															
Right Foot																															
10 Second Rest																															
Left Foot																															
10 Second Rest																															
Alternating Feet																															
10 Second Rest																															
20 Push-ups																															
10 Second Rest																															
Boxers																															
10 Second Rest																															
Sissors																															
10 Second Rest																															
Two Feet Front/Back																															
10 Second Rest																															
Crisscross																															
10 Second Rest																															
20 Push-ups																															
10 Second Rest																															
Two Feet Side to Side																															
10 Second Rest																															
Square - Right																															
10 Second Rest																															
Square - Left																															
10 Second Rest																															
Doubles																															
10 Second Rest																															
20 Push-ups																															

Running

1/4 Mile @ 50%																															
1/4 Mile @ 100%																															
1/4 Mile @ 75%																															
1/4 Mile @ 100%																															
1/4 Mile @ 25%																															

West Michigan Lakers Personal Conditioning Plan

May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jump Rope Drills																															
40 Secs-Normal speed																															
20 Secs-Maximum Speed																															
Two Feet																															
10 Second Rest																															
Right Foot																															
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Two Feet Side/Side																															
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1/4 Mile @ 25%																															

West Michigan Lakers Personal Conditioning Plan

June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Jump Rope Drills																															
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Two Feet																															
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1/4 Mile @ 100%																															
1/4 Mile @ 25%																															

West Michigan Lakers Personal Conditioning Plan

July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jump Rope Drills																															
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Two Feet																															
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