

# PLYOMETRIC TRAINING

Warm-up:

Specific warm-up:

Another buildup to a warm-up peak:

Technique:

Acceleration sprints: i.e. 4x10 yards, 4x15 yards

\_\_\_\_x10 yards \_\_\_\_x15 yards \_\_\_\_x20 yards \_\_\_\_x25 yards \_\_\_\_x30 yard \_\_\_\_x35 yards \_\_\_\_x40 yards

Plyometrics Exercises:


Training Objectives: (1) Endurance, (2) Strength, (3) Power programs, (4) Medicine balls, (5) Aquatics, (6) Core training, (7) General, (8) Rest

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Cool down 7-14 minutes. The stretches used in the warm-up may also be used in the cool down: