

# BANGOR BOYS BASKETBALL

## EXTRA CONDITIONING

**Note: All workouts can be done at Bangor Park running. Make sure to get a good warm up in before the workout.**

**Use the RPE scale on the back page to rate all workouts.**

**Bring your completed sheet to Coach Falcone at the beginning of each week.**

### Week of July 8-14:

Workout	Reps
Sprint Straight (100m), Jog turns (100m)	4 laps; continuous
Bleacher sprints – Sprint up, Walk down	10 reps

**\*\*rest 3-5 mins between jog/sprint and bleach sprints\*\***

**RPE: \_\_\_\_\_**

### Week of July 15-21:

Ladder Sprints	Reps	Rest time
50 meter	1	30 seconds
100 meter	1	30 seconds
150 meter	1	30 seconds
200 meter	1	45 seconds
250 meter	1	45 seconds
300 meter	1	60 seconds
350 meter	1	60 seconds
400 meter	1	75 seconds
500 meter	1	90 seconds
600 meter	1	

**\*\*Place a check mark next to each completed rep\*\***

**RPE: \_\_\_\_\_**

**Week of July 22-28:**

Workout	Reps	Rest time
200 meter sprint	10	35-45 seconds
Cool down run	2 laps	

**\*\*How many reps did you do?? \_\_\_\_\_\*\***

**RPE: \_\_\_\_\_**

**Week of July 29-August 4:**


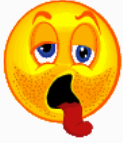








Pyramid Sprints	Reps	Rest time
50 meter	1	20 seconds
100 meter	1	30 seconds
200 meter	1	30 seconds
300 meter	1	45 seconds
400 meter	1	45 seconds
400 meter	1	60 seconds
300 meter	1	45 seconds
200 meter	1	30 seconds
100 meter	1	30 seconds
50 meter	1	

**\*\*Place a check mark next to each completed rep\*\***

**RPE: \_\_\_\_\_**

# Rating of Perceived Exertion Chart

## (Cardiovascular Endurance)

#10		<b>I am dead!!!</b>
#9		<b>I am probably going to die!</b>
#8		<b>I can grunt in response to your questions and can only keep this pace for a short time period.</b>
#7		<b>I can still talk but I don't really want to and I am sweating like a pig!</b>
#6		<b>I can still talk but I am slightly breathless and definitely sweating.</b>
#5		<b>I'm just above comfortable, I am sweating more and can talk easily.</b>
#4		<b>I'm sweating a little, but I feel good and I can carry on a conversation comfortably.</b>
#3		<b>I am still comfortable, but I'm breathing a bit harder.</b>
#2		<b>I'm comfortable and I can maintain this pace all day long.</b>
#1		<b>I'm watching TV and eating bon bons.</b>