

Suggested Training for Pre-Season- Alternate days and try to do four workouts per week.

DAY ONE

Warm up slowly with a jog, then stretch gently. Never go into a deep stretch unless you are very warm.

Wall Sit (work up to 60 seconds)

Back flat against the wall and legs at a 90 degree angle. Be sure your ankles are in front of your knee.

Bump to Yourself (200 per day)

Be sure to use your legs and do not swing your arms.

Set to Yourself (200 per day)

Be sure to use your legs and take the ball directly over your forehead.

Squat Jumps (3 sets of 15)

Face the wall and bend down to 90 degrees, then burst out into a block with hands up. Try to push with your toes as a last action to get you into the air. You can rest up to one minute between each set.

Wind Sprints (do 10 at approximately the length of a volleyball court)

If pavement hurts your shins at all, do not do this exercise. A running track, wood floor or the beach would be ideal surfaces.

Calf Raises (three sets of 15)

Find a step or the equivalent and put only your toes and the ball of your foot on the step. Raise up as far as you can, then lower down to just before you feel a stretch. Stretch well between sets.

Plank (work up to 60 seconds)

Do plank on your elbows. Make sure your elbows are lined up under or slightly in front of your shoulders. Keep your hips tucked under and low. Make sure your body and neck are in a straight line. If plank is easy for you, try alternating dipping your hips.

Stretch Well

DAY TWO

Warm up slowly with a jog, then stretch gently. Never go into a deep stretch unless you are very warm.

Bump to Yourself (200 per day)

Be sure to use your legs and do not swing your arms.

Set to Yourself (200 per day)

Be sure to use your legs and take the ball directly over your forehead.

Running

Try to work your way up to three miles (12 times around the track). If you can't run a mile without stopping, try running only the straight parts of the track and walking the curves.

Calf Raises (three sets of 15)

Find a step or the equivalent and put only your toes and the ball of your foot on the step. Raise up as far as you can, then lower down to just before you feel a stretch. Stretch well between sets.

Plank (work up to 60 seconds)

Do plank on your elbows. Make sure your elbows are lined up under or slightly in front of your shoulders. Keep your hips tucked under and low. Make sure your body and neck are in a straight line. If plank is easy for you, try alternating dipping your hips.

Stretch Well