

[Daily podcast.](#) (5 min) *** Don't forget to listen to this every day!

AHS Volleyball Workout: August 17 - 21

Along with the workouts below. Work on volleyball/ball control for **at least 50 min** over the entire week. That can be 10 minutes a day Monday - Friday, or it can be done in bigger chunks. You can save it all for the weekend, but it is important to keep touches on the ball.

Monday 8/17	
Approximate time:	Under 45 min. (including warmup and cool down)
Type:	Strength. Lower body and core.
Focus:	Speed and Power
Equipment:	Chair, Weight (15lb or more)
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>A1) Walking lunges with weight held over your head. 3x20 A2) Stationary squat (hold for 45 sec - 1 min if you can) 3x A3) Side to side lunges with weight held at your chest. 3x20 A4) Single leg toe taps. (Stand on the chair with one leg off. Bend your knee until you toe lightly taps the ground. Do not transfer weight to the ground) 3x8/leg</p> <p>For speed. Go as fast as you can. Should be completed under 2 min. B1) 20 quick squats B2) 20 alternating lunges B3) 20 jump squats B4) 20 step ups on a chair (touch opposite knee to elbow) Rest 1 min. 2x (Really only give yourself a 1 min break and complete again. Try to finish under 2 min. You should be getting stronger, so we need to start pushing ourselves a little more. We will work our way up to 3 rounds of this leg circuit)</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) C1) Right kicks to the side C2) Left kicks to the side</p>

	<p>C3) Right kicks back C4) Left kicks back</p> <p>CORE! (Try not to rest and push through.) D1) Reverse sit up (go slow back) 3x10 D2) Russian twists 3x50 D3) Heels to Heavens 3x20 D4) Flutter kicks 3x50</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) E1) Right kicks to the side E2) Left kicks to the side E3) Right kicks back E4) Left kicks back (You should be getting stronger, so we need to start pushing ourselves a little more. We will work our way up to 3 rounds of butt pyramids)</p> <p>Cool down and stretch..</p>
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Tuesday 8/18

Approximate time:	Under 30 min
Type:	Conditioning - Tempos
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> ● 100 yards to run ● Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Measure off 100 yards (the length of a football field)</p> <ul style="list-style-type: none"> ● Sprint 100 yards and active rest for 35 sec. ● Repeat 9 more times. <p>***Make sure you rest 35 sec between each sprint. We will work our way down to 30 sec of rest, but we want to be consistent***</p> <p>Cool down and stretch.</p>

	<ul style="list-style-type: none"> • Volleyball ball control drills.
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Wednesday 8/19

Approximate time:	Under 40 min. (including warmup and cool down)
Type:	Strength. Full body.
Focus:	Strength and Endurance
Equipment:	<ul style="list-style-type: none"> • Weight • Jump rope (optional) • Box (or chair or something to jump on) • Wight (dumbbell or kettlebell) • Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting. ***</p> <p>A1) Jump rope (or jump in place) 3x60 sec A2) Kettle bell swings (or you can do this with a dumbbell) 3x20 A3) Tricep extensions (Hold the weight in two hands above your head. Bring the weight back behind your head, then straight up above your head again) 3x15</p> <p>B1) Box jumps 3x10 B2) Calf raises 3x15 B3) Plank on a volleyball (Do a straight arm plank with your hands on the volleyball instead of the ground) 3x60 sec</p> <p>C1) Pushups 3x15 C2) Heels to heavens (make sure to pick your hips up off the ground) 3x20 C3) Bicycles 3x30</p> <p>For speed. Go as fast as you can. Should be completed under 2 min. D1) 20 quick squats D2) 20 alternating lunges D3) 20 jump squats</p>

	<p>D4) 20 step ups on a chair (touch opposite knee to elbow) Rest 1 min. 2x (Really only give yourself a 1 min break and complete again. Try to finish under 2 min. You should be getting stronger, so we need to start pushing ourselves a little more. We will work our way up to 3 rounds of this leg circuit)</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) E1) Right kicks to the side E2) Left kicks to the side E3) Right kicks back E4) Left kicks back</p> <p>Cool down and stretch.</p>
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Thursday 8/20

Approximate time:	Under 25 min. (including warmup and cool down)
Type:	Conditioning
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> • 100 yards to run • Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> • Sprint 100 yards and turn around and sprint 100 yards back • 5 push-ups to 10 sit-ups alternating back and forth until the 4 minutes are up <p>2 min rest</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> • Sprint 100 yards and turn around and sprint 100 yards back • 10 squats to 5 burpees until the 4 minutes are up.

	<p>2 min rest</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> ● Sprint 100 yards and turn around and sprint 100 yards back ● 5 jump squats to 10 mountain climbers until the 4 minutes are up. <p>Cool down and stretch.</p> <ul style="list-style-type: none"> ● Volleyball ball control drills
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Friday 8/21	
Approximate time:	Under 25 min. (including warmup and cool down)
Type:	Strength
Focus:	Strength Challenge
Equipment:	<ul style="list-style-type: none"> ● None
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <ul style="list-style-type: none"> ● Pushup challenge: Complete 100 pushups. <ul style="list-style-type: none"> ○ If you need to complete on your knees, that's okay. <p>Cool down and stretch.</p> <ul style="list-style-type: none"> ● Volleyball ball control drills

AHS Volleyball Workout: August 24 - 28

Along with the workouts below. Work on volleyball/ball control for **at least 50 min** over the entire week. That can be 10 minutes a day Monday - Friday, or it can be done in bigger chunks. You can save it all for the weekend, but it is important to keep touches on the ball.

Monday 8/24

Approximate time:	Under 45 min. (including warmup and cool down)
Type:	Strength. Lower body and core.
Focus:	Speed and Power
Equipment:	Chair, Weight (15lb or more)
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>A1) Walking lunges with weight held over your head. 3x20 A2) Stationary squat (hold for 45 sec - 1 min if you can) 3x A3) Side to side lunges with weight held at your chest. 3x20 A4) Single leg toe taps. (Stand on the chair with one leg off. Bend your knee until you toe lightly taps the ground. Do not transfer weight to the ground) 3x8/leg</p> <p>For speed. Go as fast as you can. Should be completed under 2 min. B1) 20 quick squats B2) 20 alternating lunges B3) 20 jump squats B4) 20 step ups on a chair (touch opposite knee to elbow) Rest 1 min. 2x (Really only give yourself a 1 min break and complete again. Try to finish under 2 min. You should be getting stronger, so we need to start pushing ourselves a little more. We will work our way up to 3 rounds of this leg circuit)</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) C1) Right kicks to the side C2) Left kicks to the side C3) Right kicks back C4) Left kicks back</p> <p>CORE! (Try not to rest and push through.) D1) Reverse sit up (go slow back) 3x10 D2) Russian twists 3x50 D3) Heels to Heavens 3x20 D4) Flutter kicks 3x50</p>

	<p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids)</p> <p>E1) Right kicks to the side</p> <p>E2) Left kicks to the side</p> <p>E3) Right kicks back</p> <p>E4) Left kicks back</p> <p>(You should be getting stronger, so we need to start pushing ourselves a little more. We will work our way up to 3 rounds of butt pyramids)</p> <p>Cool down and stretch.</p>
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Tuesday 8/25

Approximate time:	Under 30 min
Type:	Conditioning - Dirty Dozen
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> ● 50 yards to run ● Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Measure off 50 yards (half the length of a football field)</p> <ul style="list-style-type: none"> ● Sprint 50 yards ● Turn around and jog back (you can jog really slow if you want) ● Do 1 push up. ● Sprint 50 yards ● Turn around and jog back (you can jog really slow if you want) ● Do 2 push ups. ● Sprint 50 yards ● Turn around and jog back (you can jog really slow if you want) ● Do 3 push ups <p>***Continue going up in push ups until you reach 12 in a row.***</p> <p>Cool down and stretch.</p> <ul style="list-style-type: none"> ● Volleyball ball control drills.

Wednesday 8/26

Approximate time:	Under 40 min. (including warmup and cool down)
Type:	Strength. Full body.
Focus:	Strength and Endurance
Equipment:	<ul style="list-style-type: none">● Weight● Jump rope (optional)● Box (or chair or something to jump on)● Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>A1) Farmer's walk (Hold weight in one hand down by your side. Walk 50 yards and back with the other arm holding the weight.) 3x A2) Wall sits (or a stationary squat) 3x60 sec. A3) Tricep extensions (Hold the weight in two hands above your head. Bring the weight back behind your head, then straight up above your head again) 3x15</p> <p>B1) Side dip with the weight (Hold the weight close to your body and stand straight up. Lower the weight as low as you can without bending forward) 3x10/side B2) Calf raises 3x15 B3) Box jumps 3x10</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) C1) Right kicks to the side C2) Left kicks to the side C3) Right kicks back C4) Left kicks back D1) Jump rope, or just jump in place 3x60 sec D2) Kettle bell swings (If you don't have one, you can swing the weight) 3x20 D3) Single arm overhead press 3x10/arm</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) E1) Right kicks to the side</p>

	<p>E2) Left kicks to the side E3) Right kicks back E4) Left kicks back</p> <p>Volleyball control drills</p> <p>Cool down and stretch.</p>
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Thursday 8/27

Approximate time:	Under 30 min. (including warmup and cool down)
Type:	Conditioning - Tempos
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> ● 100 yards to run ● Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Measure off 100 yards (the length of a football field)</p> <ul style="list-style-type: none"> ● Sprint 100 yards and active rest for 35 sec. ● Repeat 9 more times. <p>***Make sure you rest 35 sec between each sprint. We will work our way down to 30 sec of rest, but we want to be consistent***</p> <p>Cool down and stretch.</p> <ul style="list-style-type: none"> ● Volleyball ball control drills.

Friday 8/28

Approximate time:	Under 25 min. (including warmup and cool down)
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Type:	Strength
Focus:	Strength Challenge
Equipment:	<ul style="list-style-type: none"> • None
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <ul style="list-style-type: none"> • Pushup challenge: Complete 100 pushups. <ul style="list-style-type: none"> ○ If you need to complete on your knees, that's okay. <p>Cool down and stretch.</p> <ul style="list-style-type: none"> • Volleyball ball control drills

AHS Volleyball Workout: August 31 - September 4th

Along with the workouts below. Work on volleyball/ball control for **at least 50 min** over the entire week. That can be 10 minutes a day Monday - Friday, or it can be done in bigger chunks. You can save it all for the weekend, but it is important to keep touches on the ball.

Monday 8/31	
Approximate time:	Under 45 min. (including warmup and cool down)
Type:	Strength. Lower body and core.
Focus:	Speed and Power
Equipment:	Chair, Weight (15lb or more)
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>A1) Jump squats with dumbbells (hold DB on the sides) 3x20 A2) Bench or chair side to side jumps (like what we did with our hands on the bench and jump side to side)</p>

	<p>A3) Side to side lunges with weight held at your chest. 3x20 A4) Tricep dips 3x15</p> <p>B1) Right side single leg jumps 3x20 B2) Russian twist 3x50 B3) Left side single leg jumps 3x20 B4) Overhead press with DB 3x15</p> <p>Pyramid. 20/15/10/5x (one set of butt pyramids) C1) Right kicks to the side C2) Left kicks to the side C3) Right kicks back C4) Left kicks back</p> <p>D1) Walking lunges with weight above your head 3x20 D2) Burpees 3x5 D3) Mountain climbers 3x50 D4) Leg raises 3x20</p> <p>Cool down and stretch.</p>
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Tuesday 9/1

Approximate time:	Under 30 min
Type:	Conditioning - Tempos
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> ● 100 yards to run ● Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Measure off 100 yards (the length of a football field)</p> <ul style="list-style-type: none"> ● Sprint 100 yards and active rest for 40 sec. ● Repeat 9 more times. <p>***Make sure you rest 40 sec between each sprint. We will work our way down to 30 sec of rest, but we want to be consistent***</p>

	<p>Cool down and stretch.</p> <ul style="list-style-type: none"> • Volleyball ball control drills.
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Wednesday 9/2

Approximate time:	Under 40 min. (including warmup and cool down)
Type:	Strength. Full body.
Focus:	Strength and Endurance
Equipment:	<ul style="list-style-type: none"> • Weight • Jump rope (optional) • Box (or chair or something to jump on) • Wight (dumbbell or kettlebell) • Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>A1) Jump rope (or jump in place) 3x60 sec A2) Kettle bell swings (or you can do this with a dumbbell) 3x20 A3) Tricep extensions (Hold the weight in two hands above your head. Bring the weight back behind your head, then straight up above your head again) 3x15</p> <p>B1) Box jumps 3x10 B2) Calf raises 3x15 B3) Plank on a volleyball (Do a straight arm plank with your hands on the volleyball instead of the ground) 3x60 sec</p> <p>C1) Pushups 3x15 C2) Heels to heavens (make sure to pick your hips up off the ground) 3x20 C3) Bicycles 3x30</p> <p>Butt Pyramid. 20/15/10/5x (one set of butt pyramids) D1) Right kicks to the side</p>

	<p>D2) Left kicks to the side D3) Right kicks back D4) Left kicks back</p> <p>Cool down and stretch.</p>
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Thursday 9/3

Approximate time:	Under 25 min. (including warmup and cool down)
Type:	Conditioning
Focus:	Speed and Endurance
Equipment:	<ul style="list-style-type: none"> • 100 yards to run • Volleyball
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> • Sprint 100 yards and turn around and sprint 100 yards back • 5 push-ups to 10 sit-ups alternating back and forth until the 4 minutes are up <p>2 min rest</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> • Sprint 100 yards and turn around and sprint 100 yards back • 10 squats to 5 burpees until the 4 minutes are up. <p>2 min rest</p> <p>Set a timer for 4 minutes...</p> <ul style="list-style-type: none"> • Sprint 100 yards and turn around and sprint 100 yards back • 5 jump squats to 10 mountain climbers until the 4 minutes are up. <p>Cool down and stretch.</p>

	<ul style="list-style-type: none"> • Volleyball ball control drills
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Friday 9/4	
Approximate time:	Under 25 min. (including warmup and cool down)
Type:	Strength
Focus:	Strength Challenge
Equipment:	<ul style="list-style-type: none"> • None
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p> <ul style="list-style-type: none"> • Pushup challenge: Complete 100 pushups. <ul style="list-style-type: none"> ○ If you need to complete on your knees, that's okay. <p>Cool down and stretch.</p> <ul style="list-style-type: none"> • Volleyball ball control drills

Monday 9/7	
Approximate time:	30 min.
Type:	Flexibility
Focus:	Flexibility
Equipment:	<ul style="list-style-type: none"> • None
Workout:	<p>Warmup. *** Remember to get your heart rate up and all your muscles loose. You should be sweating at the end of a warmup. This is very important before sprinting.***</p>

- Complete a 30 minute yoga class focusing on stretching!
- https://www.youtube.com/watch?v=2xF_teT2_V0

Cool down and stretch.

- Volleyball ball control drills