

WEDNESDAY	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5		
EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	15m		3	15m		3	17.5m		3	20m		3	22.5m	
SEED PULL	2	15m	LIGHT	3	15m	LIGHT	3	17.5m	LIGHT	3	20m	LIGHT	3	22.5m	LIGHT
HURDLE JUMPS	2	3		3	3		3	4		3	5		3	6	
SQUAT JUMP	2	3	LIGHT	3	3	LIGHT	3	4	LIGHT	3	5	LIGHT	3	6	LIGHT
TRAP-BAR DEADLIFT	2	4-8		3	4-8		3	4-8		3	4-8		3	4-8	
DB BENCH PRESS	3	6-12		3	6-12		3	6-12		3	6-12		3	6-12	
STIFF-LEG DEADLIFT	2	6-12		3	6-12		3	6-12		3	6-12		3	6-12	

# BASKETBALL STRENGTH & CONDITIONING

EXERCISE	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD	SETS	REPS	LOAD
UNLOADED SPRINTS	2	12.5m		3	12.5m		3	15m		3	17.5m		3	20m	
SEED PULL	2	12.5m	MED	3	12.5m	MED	3	15m	MED	3	17.5m	MED	3	20m	MED
HURDLE JUMPS	2	3	3KG	3	3	3KG	3	4	3KG	3	5	3KG	3	6	3KG
SQUAT JUMP	2	3	MED	3	3	MED	3	4	MED	3	5	MED	3	6	MED
TRAP-BAR DEADLIFT	2	3-6		3	3-6		3	3-6		3	3-6		3	3-6	
DB BENCH PRESS	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
STIFF-LEG DEADLIFT	2	6-10		3	6-10		3	6-10		3	6-10		3	6-10	
SEATED CABLE ROW	3	6-10		3	6-10		3	6-10		3	6-10		3	6-10	

# Girls Basketball Weight Training Program

**Daniel F McAuley**



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