

Pre - Camp Work-out

MVI camps are designed to help you reach your full potential as a volleyball athlete. Therefore, it is important that you come to camp already in good shape. Your coaches will expect maximum effort at all of your sessions and this will be difficult if your muscles are sore and you are overtired by the second day of camp. Please begin your workouts at least twenty days before camp. Plan to workout for 5 days and rest for 2 each week. This workout is a minimum if you are serious about coming to camp mentally and physically prepared.

WEEK ONE

DAYS 1, 3, 5

2 sets of 10 push-ups
2 sets of 25 curl-ups/crunches
2 sets of 10 blocking jumps
1.5 mile run in 12 minutes or less

DAYS 2,4

Same, but insert 8 fifty meter sprints for 1.5 mile run. Sprint 50 meters, walk 50 meters until completed. Sprints are for maximum speed.

WEEK TWO

DAYS 1, 3, 5

3 sets of 10 push-ups
3 sets of 25 curl-ups
3 sets of 10 blocking jumps
1.5 mile run in 11 minutes or less

DAYS 2, 4

Same, but insert 8 sixty meter sprints for 1.5 mile run..

WEEK THREE

DAYS 1, 2, 3

3 sets of 15 push-ups
3 sets of 30 curl-ups
3 sets of 10 blocking jumps
Run 1 mile under 9 minutes

DAYS 4, 5 (2 days before camp) No workout- rest!

SEE YOU AT CAMP IN SHAPE!!!!!!!!!!