

Tennessee Lady Vols Basketball

1999 Summer Conditioning Program

Here is the voluntary summer conditioning program. It is given out as an aide to those of you who would like some structure to use this summer. By NCAA rules, these workouts cannot be assigned or required of you. They also cannot have specific days or dates printed on them. The structure of these suggested workouts is three per week during the first phase and four per week during the second phase. The most beneficial way to do that would be on a M,W,F (or a T,R,Sa/Su) schedule for phase 1, and M,T,R,F for phase 2. If you need to use a different schedule to work around summer classes, job, or travel, do so remembering that you don't get any benefit if you don't workout! I will list them by weeks and by workout [week 1 - workout 1, workout 2, etc.].

Times and rest times listed are *suggested goals* for the activity indicated. "Active rest" indicates you should *keep moving* (i.e. walking, very slow jog) for the indicated time - do not stand still. "Full active" rest indicates you should keep moving for as long as it takes you to feel *fully recovered* so that you can give another serious effort.

Drink plenty of water, juice, gatorade all day to prevent dehydration during these hot summer months. Take a bottle **with you** to all of your track and court workouts. Be aware of the heat index/humidex levels for your location, and avoid dangerous heat exhaustion situations by planning your workout times intelligently. [Voluntary body comps are available for those athletes who are in town - call Coach Jeff in the weight room for an appointment (974-3898).

PHASE 1

(This phase is 4 ½ weeks long. For freshmen and would be good to start after the second (or first) week of lifting and follow with a week to a week and a half of active rest/recovery around the 4th of July. For upper classmen who will begin practice August 2 for the European trip, it would be good to start right away and take only the half week break between phase 1 & 2 so that you have a week off before 2-a-day practices begin.)

Week One

1. Track Workout	800 meters	Guards = 3:45	Post = 4:00
	800 meters	Guards = 3:45	Post = 4:00
	800 meters	Guards = 3:45	Post = 4:00
	800 meters	Guards = 3:45	Post = 4:00
	Full active rest in between		
2. Court Workout	4 x Down & Back (D/B)		0:56
	4 x Down & Back (D/B)		0:56
	4 x Down & Back (D/B)		0:56
	4 x Down & Back (D/B)		0:56
	Active rest = 4:00 in between		
3. Track Workout	800 meters	Guards = 3:45	Post = 4:00
	400 meters	Guards = 1:50	Post = 2:00
	800 meters	Guards = 3:45	Post = 4:00
	400 meters	Guards = 1:50	Post = 2:00
	800 meters	Guards = 3:45	Post = 4:00
Full active rest in between			

Week Two

4. Track Workout	400 meters	Guards = 1:45	Post = 1:55
	800 meters	Guards = 3:40	Post = 3:55
	400 meters	Guards = 1:45	Post = 1:55
	800 meters	Guards = 3:40	Post = 3:55
	400 meters	Guards = 1:45	Post = 1:55
	Full active rest in between		

5. Court Workout	5 x Down & Back (D/B)	1:10
	5 x Down & Back (D/B)	1:10
	5 x Down & Back (D/B)	1:10
	5 x Down & Back (D/B)	1:10
	5 x Down & Back (D/B)	1:10
	Active rest = 4:00 in between	

6. Track Workout	400 meters	Guards = 1:45	Post = 1:55
	800 meters	Guards = 3:40	Post = 3:55
	400 meters	Guards = 1:45	Post = 1:55
	800 meters	Guards = 3:40	Post = 3:55
	400 meters	Guards = 1:45	Post = 1:55
	Active rest = 5:00 in between		

Week Three

7. Track Workout	800 meters	Guards = 3:30	Post = 3:45
	400 meters	Guards = 1:40	Post = 1:50
	400 meters	Guards = 1:40	Post = 1:50
	400 meters	Guards = 1:40	Post = 1:50
	400 meters	Guards = 1:40	Post = 1:50
	200 meters	Guards = 0:45	Post = 0:50
	Full active rest in between		

8. Court Workout	Pyramid (1x = Down & Back Full Court)	
	<u>Time</u>	<u>Active rest</u>
	1x = 0:13	0:45
	2x = 0:28	1:00
	3x = 0:43	1:20
	4x = 0:58	1:40
	5x = 1:12	2:00
	4x = 0:59	1:40
	3x = 0:44	1:20
	2x = 0:28	1:00
	1x = 0:12	

9. Track Workout

800 meters	Guards = 3:30	Post = 3:45
400 meters	Guards = 1:40	Post = 1:50
400 meters	Guards = 1:40	Post = 1:50
400 meters	Guards = 1:40	Post = 1:50
400 meters	Guards = 1:40	Post = 1:50
200 meters	Guards = 0:45	Post = 0:50
Active rest = 4:30 in between		

Week Four

10. Track Workout

800 meters	Guards = 3:20	Post = 3:40
400 meters	Guards = 1:35	Post = 1:45
400 meters	Guards = 1:35	Post = 1:45
400 meters	Guards = 1:35	Post = 1:45
200 meters	Guards = 0:42	Post = 0:47
200 meters	Guards = 0:42	Post = 0:47
Full active rest in between		

11. Court Workout

4 x Down & Back (D/B)	0:55
4 x Down & Back (D/B)	0:55
4 x Down & Back (D/B)	0:55
4 x Down & Back (D/B)	0:55
4 x Down & Back (D/B)	0:55
Active rest = 4:00 in between	

12. Track Workout

400 meters	Guards = 1:35	Post = 1:45
400 meters	Guards = 1:35	Post = 1:45
400 meters	Guards = 1:30	Post = 1:40
400 meters	Guards = 1:30	Post = 1:40
200 meters	Guards = 0:42	Post = 0:47
200 meters	Guards = 0:42	Post = 0:47
200 meters	Guards = 0:40	Post = 0:45
200 meters	Guards = 0:40	Post = 0:45
Active rest = 4:00 in between		

Week Five (half week)

13. Track Workout

400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:40	Post = 0:45
200 meters	Guards = 0:40	Post = 0:45
200 meters	Guards = 0:38	Post = 0:42
200 meters	Guards = 0:38	Post = 0:42
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:16	Post = 0:18
Full active rest in between		

14. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:13	0:45
2x = 0:28	1:00
3x = 0:43	1:20
4x = 0:58	1:40
5x = 1:12	2:00
4x = 0:59	1:40
3x = 0:44	1:20
2x = 0:28	1:00
1x = 0:12	

PHASE 2

(This phase is 5 weeks long. If the freshmen started it soon after July 4th it will allow for a week off before coming to campus)

Week One (half week)

1. Track Workout

400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:40	Post = 0:45
200 meters	Guards = 0:40	Post = 0:45
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:16	Post = 0:18
Full active rest in between		

2. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:13	0:45
2x = 0:28	1:00
3x = 0:43	1:20
4x = 0:58	1:40
5x = 1:12	2:00
4x = 0:59	1:40
3x = 0:44	1:20
2x = 0:28	1:00
1x = 0:12	

Week Two

3. Track Workout

400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17

Full active rest in between

4. Court Workout

4 x Down & Back (D/B)	0:55
4 x Down & Back (D/B)	0:55
3 x Down & Back (D/B)	0:41
3 x Down & Back (D/B)	0:41
Suicide (regular)	0:38
Suicide (regular)	0:38
Suicide (regular)	0:38
Suicide (regular)	0:38

Active rest = 3:30 in between

5. Track Workout

400 meters	Guards = 1:30	Post = 1:45
400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
200 meters	Guards = 0:37	Post = 0:42
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:16	Post = 0:18
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17

Active rest = 3:30 in between

6. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:12	0:45
2x = 0:27	1:00
3x = 0:42	1:20
4x = 0:57	1:40
5x = 1:12	2:00
4x = 0:58	1:40
3x = 0:43	1:20
2x = 0:27	1:00
1x = 0:11	

Week Three

7. Track Workout

400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08

Full active rest in between

8. Court Workout

4 x Down & Back (D/B)	0:54
4 x Down & Back (D/B)	0:54
3 x Down & Back (D/B)	0:40
3 x Down & Back (D/B)	0:40
Suicide (regular)	0:36
Suicide (regular)	0:36
Suicide (regular)	0:36
Suicide (reverse)	0:36

Active rest = 3:15 in between

9. Track Workout

400 meters	Guards = 1:30	Post = 1:45
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
200 meters	Guards = 0:36	Post = 0:41
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08

Active rest = 3:00 in between

10. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:11	0:45
2x = 0:26	1:00
3x = 0:41	1:20
4x = 0:56	1:40
5x = 1:11	2:00
4x = 0:58	1:40
3x = 0:42	1:20
2x = 0:27	1:00
1x = 0:10	

Week Four

11. Track Workout

200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08

Full active rest in between

12. Court Workout

4 x Down & Back (D/B)	0:53
3 x Down & Back (D/B)	0:39
3 x Down & Back (D/B)	0:39
3 x Down & Back (D/B)	0:39
Suicide (regular)	0:35
Suicide (regular)	0:35
Suicide (reverse)	0:35
Suicide (reverse)	0:35

Active rest = 3:00 in between

13. Track Workout

200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
200 meters	Guards = 0:35	Post = 0:40
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:15	Post = 0:17
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08

Active rest = 3:00 in between

14. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:11	0:45
2x = 0:26	1:00
3x = 0:41	1:20
4x = 0:56	1:40
5x = 1:11	2:00
4x = 0:58	1:40
3x = 0:42	1:20
2x = 0:27	1:00
1x = 0:10	

Week Five

15. Track Workout

200 meters	Guards = 0:33	Post = 0:38
200 meters	Guards = 0:33	Post = 0:38
200 meters	Guards = 0:33	Post = 0:38
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07

Full active rest in between

16. Court Workout

4 x Down & Back (D/B)	0:53
3 x Down & Back (D/B)	0:39
3 x Down & Back (D/B)	0:39
3 x Down & Back (D/B)	0:39
Suicide (regular)	0:35
Suicide (regular)	0:35
Suicide (reverse)	0:35
Suicide (reverse)	0:35
Active rest = 3:00 in between	

17. Track Workout

200 meters	Guards = 0:33	Post = 0:38
200 meters	Guards = 0:33	Post = 0:38
200 meters	Guards = 0:33	Post = 0:38
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:07	Post = 0:08
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
Active rest = 2:30 in between		

18. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:11	0:45
2x = 0:26	1:00
3x = 0:41	1:20
4x = 0:56	1:40
5x = 1:11	2:00
4x = 0:58	1:40
3x = 0:42	1:20
2x = 0:27	1:00
1x = 0:10	

Week Six (half week)

19. Track Workout

200 meters	Guards = 0:33	Post = 0:38
200 meters	Guards = 0:33	Post = 0:38
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
100 meters	Guards = 0:14	Post = 0:16
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07
50 meters	Guards = 0:06	Post = 0:07

Full active rest in between

20. Court Workout

Pyramid (1x = Down & Back Full Court)

<u>Time</u>	<u>Active rest</u>
1x = 0:10	0:45
2x = 0:25	1:00
3x = 0:40	1:20
4x = 0:55	1:40
5x = 1:10	2:00
4x = 0:56	1:40
3x = 0:41	1:20
2x = 0:26	1:00
1x = 0:10	