



Volleyball Pre-Camp Workout

Our week long camps are physically demanding, by far the most common piece of advice the athletes who have completed a multi-day camp offer to future campers is to come physically prepared.

If you are able to follow this exercise schedule for (at least) the 4 weeks leading up to our camp it will help you cope with the training demands that will be placed on you.

Please make sure that you try and include this in your holiday plans so you arrive at the camp fit and ready for some intensive training.

This workout plan includes a combination of weights and resistance exercises, as well as some running; although for some variation the running could be replaced with cycling or swimming for the Cardio exercise, just so long as it works your body, raises your heart rate and contains variations in pace and intensity.

Make sure you warm up (5-10 minutes of light cardio, running, cycling, etc. and stretch) **and cool down** (5 minutes of walking and a good all over body stretch) **after your workout.**

Exercises Sets Repetitions

Exercise	Sets	Reps
Push-ups	2	20
Tricep dips	2	20
Biceps (use a can of fruit)	3	10
Squats	3	10
Lunges	3	10
Abdominals		
Sit ups	3	15
Obliques	3	15 (each side)
Plank	2	45 seconds
Block-jumps	4	5
Approaches	4	5 (to the net, use a wall!)
On the spot running	4	30 secs each set
Side steps	4	10 (5 left and right)
One-Mile run / Cardio Exercise	Every other day	<i>Make sure you vary the pace. Light run the whole way. OR 1/3 of a mile jog (normal pace), 1/3 quick run and 1/3 slow jog</i>

Everything here can be done without weights so you do not need a gym membership to do this program. You do not need to do everything every day but make sure the whole body gets a workout at least 3x a week. As your body gets used to the exercises increase the number of repetitions (e.g., from 10 to 15). As you get fitter you can increase the running distance or try to do your mile in a faster time.

Have a great summer!