**SPB – Workout program Guidelines**

This guide will provide you with some helpful reminders and hints towards creating your own personalized workout plan. You have been provided with a template you can use to create and record your workouts.

**Evaluate your needs and goals**

* Step back and have a look at your game and what your team requires of you as a teammate. Do you need size, strength, quickness or perhaps to even loose a bit of weight and tone up? Be sure to gear your workout towards your individual goals, although all the above are necessary attributes of a well-rounded player, each player should have a specific major goal.

**Exercises and lifting**

* You have been given a brief tour of the weight room and the equipment available to you. However, the range of exercises using that space and equipment is basically unlimited. If you search terms like medicine ball workout or sport band workouts you will find many useful resources. Again, keep your goal in mind.
* Spaces available include the mall area, tennis courts, track, outside, weight room and off-campus running.

**Your plan HAS to include**

1. Minimum 2 cardio exercises a week (running). These runs should range between 2-6 kms. As you proceed in the class, your distance should be raised accordingly.

* Track = .25 kms
* Sub run 1.2 kms for a loop, 2 kms from the gym and back
* Goldstream = 3.4 kms

1. A BALANCED workout based on your overall goals.
2. MUST include a jump/mobility program and the exercises must be geared towards basketball related movement ie. D slides.
3. The appropriate amount of resistance and number of sets / reps. Less weight combined with more sets (4-5) with more reps (12-20) is more suitable for gaining endurance and speed. More weight coupled with fewer sets (3) with fewer reps (6-12) builds mass and brute strength. Appropriate weights: Sometimes your body weight and resistance equipment (ball, bands) will provide enough weight. When using weights you should have enough weight that you are completing your sets while doing the exercise PROPERLY.

\*\* Workout Template available on website \*\*