

Adams Basketball

Pre-Season Workout Schedule

Begin on Monday, September 15th

Monday: Weight Training and Conditioning

3:00-3:35 Weight Room (**Day 1**)

3:40-4:15 Track – Distance (Musson and back)

Tuesday: 3 Player Individual Workouts (schedule attached)

Wednesday: Weight Training and Conditioning

3:00-3:35 Weight Room (**Day 2**)

3:40-4:15 Track – Speed (Green Bay)

Thursday: Open Gym from 2:45-4:30 (no open gym on Nov 4th or Nov 11th)

Friday: Weight Training and Conditioning

3:00-3:35 Weight Room (**Day 3**)

3:40-4:15 Track – Endurance (Interval Training)

Saturday: 3 Player Individual Workouts and Weight Training (schedule attached)

*individual workout then weight training immediately after (**Day 4**)

3 Player Individual Workout Schedule:

Tuesday: no workout on Oct 7th and Nov 4th

3:00 Dillon, Rohner, and Boyle

3:45 Love, Perry, and Curry

4:30 Guidice, Nestor, and Zekaj

5:15 Patten, Johnson, and Park

Saturday: no workout on Oct 4th

9:00 Dillon, Rohner, and Boyle

9:45 Love, Perry, and Curry

10:30 Guidice, Luetze M, and Luetze B

11:15 Patten, Nestor, and Zekaj

12:00 McClelland, Morrissey, and Hammett

12:45 Littleton, Roveda, and Patsarikas

1:30 Nysten, Hollett, and Cairo

All players are expected to arrive 15 minutes before their workout. You should stretch and be prepared to start at the given time.

If you are going to miss a day, it is your responsibility to find a replacement. The workouts are designed for 3 players and they will not work with only 2.