

# S.P.I.K.E.™ Performance Camps

## Pre-Camp Conditioning

Campers, you are coming to one of the best camps in the 5-state area and will want to take advantage of every opportunity to learn from this great collection of coaches. In order to do so, you must come to camp in the best physical (and mental!) condition possible or you risk spending valuable time in the training room or focusing more on your tired muscles than on making your best physical and mental effort.

If you've been to a top camp before, you know how physically demanding it is. If this is your first camp, 8 hours of volleyball per day will be a challenge for your muscles. That is why we strongly suggest you begin preparing for camp NOW.

**NOTE:** Due to the ever-increasing length of seasons, there is growing concern that athletes who train year-round for the same sport may develop repetitive-use injuries. Cross training is increasingly mentioned when competitive seasons end fairly close to camp time. Rowing, canoeing/kayaking, biking, hiking up and down hills, and swimming, are just some of the activities that allow stressed muscles to recover from long volleyball seasons while still affording good conditioning opportunities. *(This is not intended to be specific medical or training advice, but rather a VERY general summary of concerns that are appearing in sports journals.)*

### General Guidelines

Everyone is in a different state of pre-camp conditioning. When you start, push yourself, but do not overdue anything. Start at a level appropriate for you, whether it is more or less than what we suggest. We don't want you coming to camp hurting. The progress you make relative to your CURRENT condition is more important than meeting arbitrary standards. Push yourself to improve steadily over the next three weeks. The key word is STEADILY. Remember that days two-three are the peak days for soreness in any training program, so don't overdue it on the first day. By Day five you are usually over the hump.

Volleyball is a sport in which you are required to jump, shuffle, drop down low to dig, etc. MANY times in the course of a match and much more so over the course of a camp. A camp is more of an endurance event than a match. Therefore, the training you do should generally be more repetitions of slightly easier exercise in order to condition your muscles for endurance, rather than a few repetitions of a very strenuous exercise. For example, when training for camp, doing 30 bent knee push-ups is better than doing 10 straight leg push ups. (You don't train for a marathon by only running short sprints.)

Work out 6 consecutive days, then rest 1 or 2. Begin your Week One workout as soon as possible or if you are currently in another sport, work backwards from the first day of camp, making sure you have two full days to rest before the first day of camp, and begin your workout accordingly. Again, rest the final two days before camp.

When doing pushups and weights, the speed, breathing, and count should be to exert and *exhale* for a full second (counting one-one thousand.) and then slowly return to the starting position while inhaling for two counts (2 seconds).

**STRETCH AFTER EVERY WORKOUT.**

# Week One — 3 weeks before camp, days 1, 3, & 5

## Increase fluid intake

### Pushups

- Two sets of 10 pushups. Bent or straight knee, whichever you can do. Do half with your elbows tucked to your sides, and half with your elbows out about 45 degrees from your sides. (This uses different muscles.)

### Military Press

- Two sets of 20. If you have a barbell and weight set, use that. If you don't, use full soup, vegetable, or other cans, one in each hand. Sit on a bench or step and hold the soup cans next to your ears, elbows straight out to your sides, and push them straight up over your head. If you cannot find cans heavy enough, improvise. You can do one arm at a time if need be.

### Arm Extensions

- Two sets of 15. Hold a soup can in each hand. With your elbow up and touching the side of your head and your hand down behind you touching your shoulder, extend your forearm up so your hand is fully extended as high as you can reach.

### Sit-ups

- 10 sit-ups the following way. Lie on your back with both knees bent so your feet are flat on the floor (straight leg sit-ups are hard on your back). Place both hands palm down on your waist. Slide your hands up your thighs to your knees while taking 5 seconds to raise your shoulder blades just off the floor. Hold 5 seconds more, then slowly lower back to the ground taking 5 additional seconds (15 seconds per sit-up).
- 10 sit-ups the same way for the first 5 seconds, then twist your trunk to the left and hold for 5 seconds, then return to neutral and back to the floor taking 5 seconds more.
- 10 sit-ups the same way for the first 5 seconds, then twist your trunk to the right and hold for 5 seconds, then return to neutral and back to the floor taking 5 seconds more.

If this is too easy, do them with your arms crossed over your chest. If that is too easy, put both hands over your shoulders resting them on your shoulders. If that is too easy, increase the repetitions.

### Toe Raisers

- Two sets of 20. Stand with balls of feet on a step. Using the same count as with push-ups, raise up high on the balls of feet and lower down so your heels are lower than the step.

### Quad Dips

- 2 sets of 15. Stand with your back flat against a wall and your feet about 8-12" (the taller you are, the further) away from the wall, pointing forward, and flat on the ground. Slowly lower yourself (count of 3) along wall until your knees are bent about 70 degrees (no more). Make sure knees stay behind toes, not above or behind. Stop and hold for 5 seconds, then slowly rise back up for a count of 3.

### Block Jumps

- Two sets of 10

### Ballet

- Stand flat-footed on one leg with arms straight out to sides. Slightly bend knee. Balance for 1 minute, stop, and repeat on other leg. Bend forward at waist and straighten up again for variation. If too easy, increase time.

## Days 2, 4, 6

Jog about 400 meters to warm up.

### Sprints and Backwards Shuffles

- Two sets of five 30 foot forward sprints (sprint, not jog)
- After each sprint, immediately shuffle quickly backwards in a 'ready' position back to the starting point.
- Rest 1 minute after each set of 5.

### Diagonal Shuffles in 'Ready' Position

- Two sets of five. Quickly shuffle diagonally from imaginary right back court position to left front position and immediately quickly return shuffle to right back while facing net.
- Two sets of five. Quickly shuffle diagonally from imaginary left back court position to right front position and immediately quickly return shuffle to left back while facing net.
- Rest 1 minute after each set of 5.

Jog about 400 meters to cool down and work the lactic acid out of your muscles (that's what makes you sore). Stretch out.

# Week Two — 2 weeks before camp, days 1, 3, &5

## Increase fluid intake

### Pushups

- Three sets of 10 pushups

### Military Press

- Three of 20

### Arm Extensions

- Three sets of 15

### Sit-ups

- 15 sit-ups forward
- 15 sit-ups twist left
- 15 sit-ups twist right

If this is too easy, cross your arms over your chest and do them. If that is too easy, put both hand on your shoulder blades and do them.

### Toe Raisers

- Three sets of 20

### Quad Dips

- Three sets of 15

### Block Jumps

- Three sets of 10

### Ballet

- Increase to 90 seconds.

## Days 2, 4, 6

Jog about 400 meters to warm up.

### Sprints and Backwards Shuffles

- Two sets of ten 30 feet forward sprints (sprint, not jog)
- After each sprint, immediately quickly shuffle backwards in a 'ready' position back to the starting point.

### Rest after each set.

### Diagonal Shuffles in 'ready' position

- Two sets of ten. Quickly shuffle diagonally from imaginary right back court position to left front position and immediately quickly return shuffle to right back while facing forward.
- Two sets of ten. Quickly shuffle diagonally from imaginary left back court position to right front position and immediately quickly return shuffle to left back while facing forward.

### Rest after each set

Jog about 400 meters to cool down.

Stretch out.

# **Week Three — 1 week before camp, days 1, 3, &5**

## **Increase fluid intake**

### **Pushups**

- Three sets of 15 pushups

### **Military Press**

- Three of 25

### **Arm Extensions**

- Three sets of 20

### **Sit-ups**

- 20 sit-ups forward
- 20 sit-ups twist left
- 20 sit-ups twist right

If this is too easy, cross your arms over your chest and do them. If that is too easy, put both hand on your shoulder blades and do them.

### **Toe Raisers**

- Three sets of 25

### **Quad Dips**

- Three sets of 20

### **Block Jumps**

- Three sets of 15

### **Ballet**

- Increase to 2 minutes.

## **Days 2, 4, 6**

Jog about 400 meters to warm up.

### **Sprints and Backwards Shuffles**

- Three sets of ten 30 feet forward sprints (sprint, not jog)
- After each sprint, immediately quickly shuffle backwards in a 'ready' position back to the starting point.

### **Diagonal Shuffles in 'ready' position**

- Same as week two.
- Same as week two.

Jog about 400 meters to cool down.

Stretch out.

**REST TWO FULL DAYS BEFORE CAMP. Continue stretching.**