

St. Pius X Strength and Conditioning
Christmas Break Program



Note: This is optional but it would be a good idea to keep your body moving during the dead week or you will be hurting when we get back to work on January 4th^h.

Warm up – 10 minutes

1. Sprint kicks, knee pulls, sprint, quad stretch
2. Frankenstein's, Deion's, sprint, hanging ham stretch
3. Forward lunge, backward lunge, sprint, first baseman stretch
4. Lateral squat, lateral squat, sprint, Saigon Squat
5. High knees, butt tappers, sprint, Right/left leg in on ground
6. Bounding, a-skips, sprint, legs spread on ground
7. Carioca, shuffle, sprint, Lower back stretches

CONDITIONING WORKOUTS OVER BREAK- USE FOR BOTH WEEKS

Day	Activity
Day 1	10 – 100 yard sprints
Day 2	6 laps around a track or 1 ½ mile jog
Day 3	OFF- Stretch for 20-30 minutes
Day 4	10-40 yard sprints, 10-20 yard sprints
Day 5	2-100 shuttles, 2-200 shuttles, 2-300 shuttles, 2-200 shuttles, 2-100 shuttles
Day 6	10- Stadium sprints or 1 ½ mile jog

STRENGTH TRAINING WORKOUTS OVER BREAK- 3 TIMES A WEEK, REPEAT FOR 2ND WEEK

DAY 1

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
SQUAT	10 @ 50%	8 @ 55%	6 @ 60%	6 @ 60%	4 @ 70%
RDL W/SHRUG	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%
BB LUNGES	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%
HANGING KNEE PULLS	25	25	25	25	

DAY 2

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
BENCH PRESS	10 @ 50%	8 @ 55%	6 @ 60%	6 @ 60%	4 @ 70%
NG BOARD OR BENCH PRESS	8 @ 55%	8 @ 55%	8 @ 55%	8 @ 55%	8 @ 55%
BB BENT ROW	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%
CRUNCHES	50	50	50	50	

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DAY 3

EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
DIPS	10	10	10	10	10
CHIN UPS	10	10	10	10	10
GLUTE HAM	10	10	10	10	10
BB STEP UPS	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%	8 @ 40%
SUPERMANS	25	25	25	25	

Cool down stretching program- hold each stretch for count of 20 – 2 times

1. Hanging ham stretch
2. Right and left quad stretch
3. Standing up- legs apart and hands out in front
4. Saigon Squat
5. Right and left hip flexor
6. Legs together on ground
7. Legs apart on ground
8. Right and left leg in on ground
9. Butterflies
10. Knees to chest lying on back
11. Lying on back arms spread knees to left and right side
12. On stomach on ground pull hips to heels keeping forearms on ground
13. Cobra