

ON THE YEAR

The following is a sample yearly training schedule for our volleyball athletes at the University of Kentucky.

	Weightlifting	Conditioning	Recovery
In-Season	2x/week, 30-45 min. Focus: keep nervous system fresh, maintain strength	0-2x/week, on court Focus: sport specific agility and fitness	1 day/week
Off-Season	3x/week, 50-60 min.	2-3x/week, speed school Focus: strength and power gains	2-3 days/week Focus: technique, fitness, and plyos
Spring Season	2-3x/week, 40-50 min.	0-2x/week, on court Focus: bar speed, strength gains	1-2 days/week Focus: sport-specific agility and fitness
Preseason	2x/week, 40-50 min.	1-2x/week, on court Focus: strength maintenance	1 day/week Focus: sport-specific agility and fitness