

Section 5

Progress Chart
Weekly Training Schedule
Important Training Tip Reminders

PROGRESS CHART

Name _____ Date Started _____

STEP 1. Record your highest and longest jumps in Progress Chart 1 and your fastest times in Progress Chart 2 before starting the exercises. See below:

Progress Chart 1. Record jumping height and/or distance.	
Type of Jump	Height/Distance
Running Vertical Jump	Inches
Standing Vertical Jump	Inches
High Jump	Feet-Inches
Long Jump	Feet-Inches
Triple Jump	Feet-Inches
Broad Jump	Feet-Inches

Progress Chart 2. Record your fastest time in each race.	
Type of Race	Time
40 yard dash	Seconds
60 meter dash	Seconds
100 meter dash	Seconds
200 meter dash	Seconds
400 meter dash	Seconds
Other:	Seconds

STEP 2. Complete the *Weekly Training Schedule* located on the next page for two consecutive weeks. Allow yourself 2 days of rest after your last exercise session, then proceed to STEP 3.

STEP 3. Now record your highest and longest jumps in Progress Chart 3 below and note the improvement. Also, record your fastest times in Progress Chart 4 below and note the improvement.

Progress Chart 3. Record jumping height and/or distance and note the improvement.		
Type of Jump	Height/Distance	Improvement
Running Vertical Jump	Inches	Inches
Standing Vertical Jump	Inches	Inches
High Jump	Feet-Inches	Feet-Inches
Long Jump	Feet-Inches	Feet-Inches
Triple Jump	Feet-Inches	Feet-Inches
Broad Jump	Feet-Inches	Feet-Inches

Progress Chart 4. Record your fastest time in each race and note the improvement.		
Type of Race	Time	Improvement
40 yard dash	Seconds	Seconds
60 meter dash	Seconds	Seconds
100 meter dash	Seconds	Seconds
200 meter dash	Seconds	Seconds
400 meter dash	Seconds	Seconds
Other:	Seconds	Seconds

STEP 4. After you have completed the initial two weeks of training it is recommended that you continue on with this same schedule for as long as you continue to see improvement and for as long as you plan to stay competitive in your sport. After you have been performing these exercises for several months, you may be able to reduce your training down to once a week for each exercise, however, you will need to pay close attention to what effect this has on your athletic performance.

WEEKLY TRAINING SCHEDULE

The table below outlines your Weekly Training Schedule for all ten exercises. As noted, Exercises #1-#5 are performed on Days 1 and 4 and Exercises #6-#10 are performed on Days 2 and 5.

Day of Week	Weekly Training Schedule				
1	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
2	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
3	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
4	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
5	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
6	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
7	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day

Each exercise listed in Section 3 of this program contains a different table that instructs you to perform it three (3) times on the recommended day before moving on to the next exercise. For example, Exercise #1 is performed on Day 1 (as well as Day 4) of the week. Do this exercise 3 times with each leg, alternating between them as you go. See Table below:

Exercise #1

Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Right Leg	Hold position for 10-15 seconds.	Rest 15 seconds.
Left Leg	Hold position for 10-15 seconds.	Rest 15 seconds.

TOTAL EXERCISE TIME: 3 Minutes Maximum

When finished, proceed to Exercise #2 and do likewise before continuing on to the next until all five exercises for that day have been completed.

With each exercise taking around 3 minutes to complete, it should take you about 15 minutes total to complete all five exercises for any given day.

IMPORTANT TRAINING TIP REMINDERS

Tip #1. The exercises demonstrated in this program are meant to be physically challenging. If you find that your initial attempt with an exercise is too easy then you will need to increase the resistance by either adding in another resistance band, using a stronger band and/or repositioning yourself further away from where your band is attached to stretch it further.

Tip #2. Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on *How To Increase Resistance* and use one of the methods presented there.

Tip #3. All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it.



“With your newly conditioned leg muscles, you should feel your legs springing effortlessly forward and upward when you go for that extra burst of speed and take-off when jumping!”