

MONDAY

TUESDAY

WEDNESDAY

THEME OF WEEK:

MOVE WITH INTENSITY

WELCOME

ABOUT MOVE WITH INTENSITY

5 NEW DRILLS

5 NEW DRILLS WORKOUT

WEIGHTED DAY

BACKSIDE QUICKNESS

WEIGHTED WORKOUT WEEK 1

FUNDAMENTAL DAY

FUNDAMENTAL WORKOUT WEEK 1

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LONG TOSS

USE YOUR WHOLE BODY

LONG TOSS WORKOUT WEEK 1

BALANCE/ ACCURACY DAY

BALANCE / ACCURACY WORKOUT WEEK 1

NUTRITION - HYDRATION

STRENGTH WEEK 1

STRENGTH WORKOUT #1

OFF DAY

OPTIONAL: REPEAT LONG TOSS WORKOUT 1

VELOCITY

WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THEME OF WEEK:

LAUNCH AND PUNCH

ABOUT LAUNCH & PUNCH

4 NEW DRILL

4 NEW DRILLS WORKOUT

WEIGHTED DAY

WEIGHTED WORKOUT WEEK 2

FUNDAMENTAL DAY

FUNDAMENTAL WORKOUT WEEK 2

REPEAT STRENGTH WORKOUT 1

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LONG TOSS

LONG TOSS WORKOUT WEEK 2

BALANCE/ ACCURACY DAY

BALANCE / ACCURACY WORKOUT WEEK 2

NUTRITION - CARBS

STRENGTH WORKOUT #2

OFF DAY

VELOCITY

WEEK 2



MONDAY

TUESDAY

WEDNESDAY

IMPLEMENTATION  
WEEK  
  
(IF NEEDED)

VIEW 6 THINGS  
TO DO DURING  
THIS WEEK  
INSIDE OF  
COURSE

VIEW 6  
THINGS TO  
DO DURING  
THIS WEEK  
INSIDE OF  
COURSE

VIEW 6  
THINGS TO  
DO DURING  
THIS WEEK  
INSIDE OF  
COURSE

THURSDAY

FRIDAY

SATURDAY

SUNDAY

OFF  
DAY

VIEW 6  
THINGS TO  
DO DURING  
THIS WEEK  
INSIDE OF  
COURSE

REPEAT  
PRIOR  
ACCURACY  
STRENGTH  
WORKOUTS  
OR REFER TO  
FOUNDATION  
WORKOUTS



VELOCITY

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THEME OF WEEK:

ABOUT ROTATION AT END

WEIGHTED DAY

FUNDAMENTAL DAY

ROTATION AT THE END

4 NEW DRILLS

WEIGHTED WORKOUT WEEK 4

FUNDAMENTAL WORKOUT WEEK 4

4 NEW DRILLS WORKOUT

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LONG TOSS

BALANCE/ ACCURACY DAY

NUTRITION - PRE GAME

OFF DAY

LONG TOSS WORKOUT WEEK 4

BALANCE / ACCURACY WORKOUT WEEK 4

STRENGTH WORKOUT WEEK 4

OPTIONAL: REPEAT LONG TOSS WORKOUT 4



VELOCITY

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THEME OF  
WEEK:

ABOUT BUILD  
STRENGTH &  
RHYTHM

WEIGHTED  
DAY

OFF DAY

BUILD  
STRENGTH  
AND RHYTHM

4 NEW DRILLS

WEIGHTED  
WORKOUT  
WEEK 5

4 NEW DRILLS  
WORKOUT

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LONG TOSS

VIDEO  
YOURSELF

NUTRITION -  
SNACKS

OFF DAY

LONG TOSS  
WORKOUT  
WEEK 5

FINAL  
WORKOUT  
WEEK 5

STRENGTH  
WORKOUT  
WEEK 5

VELOCITY

WEEK 5

