2026 SUMMER STRENGTH & CONDITIONING PLAN

Nashua South Girls Basketball

TRAINING RULES

- **3 days/week on non-consecutive days.** 2 is fine if life happens.
- **A, B, C are 3 different days.** Do 1 per session, in order, repeat.
- **Move the main lift fast:** lower slow, drive up hard, clean form.

LEVEL UP IN 3 STAGES (JUNE + JULY)

- **WK 1-2, Learn it** – lighter weight, make every rep PERFECT.
- **WK 3-5, Get strong –** add weight, lower slow, drive up hard.
- **WK 6-8, Get fast –** drop the weight a touch, move explosively.

A — Power & Speed

Warm up: 3-min easy jog or bike, 10 glute bridges, 10 slow bodyweight squats, 10 total walking lunges, 30-sec line jumps (side to side, then front to back).

Box Jumps – 3x5
- *Land soft and quiet. Stick for 2-sec.*

Goblet Squat – 3x8
- *Chest tall, hips back, full foot down. Drive up fast.*

DB Reverse Lunge – 3x8/side
- *Tall chest, don't let your knee cave in.*

Romanian Deadlift – 3x8
- *Soft knees, hips back, flat back. Feel hamstrings.*

Side Plank + Leg Lift – 2x8/side
- *Hips up in a line, lift the top leg slow, lower slow.*

Acceleration Sprints – 6x10 yards
- *Start low & athletic. Explode, drive arms, full rest.*

B — Agility + Upper Body

Warm-Up: 3-min easy jog or jump rope, 10 glute bridges, 10 lateral shuffles each way, 10 carioca steps each way, dot drill - 1 round (hit the dots!).

Lateral Bound & Stick – 3x4/side
- *Push side to side, land soft, freeze the landing.*

Push-Up or Bench – 3x8
- *Ribs down, brace, move with control.*

1-Arm DB Row – 3x10/side
- *Flat back, pull elbow to hip.*

Step-Up – 3x8/side
- *Drive through the top foot, not the bottom foot.*

Bird Dog – 2x8/side
- *Flat back. Reach opp arm and leg, no wobble.*

5-10-5 Pro Agility – 5 reps *(start middle)*
- *Sprint 5 right, touch, 10 left, touch, 5 back.*

C — Strength & Conditioning

Warm-Up: 3-min light jog or bike, 10 glute bridges, 10 body weight squats, hamstring stretches (pick), 30-sec line jumps, 6 total 90/90 hip switches.

Med Ball Slam or Broad Jump – 3 sets of...
- *Med ball (10), or broad jump/stick landing (5).*

Trap Bar or DB Deadlift – 4x6
- *Push the floor away, flat back, hips through.*

Romanian Deadlift – 3x8
- *Soft knees, hips back, flat back, feel hamstrings.*

DB Overhead Press – 3x8
- *Brace core, don't lean back.*

Farmer Carry – 3x30 sec.
- *Tall posture, ribs down, grip hard.*

Shuttle Runs – 6-8 rounds
- *Sprint down and back. Rest 30-sec.*

EFFORT

- Last 2 reps should feel hard, never a grind.
- Form clean every rep. Never max out a single.
- Jumps & cuts: quality over quantity. Stop if landings get sloppy.

8-WEEK CHECKLIST

Consistency! Check one box per session.

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