

8 week plyometric training program basketball

8-Week Plyometric Training Program for Basketball: Explosiveness and Injury Prevention

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Keywords: 8-week plyometric training program basketball, plyometrics for basketball, basketball training program, plyometric exercises, basketball jump training, vertical jump improvement, basketball conditioning, injury prevention basketball, athletic performance enhancement

Introduction:

Basketball demands explosive power, agility, and quick changes of direction. Plyometrics, also known as jump training, is a crucial component of a comprehensive basketball training program, enhancing these key athletic attributes. This article examines an 8-week plyometric training program specifically designed for basketball players, exploring its benefits, challenges, and practical implementation. We will delve into the progressive overload principle, the importance of proper technique, common pitfalls to avoid, and how to integrate this 8-week plyometric training program basketball into a broader training regimen.

Phase 1: Building a Foundation (Weeks 1-2)

The initial two weeks of the 8-week plyometric training program basketball focus on establishing a solid base. This phase emphasizes proper landing mechanics, building lower body strength, and introducing fundamental plyometric exercises. Exercises include:

Box Jumps (low height): Start with low boxes (12-18 inches) to focus on proper technique and landing.

Depth Jumps (low height): Similar to box jumps, start with a low drop height (12-18 inches) emphasizing a controlled drop and explosive jump.

Jump Squats: Focuses on developing power from the lower body.

Bound Jumps: Alternating leg jumps focusing on height and distance.

Frequency: 2 sessions per week, with ample rest between sets and exercises.

Phase 2: Increasing Intensity (Weeks 3-4)

This phase gradually increases the intensity and volume of plyometric exercises. The focus shifts towards improving power output and increasing the height and distance of jumps. Exercises introduced in this phase include:

Box Jumps (medium height): Increase box height to 24-30 inches.

Depth Jumps (medium height): Increase drop height to 24-30 inches.

Single Leg Hops: Develops unilateral power and balance.

Lateral Bounds: Improves lateral agility and power.

Frequency: 3 sessions per week.

Phase 3: Advanced Plyometrics (Weeks 5-6)

Weeks 5 and 6 of the 8-week plyometric training program basketball introduce more advanced plyometric drills that mimic game-specific movements. These exercises demand greater coordination, power, and control. Examples include:

Box Jumps (high height): Increase box height gradually, but prioritize proper technique over height.

Depth Jumps (high height): Increase drop height gradually, ensuring a controlled descent.

Multi-directional jumps: Combine lateral and vertical movements, mimicking game situations.

Plyometric Push-ups: Develop upper body power and explosiveness.

Frequency: 3 sessions per week, with increased rest periods between sets.

Phase 4: Game Simulation and Refinement (Weeks 7-8)

The final two weeks incorporate game-specific plyometric drills and focus on refining technique and maximizing power output. The 8-week plyometric training program basketball culminates in drills that directly translate to on-court performance. These might include:

Sprint-jump drills: Combine sprinting with explosive jumps.

Jump stops and starts: Improve quick changes of direction and explosive movements.

Rebound simulation drills: Practice jumping for rebounds with intensity.

Frequency: 2-3 sessions per week, with a focus on quality over quantity.

Challenges and Considerations:

Implementing an 8-week plyometric training program basketball effectively requires careful consideration of several factors:

Proper Technique: Incorrect technique can lead to injuries. Supervision from a qualified coach or trainer is crucial, especially when dealing with higher intensity exercises.

Progressive Overload: Gradually increase intensity and volume to avoid overtraining and injury. Listen to your body and adjust the program accordingly.

Recovery: Adequate rest and recovery are essential to allow muscles to repair and rebuild. Prioritize sleep, nutrition, and active recovery.

Individual Differences: Athletes have different starting points and may progress at different rates. The program should be adaptable to individual needs and capabilities.

Injury Prevention: Proper warm-up, cool-down, and injury prevention strategies are paramount.

Opportunities:

A well-structured 8-week plyometric training program basketball presents numerous opportunities for significant athletic improvement:

Improved Vertical Jump: Plyometrics significantly enhance vertical jump height, a critical skill in basketball.

Increased Agility and Quickness: Plyometric exercises improve explosive movements and agility, contributing to faster reaction times and quicker changes of direction.

Enhanced Power Output: Plyometrics boost overall power output, leading to more forceful jumps, sprints, and cuts.

Reduced Injury Risk: When performed correctly, plyometrics strengthen muscles and joints, reducing the risk of injuries associated with explosive movements.

Improved Game Performance: The benefits translate directly to improved on-court performance, leading to better scoring opportunities, rebounds, and overall athleticism.

Integration into a Broader Training Program:

The 8-week plyometric training program basketball should be integrated into a broader training regimen that includes strength training, conditioning, and skill development. It's important to avoid overtraining by strategically scheduling plyometrics alongside other training components.

Conclusion:

An effectively designed 8-week plyometric training program basketball offers significant opportunities to enhance athletic performance and reduce injury risk. However, careful planning, proper technique, and progressive overload are crucial to maximize benefits and minimize the risk of injury. By integrating this

program into a comprehensive training regimen and prioritizing proper technique, basketball players can significantly improve their explosive power, agility, and overall on-court performance.

FAQs:

1. How often should I train plyometrics per week? The frequency depends on the phase of the program and your individual recovery capacity. Start with 2 sessions per week and gradually increase to 3, always prioritizing proper recovery.
1. What if I experience pain during plyometrics? Stop immediately and consult with a medical professional or certified athletic trainer. Pain indicates a potential injury.
1. Can I adapt this program to my own fitness level? Yes, the program can be modified based on your individual fitness level. Begin with easier exercises and lower intensity before progressing.
1. What type of footwear is best for plyometrics? Supportive athletic shoes with good cushioning are recommended.
1. How important is warm-up before plyometrics? A thorough warm-up is essential to prepare your muscles for intense activity and reduce injury risk.
1. What are the best plyometric exercises for basketball players? Box jumps, depth jumps, single-leg hops, lateral bounds, and multi-directional jumps are particularly effective.
1. How can I ensure proper landing technique? Focus on landing softly with bent knees and a neutral spine. Video analysis can be beneficial.

1. How long should I rest between sets? Rest periods should be long enough to allow for adequate recovery, generally 2-3 minutes between sets.

1. Can I do plyometrics every day? No, rest and recovery are crucial for muscle repair and growth. Avoid doing plyometrics every day to prevent overtraining and injury.

Related Articles:

1. Plyometric Training for Vertical Jump Improvement in Basketball: This article focuses specifically on plyometric exercises designed to maximize vertical jump height.

1. Injury Prevention Strategies in Basketball Plyometric Training: This article details effective injury prevention techniques and strategies for plyometric training in basketball.

1. Integrating Plyometrics into a Holistic Basketball Training Program: This article discusses the optimal integration of plyometrics with other training components for maximum performance gains.

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1. **Developing a Personalized Plyometric Training Plan for Basketball Athletes:** This article guides readers through the process of creating a customized plyometric plan for basketball players with varied needs and experience levels.

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8 week plyometric training program basketball: *Jump Attack* Tim S. Grover, 2014-06-03 Legendary trainer Tim Grover's internationally acclaimed training program used by the pros, including Michael Jordan and Kobe Bryant—now completely revised, updated, and expanded, with 100 new photos. Since 1989 when Tim Grover began training Michael Jordan, hundreds of elite

competitors have turned to Grover to become stronger, faster, and more powerful, both physically and mentally. From Jordan to Kobe Bryant to Dwyane Wade and countless other superstars, Grover's revolutionary methods have made the best even better, year after year. In *Jump Attack*, Grover shares the revolutionary program he uses to train the pros. A fitness bible for athletes around the world, this three-phase, twelve-week program has been completely updated with new exercises and workouts as well as cutting-edge information on training, nutrition, longevity, injury prevention, and more. Devised for explosive power, quickness, endurance, and agility, this intensely challenging workout pushes athletes out of their comfort zones, tests their capacity to go harder, and turns "I can't" into "Just try and stop me." You don't have to be an elite athlete to benefit from Grover's program—but you can attain the mindset of a champion through the physical program outlined in this complete plan. Says Grover: "This is how my pros do it. If you want to become more explosive, stronger, and faster, if you want to jump higher and improve your overall athletic performance in any sport, this is exactly how we do it today: This program is the difference between jumping and taking flight."

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8 week plyometric training program basketball: Triphasic Training Cal Dietz, Ben Peterson, 2012-06 What is Triphasic Training? It is the pinnacle of sports performance training. Created by world renown coach, Cal Dietz, Triphasic Training breaks down dynamic, athletic movements into their three components (eccentric, isometric, and concentric), and maximizes performance gains by applying stress to the athlete in a way that allows for the continuous development of strength, speed, and power. Who uses Triphasic Training: Everyone! From elite level athletes to absolute beginners, the triphasic method of training allows for maximal performance gains in minimal time. For that reason professional athletes from all backgrounds seek out Coach Dietz each off-season to train with his triphasic system. Coach Dietz has worked with hundreds of athletes from the NFL, NHL, and MLB, as well as several dozen Olympic athletes in track and field, swimming, and hockey. What the book is about: Triphasic Training was originally a digital book with over 3,000 hyperlinks and 6 hours of video lectures, showing the reader exactly how to perform every exercise and apply the training methods. To ensure that you do not miss out on this valuable component, inside your book you will find a web link to a downloadable PDF that contains all of the hyperlinks and videos from the original digital book. The PDF is laid out to allow you to easily follow along as you read the book. Simply scroll in the PDF to the page that you are reading in the book and it will have every hyperlink and video that is on that page. The book contains over 350 pages, divided clearly into 2 parts: the "why" and the "what". The first three sections go through the physiological basis for the Triphasic method, undulated block periodization, and general biological applications of stress. The authors will explain how to incorporate the Triphasic methods into

existing programs, with complete descriptions on adapting it to virtually any scenario. Sections 4 through 7 are devoted entirely to programming, with over 3,000 exercises and 52 weeks of programs for numerous different sports. Included in the programming section are: Over 3,000 exercises, each hyperlinked to a video tutorial that shows you exactly how to perform the exercise. 5 separate 24-week training programs built for either 6 day, 5 day, 4 day, 3 day, or 2 day models. Over 6 hours of video lectures by Coach Dietz further explaining the Triphasic Training method. These lectures go even deeper into the physiology and application of what he does with his elite athletes. Over two dozen tables showing exactly when and how to modify exercises to ensure continuous improvement in your athletes. Peaking programs for football lineman or skill players, baseball, swimming, volleyball, and hockey players (among others). A complete 52 week training program for football.

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8 week plyometric training program basketball: Plyometric Anatomy Derek Hansen, Steve Kennelly, 2017-08-22 Elite players, coaches, and trainers rely on plyometrics to develop power, agility, speed, strength, body control, balance, and overall athletic performance. With this authoritative guide on plyometrics, you can too! In Plyometric Anatomy, authors Derek Hansen, coach and consultant to elite athletes and professional and collegiate sports teams, and Steve Kennelly, assistant head athletic trainer for the New York Football Giants, share the training they've used to propel athletes at all levels to success. They present 94 plyometric exercises, with 78 variations that increase in difficulty for continued development over time. Each exercise is fully illustrated with detailed anatomical art to showcase the muscles that are activated during the drill, so you can clearly see how the exercise contributes to improved performance. You'll also find unique plyometric exercises and variations that combine upper- and lower-body muscles in a single drill to better simulate complex sport-specific movements. Plus, considerations such as the impact of performing the drills on various surfaces, commonly used equipment, and use of external loads are included to make sure you get the most from your training. With comprehensive coverage and expert insights, Plyometric Anatomy takes the guesswork out of training and provides the best tool to help you achieve dynamic strength and explosive power. It is the ultimate illustrative resource for maximizing athletic power production.

8 week plyometric training program basketball: Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association, 2021-06-01 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and

performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

8 week plyometric training program basketball: The Revolutionary 1 X 20 RM Strength Training Program Michael Yessis, 2014-04-07 A revolutionary new way of training athletes. This book is ideal for teenage and beginning athletes as well as high-level athletes looking to recover from injury and improve technique.

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applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. -Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. Essentials of Strength Training and Conditioning, Third Edition, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice.

8 week plyometric training program basketball: High-Performance Training for Sports

David Joyce, Daniel Lewindon, 2014-06-09 High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

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V. Gregory Payne, Larry D. Isaacs, 2017-04-25 This book provides an overview of human development and includes the relationship between motor development and cognitive and social development. It explores factors affecting development, including effects of early stimulation and deprivation. The book addresses assessment in motor development.

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National Basketball Conditioning Coaches Association, 2007 Complete Conditioning for Basketball presents the ultimate in training for the sport from the National Basketball Conditioning Coaches

Association, the experts who work daily to maximize the performance potential of the game's top stars. Build your strength and power to be a beast on the boards. Improve your quickness and agility to be a defensive stopper. Increase your vertical jump to rise over defenders for uncontested shots. With over 200 exercises, drills, performance tests, and workouts, plus a 60-minute instructional DVD, Complete Conditioning for Basketball is the most comprehensive training resource for men and women at all levels of competition. Get the most out of your workouts and add new dimensions to your game. Complete Conditioning for Basketball will help you to fulfill your potential and make the most of every opportunity on the court.

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8 week plyometric training program basketball: Developing Agility and Quickness NSCA -National Strength & Conditioning Association, Jay Dawes, Mark Roozen, 2011-10-10 The ball handler who fakes and then drives past a defender for an easy score. A pass rusher who leaves a would-be blocker in his wake on the way to sacking the quarterback. A setter who manages to maneuver both body and ball in the blink of an eye to make the perfect pass for the kill and match-winning point. These are all reasons agility and quickness are such prized physical attributes in modern sport. Efforts to become markedly quicker or more agile, however, aren't always successful. Genetic limitations, technical deficiencies, and inferior training activities are among the major obstacles. Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

8 week plyometric training program basketball: Basketball Sports Medicine and Science Lior Laver, Baris Kocaoglu, Brian Cole, Amelia J. H. Arundale, Jeffrey Bytowski, Annunziato Amendola, 2020-10-05 This book is designed as a comprehensive educational resource not only for basketball medical caregivers and scientists but for all basketball personnel. Written by a multidisciplinary team of leading experts in their fields, it provides information and guidance on injury prevention, injury management, and rehabilitation for physicians, physical therapists, athletic trainers, rehabilitation specialists, conditioning trainers, and coaches. All commonly encountered injuries and a variety of situations and scenarios specific to basketball are covered with the aid of more than 200 color photos and illustrations. Basketball Sports Medicine and Science is published in collaboration with ESSKA and will represent a superb, comprehensive educational resource. It is further hoped that the book will serve as a link between the different disciplines and modalities involved in basketball care, creating a common language and improving communication within the team staff and environment.

8 week plyometric training program basketball: Strength and Power in Sport Paavo Komi, 2008-04-15 The second edition of this broadly based book continues to examine and update the basic and applied aspects of strength and power in sport from the neurophysiology of the basic motor unit to training for specific activities. Authorship is, again, international and includes leading physiologists and clinicians.

8 week plyometric training program basketball: A Study on the Co-Relation of

Basketball Playing Ability with Motor Fitness and Health Related Fitness of Female

Basketball Players Dr. Vennamaneni Deepika & Prof. L. B. Laxmikanth Rathod , 2022-02-04 Sports

in the present day have become extremely competitive as the previous records are being broken whenever there is competition. It is not mere the participation or few days of practice that brings an individual victory, but it is the continuous hard work of training right from the childhood, and a strong Anthropometry variables influences the performance. Today's sports person faces unique challenges. The standards are higher; the competition is tougher, the stakes are greater and the attention overwhelming in these days. Coaches', physical educationists and sports scientists have always expressed a great need to know more about those Anthropometry variables, which are helpful in improving the motor skill of the players. Today's world is a world of competition, the rivalry to reach top and excel each other is intense. That every aspect that contributes for the excellence is carefully looked into and one of such aspects is the selection of the right person for the right event in sports and games. Normally the choice of selection is given to a player or the athletes. The players without knowing their inherent potential make wrong choices because of their wrong selection, and hence the individual concerned is not able to reach the top of the ladder (Gangopadhyay, 1993). Man, by nature, is highly competitive and in pursuit of high performance; He/she has always been striving to jump higher and farther, to run faster and to demonstrate greater strength and skill. Physical fitness places emphasis on more and more activity (Uppal, 1992).

8 week plyometric training program basketball: *Periodization Training for Sports* Tudor O. Bompa, Carlo Buzzichelli, 2015-02-17 Sport conditioning has advanced tremendously since the era when a "no pain, no gain" philosophy guided the training regimens of athletes. Dr. Tudor Bompa pioneered most of these breakthroughs, proving long ago that it's not only how much and how hard an athlete works but also when and what work is done that determine an athlete's conditioning level. *Periodization Training for Sports* goes beyond the simple application of bodybuilding or powerlifting programs to build strength in athletes. In this new edition of *Periodization Training for Sports*, Bompa teams with strength and conditioning expert Carlo Buzzichelli to demonstrate how to use periodized workouts to peak at optimal times by manipulating strength training variables through six training phases (anatomical adaptation, hypertrophy, maximum strength, conversion to specific strength, maintenance, and tapering) and integrating them with energy system training and nutrition strategies. Coaches and athletes in 35 sports have at their fingertips a proven program that is sure to produce the best results. No more guessing about preseason conditioning, in-season workloads, or rest and recovery periods; now it's simply a matter of identifying and implementing the information in this book. Presented with plenty of ready-made training schedules, *Periodization Training for Sports* is your best conditioning planner if you want to know what works, why it works, and when it works in the training room and on the practice field. Get in better shape next season and reap the benefits of smarter workouts in competition. Own what will be considered the bible of strength training for sport of the next decade.

8 week plyometric training program basketball: Work On Your Game: Use the Pro Athlete Mindset to Dominate Your Game in Business, Sports, and Life Dre Baldwin, 2019-02-22 Your game plan for career success—from International Basketball Pro Dre Baldwin No one knows how to turn unrelenting self-belief into hard-and-fast career results better than Dre Baldwin. When everyone and everything was telling him to give up on his goal of playing pro basketball, he got focused on his future, and met the challenge head on. In the end, Baldwin succeeded—making a living playing basketball in leagues around the world—and in these pages, he shares all his secrets. Whether you're just starting out in business or looking to take your career to the next level, *Work On Your Game* provides the strategy you need to succeed from the inside-out. Dre Baldwin, or "DreAllDay," as his fans know him, delivers an easy-to-understand four-part model for achieving any goal. It's based on discipline, confidence, mental toughness, and personal initiative—and it's proven effective. Baldwin takes you through the steps of identifying what's expected of you, preparing for what's coming, and conditioning your body and mind for the competitive world of business—and everything is a business. Baldwin's personal story of beating the

odds is both inspiring and instructional. You'll learn how to play the mental game in a way that launches you towards unparalleled achievement.

8 week plyometric training program basketball: *Training for the Uphill Athlete* Steve House, Scott Johnston, Kilian Jornet, 2019-03-12 Presents training principles for the multisport mountain athlete who regularly participates in a mix of distance running, ski mountaineering, and other endurance sports that require optimum fitness and customized strength

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- Sidebars focus on a specific practical question or an applied research concept, allowing readers to connect research to real-life situations.
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