

**Bobby Aldridge Fitness Training**  
 Certified Strength & Conditioning Specialist (CSCS)  
**F**lexibility, **A**gility, **S**peed, **S**trength, **S**tamina, **T**raining (Fasst Results)  
 415-601-3364 E-mail: [Info@BobbyAldridge.com](mailto:Info@BobbyAldridge.com)

In-Season:

Week One:	Time / Rest 6 x 30 sec / 30 sec	50-65 Jumps
Week Two	4 x 30 sec / 30 sec 2 x 60 / 60	80-100 Jumps
Week Three	2 x 30 sec / 30 sec 4 x 60 / 60	
Week Four	1 x 30 sec 5 x 60	
Ongoing	6 x 60 / 60 90-100	

Off-Season:

Week One	6 x 30 Sec / 30 sec	_____	_____	_____	_____	_____	_____
Week Two	8 x 30	_____	_____	_____	_____	_____	_____
Week Three	4 x 30 2 x 60	_____	_____	_____	_____	_____	_____
Week Four	4 x 30 4 x 60	_____	_____	_____	_____	_____	_____
Week Five	2 x 30 6 x 60	_____	_____	_____	_____	_____	_____
Ongoing	8 x 60	_____	_____	_____	_____	_____	_____