


PUMP UP YOUR JAM

PROGRAM OVERVIEW

WEEK 1		WEDNESDAY START: BASELINE TEST!	AM Strength: 2 HIIT: 0-1 Sprinterval: 0	Core: 2 Steady State: 1 Plyo: 0	On-Skate Sessions: 1-3 If skating less, option to add +1 SS and/or +1 HIIT
WEEK 2	AM Strength: 4 HIIT: 1-2 Sprinterval: 1	Core: 3 Steady State: 1 Plyo: 0			On-Skate Sessions: 1 to 3 If skating less, option to add + 1 Steady State
WEEK 3	AM Strength: 2-3 HIIT: 1 Sprinterval: 1-2	Core: 3 Steady State: 1 Plyo: 1			On-Skate Sessions: 1 to 3 If skating less, option to add + 1 HIIT
WEEK 4	AM Strength: 2 HIIT: 0-1 Sprinterval: 2	Core: 2 - 3 Steady State: 0 Plyo: 1			On-Skate Sessions: 1 to 3 If skating less, option to add + 1 Plyo or HIIT
WEEK 5	Combined Strength + Core: 2 HIIT: 0 Sprinterval: 0	Steady State: 1 Plyo: 0			On Skate Sessions: 1 to 3 Do something fun!
WEEK 6	AM Strength: 2 HIIT: 0-1 Sprinterval: 2	Core: 2 Steady State: 0 Plyo: 2			On-Skate Sessions: 1 to 3 If skating less, option to add + 1 Steady State or HIIT
FINISH	Catch up on missed workouts; 1-2 rest days before test!			FINISH TEST!	

PUMP UP YOUR JAM

NAME: _____

TESTING

BASELINE TEST

date: _____

#1 CADENCE PUSH-UP
TEST

KNEES:
(# reps)

TOES:
(# reps)

#2 AGILITY TEST

#4 VERTICAL LEAP
TEST

#5 CORE TEST

#6 ENDURANCE TEST

FINISH LINE TEST

date: _____

KNEES:

TOES:

SCORING NOTES:

Choose one (knees or toes); enter max continuous reps achieved

Enter the average of both directions; one hop = 1; subtract 0.5 for every time you touch the tape

Enter your best jump, in vertical inches (e.g. 12.75").

Enter continuous elapsed time in HH:MM:SS (e.g. 00:02:13)

Enter total elapsed time for three rounds as HH:MM:SS (e.g. 00:05:22)

PUMP UP YOUR JAM

WEEK ONE

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				BASELINE TEST!
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK TWO

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK THREE

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK FOUR

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK FIVE

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK SIX

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

FINISH WEEK!

WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

PUMP UP YOUR JAM

WEEK # _____
WEEKLY PLAN

	LIFE STUFF	WORKOUT PLAN	ACTUAL	NOTES
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				