

# Trial Jump Training Book

## Pool Workout

Hello, My name is Allen Harrington and I am collaborating with Josh Tessier to create the Best Vertical Jump Training Program on the net! Below is a sample of the Pool workout section.

The Purpose of the book is to help you jump higher and become a better Basketball player.

To purchase the book click the link below:

<https://www.alsballtraining.ca/jump-training-book.php>

Do the below workouts in a pool, lake, or ocean with water that is between waist and chest deep. Each workout below and in the book will be between 20-30 minutes long per day.

### Level 1

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	Week 4
Walk (2 minutes)	Walk (2 minutes)	Butt Kicks (3 sets of 25 seconds)	High Kees (2 sets of 25 seconds)
Run (2 minutes)	Run (2 Minutes)	Walking (5 minutes)	Walking (5 minutes)
Butt Kicks (2 sets of 20 seconds)	High Knees (2 sets of 20 seconds)	Running (3 minutes)	Running (3 minutes)
2 Legged Jump (3 sets of 10)	Running in the pool (3 minutes)	Treading Water (3 sets of 30 seconds)	2 Legged Jump (3 sets of 10)
1 Legged Jump (3 sets of 10)	Swimming lengths (5 minutes)	1 Legged Jump (3 sets of 10)	Swimming Lengths (5 minutes)
Walking in the pool (5 minutes)	Treading water (2 sets of 35 seconds)	2 Leg Jump (3 sets of 10)	1 Legged Jump (3 sets of 10)
Once finished have fun for a while, remember even when your having fun in a pool your still getting a workout.	2 Legged Jump (3 sets of 10)  Play Time	Play Time	Play time