NOVEMBER
BASKETBALL PERFORMANCE PLAN

TWO-WEEK TRAINING BLOCK
NOVEMBER 2–15, 2026

TRAIN WITH INTENTION.
Move well. Build strength. Sharpen your skills.
Recover with purpose.

WEEKLY RHYTHM

Monday / Thursday: Hip + core activation, calisthenic strength and basketball skills
Tuesday / Friday: Feet-focused mobility, functional strength and basketball skills
Wednesday / Saturday: Yoga and shooting
Sunday: Off

WEEK 01

MONDAY, NOVEMBER 2 — SUNDAY, NOVEMBER 8

MONDAY • November 2

ACTIVATION & MOBILITY — FEET + CORE | 30–45 MIN

Foam Roll Series (14 min): Feet, calf, hamstring, glute, full back, quad and shin.

- Elevated banded hip flexion knee drive
- Long-lever plank
- Short-lever plank
- Upright hip rotation
- 90/90 Copenhagens
- Knee-over-toe (front) and hamstring
- Knee-over-toe (side) and adductor/abductor
- Scorpion

TRADITIONAL STRENGTH — CALISTHENIC EDITION | 30–45 MIN

3–4 sets: 20 sec work → 20 sec static hold → 20 sec work.

- Chest: Push-ups and elevated push-ups
- Back: Row, pull-ups and band pull-aparts
- Quads: Squat and lunge
- Hamstrings: RDL and single-leg hip thrust

CARDIO

Run For Trash — combine your run with a positive community clean-up effort.

BASKETBALL SKILLS TRAINING | 90 MIN

3 rounds × 3 min for the skill blocks.

- Ball handling (2-ball) — 3 min form shot
- Touch finishes — 3 min form shot
- Rim attack — 3 min form shot
- Low post — 3 min form shot
- Shooting: 2s → 3s → 2s off the dribble → 3s; finish with 3 free throws in a row
- Low post: 15 makes × 3
- Corner: 15 makes × 3
- Wing: 15 makes × 3

RECOVERY

- At least 5 minutes of meditation
- 10-minute cool down

TUESDAY • November 3

ACTIVATION & MOBILITY — FEETxCLUVITY | 30–45 MIN

Foam Roll Series (14 min): Feet, calf, hamstring, glute, full back, quad and shin.

- Feet hug with band
- Alternating feet hug with band
- Alternating feet hug V-band
- Feet hug V-band
- Feet roll with band
- Super soak
- Ankle dorsiflexion stretch hold
- Big toe wall stretch
- 5-toe wall stretch
- Feet knee to floor

Reference: Open Instagram reference

FUNCTIONAL STRENGTH | 30–45 MIN

2–3 sets × 12–15 reps.

- Biceps: Curls and close-grip pull-up
- Triceps: Triceps extension and dips
- Adductors: Banded/weighted
- Abductors: Banded/weighted
- Quads: Over, under and side
- Hamstrings: Hamstring curl and deep RDL
- Shins: Shin raise, shin circle and heel walk
- Abs: 4-way plank

CARDIO

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BASKETBALL SKILLS TRAINING | 90 MIN

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- Corner: 15 makes × 3
- Wing: 15 makes × 3

RECOVERY

- At least 5 minutes of meditation
- 10-minute cool down

WEDNESDAY • November 4

YOGA | 45–60 MIN

Focus on mobility, breathing and controlled movement.

BASKETBALL SHOOTING | 3–4 ROUNDS × 10–15 MAKES

• 2-point shots
• 3-point shots
• 2-point shots off the dribble
• 3-point shots
• Finish with 10 free throws in a row

RECOVERY

• At least 5 minutes of meditation
• 10-minute cool down

THURSDAY • November 5

ACTIVATION & MOBILITY — FEET + CORE | 30–45 MIN

Foam Roll Series (14 min): Feet, calf, hamstring, glute, full back, quad and shin.

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- Short-lever plank
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- Scorpion

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- 10-minute cool down

FRIDAY • November 6

ACTIVATION & MOBILITY — FEETxCLUVITY | 30–45 MIN

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- Alternating feet hug V-band
- Feet hug V-band
- Feet roll with band
- Super soak
- Ankle dorsiflexion stretch hold
- Big toe wall stretch
- 5-toe wall stretch
- Feet knee to floor

Reference: Open Instagram reference

FUNCTIONAL STRENGTH | 30–45 MIN

2–3 sets × 12–15 reps.

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- Abductors: Banded/weighted
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- Hamstrings: Hamstring curl and deep RDL
- Shins: Shin raise, shin circle and heel walk
- Abs: 4-way plank

CARDIO

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RECOVERY

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SATURDAY • November 7

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Focus on mobility, breathing and controlled movement.

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• 3-point shots
• 2-point shots off the dribble
• 3-point shots
• Finish with 10 free throws in a row

RECOVERY

• At least 5 minutes of meditation
• 10-minute cool down

SUNDAY • November 8

OFF DAY — REST & RECOVERY

Prioritize recovery, hydration, sleep and a relaxed reset.

WEEK 02

MONDAY, NOVEMBER 9 — SUNDAY, NOVEMBER 15

MONDAY • November 9

ACTIVATION & MOBILITY — FEET + CORE | 30–45 MIN

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RECOVERY

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TUESDAY • November 10

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- Feet hug V-band
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- Big toe wall stretch
- 5-toe wall stretch
- Feet knee to floor

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- Shins: Shin raise, shin circle and heel walk
- Abs: 4-way plank

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THURSDAY • November 12

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RECOVERY

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FRIDAY • November 13

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BASKETBALL SHOOTING | 3–4 ROUNDS × 10–15 MAKES

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RECOVERY

• At least 5 minutes of meditation
• 10-minute cool down

SUNDAY • November 15

OFF DAY — REST & RECOVERY

Prioritize recovery, hydration, sleep and a relaxed reset.