

General Warm Up	
1 - 2 Laps of Field	
20m Dynamic Warm Up	Training Schedule
Jog back between each:	
High Knees	These sessions are designed to help you maintain/improve your cardiovascular capacity over the next 4 weeks, while you don't have any weekend matches and training over the holiday break. It's best to record your times and use consistent distances so that you can keep accountable.
Back Kicks	
10m Hip Stretch 'Open the Gate'	
10m Hip Stretch 'Close the Gate'	
20m Grapevine Up/Back	
20m Walking Hamstring Stretch	
Side Shuffle Up/Back	

General Warm Up	
1 - 2 Laps of Field	
Dynamic Warm Up	Training Schedule
5 minute moderate pace jog	These sessions are designed to help maintain or develop body weight strength and power. These can either be completed by them selves or after your Aerobic Capacity Building sessions. Session 1 is Body Weight Movements, Session 2 includes weights if you have access to a gym.
<u>2 Rounds</u>	
10 Walking Lunges	
10 Leg Swings (each side)	
10 Push Ups	
Complete Dynamic Warm Up	

Aerobic Capacity Building	
Week 1 of 4: Session 1	Week 1 of 4: Session 2
4x 500m	5x Laps of your sports field or court.
<u>Completed as follows:</u>	<u>Completed as follows:</u>
200m Hard/Fast	Start next lap every 4min
100m Easy/Recovery	eg. 0:00, 4:00, 8:00, 12:00, 16:00 min.
200m Hard/Fast	* Record each time.
Rest 2min before next round	*Netball & Tennis complete 2x court laps
Notes:	Notes:
Stay tall & strong in the 200m	Goal is to maintain pace each lap
Smooth and recovery in the 100m	if you can't make the 4min cap extend intervals to 5min so you get some recovery time. Focus is to work on our recovery after longer intervals of running.
Push the first rounds and try and match it in rounds 2,3 & 4	

Power and Strength Building	
Week 1 of 4: Session 1	Week 1 of 4: Session 2
Complete the Following:	Complete the Following:
<u>4 Rounds of</u>	A1) 3x12 Bulgarian Split Squat (each side)
10 Push Ups	A1) 3x12 Shoulder Press
12 Burpees	
15 Squats	B1) 3x10 Goblet Squat
	B2) 3x10 Bench Press
Notes:	Notes:
<i>*Every 2min stop and complete 10 Sit Ups before picking up from where you left off.</i>	Alternate between A1 & A2, then B1 & B2
Focus on good quality form for all movements!	All movements are to be completed with a moderate weight dumbbell

Week 2 of 4: Session 1	Week 2 of 4: Session 2
5x Laps of sports field or court.	2 Laps of field at mod-fast pace.
<u>Completed as follows:</u>	<i>Rest 3min</i>
Hard/Fast length of field	1x Lap at slightly faster pace
Recovery Jog along baseline	<i>Rest 3min</i>
Hard/ Fast length of field	1x Lap, keeping same pace as before
Recovery jog along baseline	<i>Rest 3min</i>
90sec - 2min Recovery between laps	4x Half Laps with 30sec rest between each
Notes:	Notes:
Complete around outside of field	Be strict on your rest intervals. No longer, but definitely no shorter! * Tennis/Netball double the lap numbers to compensate for the smaller court size.
Push the first rounds and try and match it in rounds 2,3 & 4	

Week 2 of 4: Session 1
45sec Work / 15sec Rest for 12min
A) Tricep Dips
B) Air Squats
C) V-Sits
D) Burpees
Notes:
for 45sec then resting for 15sec.
12min = 3 Rounds through

Week 2 of 4: Session 2
Complete the Following:
A1) 3x12 Reverse Lunge (each side)
A1) 3x12 Bent Over Row
B1) 3x10 Romanian Deadlift
B2) 3x10 Bicep Curl
Notes:
Alternate between A1 & A2, then B1 & B2
All movements are to be completed with a moderate weight dumbbell

Week 3 of 4: Session 1	Week 3 of 4: Session 2
<u>3 Rounds</u>	<u>Complete as follows:</u>
300m	2x Full field Laps
200m	<i>2min Rest between each lap</i>
100m	4 x Half field Laps
50m	<i>90sec Rest between laps</i>
30sec Rest between distances	*Tennis/Netball 2x laps per interval
3mins between Rounds	
Notes:	Notes:
Record total time taken each round (including rest)	Stay relaxed in the shoulders in each interval and focus on controlled breathing. Record your times each interval. Aim is to keep half field intervals consistent.
The goal is for quickest time per round (not each distance)	

Week 3 of 4: Session 1
Complete the following:
<i>Every 3 min for 15min</i>
100m Run
20 Air Squats
Max Burpees until the 2min
Take 1min Rest
Notes:
Work for 2min, with the goal to get to as many burpees as possible, then rest 1min.

Week 3 of 4: Session 2
Complete the Following:
A1) 3x12 Bulgarian Split Squat (each side)
A1) 3x12 Shoulder Press
B1) 3x10 Goblet Squat
B2) 3x10 Bench Press
Notes:
Alternate between A1 & A2, then B1 & B2.
<i>Slight increase in weight from Week 1</i>
All movements are to be completed with a moderate weight dumbbell

Week 4 of 4: Session 1	Week 4 of 4: Session 2
<u>2 Rounds:</u>	<u>Repeat for 8 Rounds</u>
Starting at baseline, run up and back to each field line marking, until you reach the opposite baseline and return to start position.	Sprint on length of field (baseline to baseline)
Rest 3min, then Repeat for second round.	Walk back to recover
Notes:	Notes:
Record time taken each full round.	Make sure you are very warmed up prior to starting any sprint work. Add some slow build up sprinting into your warm up. Record each Sprint time. Aim is to have a quicker average when we
Goal is to be slightly quicker for each round when you repeat in 4 weeks time.	

Week 4 of 4: Session 1
<u>6min AMRAP</u>
10 Sit Ups
10 Jumping Lunges
10 Shoot Throughs
30sec Plank Hold
Rest 2min and Repeat
Notes:

Week 4 of 4: Session 2
Complete the Following:
A1) 3x12 Reverse Lunge (each side)
A1) 3x12 Bent Over Row
B1) 3x10 Romanian Deadlift
B2) 3x10 Bicep Curl
Notes:
Alternate between A1 & A2, then B1 & B2.
<i>Slight increase in weight from Week 2</i>
All movements are to be completed with a moderate weight dumbbell