

Annual Training Programme

The following is information so that you can understand the different way we need to train to keep ourselves in peak condition for squash.

Below are 2 basic training programs with the essential components for 'Out of season training' and 'In season training' (In season includes what to do 1 month before matches start in preparation)

There are several reasons why we need to do different types of training at different times of year.

All year round it is good to do the following.

Dynamic and Static Flexibility – Allows you to get into different positions and do more extreme movements more efficiently. It helps to prevent injury.

Injury prevention – Helps to prevent the most common squash injuries.

All body strength and conditioning – With Weight training and Circuits. Helps you to control movement, control your racket and reduce fatigue. **Leg Strength** – When you move into a ball it enables you to stay stable and on balance so you can play better shots. You control your movement better as you go into a ball at high speed and allows you to cope with the impact of a lunge.

Out of season we are focusing on building up a good stamina base so we will be ready to play well for long durations when we start matches again. We don't need to spend time doing speed, power and agility work.

Stamina and Metabolic training – This allows us to keep playing well for longer before we become fatigued. When we get tired our performance gets worse. We need to last longer than our opponents. Also helps to keep body fat lower and reduce the energy we expend.

In season and 1 month before we start matches we need to start speed, power and agility training so we are ready to be fast and powerful on court.

Speed – This enables us to get to the ball quicker, with more time to play better shots, get to more difficult shots and have more control.

Power – When we move into and out of shots, we can move in and away from the shot quicker and in control so we can be ready for the next shot earlier. Especially in deeper lunge positions.

Agility – Improves your ability to move and change direction quickly.

If we are on court working hard for 3 or more days for 50 minutes plus in season we do not need to do additional stamina training. If it is less than 50 minutes we can top up the sessions so they are good for stamina.

A basic summary of weekly training programs are below.