

Pre Season Training - From June up to End of August

CV Training

2 x a week Run - Start 20 mins and progressively try to build up to 50 mins

Every 10 minutes sprint for 10 secs

Aim to build up your speed and intensity of the run

AND

1 - 2 Games.

Does game take less than 50 minutes?

If you can run for remaining time to make training time to 50 minutes.

Aim to build up your speed and intensity of the run

Strength

2 x a week

Weight

Leg Press	10-15 Repetitions	
Lat Pull down	10-15 Reps	
Chest press	10-15 Reps	
Seated row	10-15 Reps	
Shoulder press	10-15 Reps	

Rest for 30 seconds between each exercise

Do this twice per session. Rest for 1 min between each set

If you cannot use a gym. Do a circuit training class.

2 or 3 x a week - For 10 mins - Injury prevention

Calf raise and drop - On step slow and controlled.	2 sets of 20
Opp back extension and leg raise.	2 sets of 20
Ball squeeze	2 sets of 20
Rotator cuff - Push in and out against wall	2 sets of 10
Plank	Build up to 1 min

2 or 3 x a week Flexibility exercises for 15 mins as dvd