



## Off Season Training Programme

This is a suggested programme for the off season. It is intended to maintain levels of fitness and ensure that you are ready for pre-season training.

The following is an example programme for early pre-season and covers a 5 week period (normally June/July) assuming a rest period during May.

If possible, get access to a gym and a swimming pool. The focus needs to be on sustaining the following:

- Aerobic and Anaerobic levels
- Strength
- Core Stability
- Flexibility

Make sure you adequately warm up before any exercise, and adequately “warm down” afterwards.

### Week One

Day	Fitness
Monday	
Tuesday	
Wednesday	
Thursday	Gym 45 minutes
Friday	5x50 metre accelerations, Core, Flexibility
Saturday	Gym 45 minutes, 20 minutes easy run
Sunday	Rest

### Week Two

Day	Fitness
Monday	Aerobic 30 minutes – easy, Core, Flexibility
Tuesday	Gym 45 minutes, Flexibility
Wednesday	Swim 30 minutes, Stretch
Thursday	Gym 45 minutes
Friday	5x50 metre accelerations, Core, Flexibility
Saturday	Game* or gym or cycle 45 minutes
Sunday	Rest
	*game could be football, tennis etc

### Week Three

Day	Fitness
Monday	Rest
Tuesday	Gym 45 minutes, Flexibility
Wednesday	Swim 30 minutes, Core, Flexibility
Thursday	Gym 45 minutes, Cycle 20 minutes -easy
Friday	5x50 metre accelerations, Core, Flexibility
Saturday	Game* (30-60 minutes) or gym or cycle 45 minutes
Sunday	Rest
	*game could be football, tennis etc

### Week Four

Day	Fitness
Monday	Aerobic 20 minutes- easy, Core, Flexibility



Tuesday	Gym 45 minutes, Flexibility
Wednesday	Swim 30 minutes, Core, Stretch
Thursday	Gym 45 minutes, Run or Cycle 20 minutes -easy
Friday	5x2x50 metre accelerations, Core, Flexibility
Saturday	Game* (30-60 minutes) or gym or cycle 45 minutes
Sunday	Rest
	*game could be football, tennis etc

### Week Five

Day	Fitness
Monday	Rest
Tuesday	Gym 45 minutes, Flexibility
Wednesday	Swim 30 minutes, Stretch
Thursday	Gym 45 minutes, Run or Cycle 20 minutes -easy
Friday	5x2x50 metre accelerations with changes in direction
Saturday	Swim
Sunday	Rest

### Gym Exercises for Pre-season

Exercises	Sets x Reps - Detail
Two from: Flyes, Cable Cross overs, Vertical Flyes, Incline Bench press	2 x 15 (dumbbell only) with core control
Lateral Raise	2x15 – slow movement with core control
Prone Forward Raise	2x15- dumbbell or barbell – slow raise
Dumbbell Curls	2x15 – standing with core control
Prone leg extension	2x10 – hold extension for 5 seconds
Dumbbell Pullover	2x15 -use slow movement and end just above forehead
Chin-ups	2x6-10 – use full arm extension with no jerking
Reverse Crunch	2x15 – use slow crunching movement
Step Ups	2x10 each leg
Hip Abduction and Adduction	2x15 – slow movement
Cable kick back	2x15 – if no cable lie on back, legs extended and press heel of one leg onto bench with PPT* and core control. Hold for 5 and repeat

*\*PPT: Posterior Pelvic Tilt. Ensure that you have mastered this controlled movement*

### Pre-season Weight training/Gym Exercises for Beginners

Note:

1. Emphasis is on learning exercise technique
2. Qualified supervision is necessary for this routine
3. Complete 2 sessions per week for 5 weeks

Exercises	Sets x Reps – Detail
Bench Press	2x10
Squat	2x10
Chin-ups	2x max – full arm extension
Lunges	2x16 use dumbbells
Shoulder Press	2x10 use dumbbells
Crunch sit-ups	2x15 use slow movement
Step-ups	2x10 each leg
Hip Abduction and abduction	2x15 slow movement
Cable kick back	2x15 – If no cable lie on back, legs extended and press heel of one leg onto bench with PPT and core control. Hold for 5 and repeat



## Core Exercise for Pre-season

Complete the following exercises on alternate days:

1. Abdominal control – Supine (lying on the back and with the face upward) with abdomen sucked in and in PPT with knees flexed. Slowly extended one leg along floor for a count of 6. Return leg slowly to flexed position. Repeat on other leg. Repeat 3 reps each leg.
2. Planche. Sitting on floor with abdomen control and PPT raise hips to make a planche (arch position). Hold for a count of 6 and slowly lower
3. Quadruped. On all fours. Ensure abdomen control and flat back. Maintain stable pelvis. Stretch opposite arm-leg and hold for a count of 6. Repeat other side. Repeat 6 reps
4. Press-up position with abdomen control and PPT. Hold this position for a count of 6. Repeat for 6 reps. To rest in between each rep, sit back on heels with arms outstretched overhead
5. Lower abdominal leg raises. Complete 10 reps x 3 sets

## The Home Gym Programme

The following are examples of what you can do at home, if you can't get to the gym

Exercise	Kit/Equipment	Method	Tips	How to make it Harder
Bench Press	3 sturdy chairs	Feet on 1 chair and hands on other 2 a little wider than shoulder width apart. Keep body straight and lower until your thumbs are parallel to armpits. The push up	Move slowly and as deep as you can, then push up hard and fast. Concentrate on keeping body in line	Fill bin liner or rucksack with weight and put it between your shoulder blades
Pull Up	1 sturdy table	Lie on back with feet under tabl. Reach up with hands as wide as possible and hold on to edge of table. Pull up until your chest meets table	You can vary weight by bending your knees	Elevate your feet
Real bicep curls	A bucket or old suitcase. Some weights e.g bricks, sand	Stand about 2 feet away from a wall leans forwards and brace against it. Pick up bucket in 1 hand. Starting from maximum extension, curl the bucket. Hold at top an slower slowly		Add weight
Cheat one-hand row	As above and 2 sturdy chairs	Place chairs side by side and rest left knees and left hand		Add weight



		on them. Reach down with right hand and pick up bucket until hand level with armpit. Then lower slowly		
Upright row	A bucket or old suitcase. Some weights e.g bricks, sand	Stand up with straight back. Look straight ahead. With bucket in both hands , arms fully extended. Pull up in 1 smooth action until knuckles touch chin. Hold then lower slowly	Keep elbows high and hold	Add weight
Overhead press	1 wall	Kneel down, ankles together with soles of feet pressed against wall. Put hands on floor, thumbs together about a foot in front of your knees. Put head on floor between your index fingers. Keeping hands, feet and head where they are, straighten your legs (your body weight is now directly over your hands) Straighten your arms to perform an overhead press	Down slowly , hold for a second then up hard and fast	The closer your hands are to your knees the heavier the weight
Dips	3 sturdy chairs	Set up chairs as for bench press. Feet up on 1 chair, hands just to the sides and rear of your hips on the other 2. Dip as low as possible, slowly. Hold then drive up to full extension		Fill bin liner or rucksack with weight and put weight on your lap
Sides and Fronts	2 x bricks	Raise weights (bricks) out in front of you until arms are straight and parallel with floor. Ensure thumbs are point dead ahead. Return to start then raise weighs to your sides until arms are straight. Ensure		Try different weights



		thumbs pointing straight down		