

Name: \_\_\_\_\_



Cardio 1	Wk1/2	Wk 3/4	Wk 5	Intensity	Rest
Warm up and Dynamic Stretch					
6 x	20m	30m	40m	100%	90sec
Steady Run	30min	30min	30min	60%	
Developmental stretch	major muscle groups, holding for 20-30 secs				

Cardio 2	Wk1/2	Wk 3/4	Wk 5	Intensity	Rest
Warm up and Dynamic Stretch					
Forwards start low body position 6x	20m	20m	20m	100%	90sec
Backs start upright 6x	40m	50m	60m		
Forwards 10 x 100m starting every 60 secs	2 sets	3 sets	3 sets	100%	
Backs 6 x 200m starting every 2.30mins	1 set	2 sets	3 sets	100%	
Developmental stretch	major muscle groups, holding for 20-30 secs				

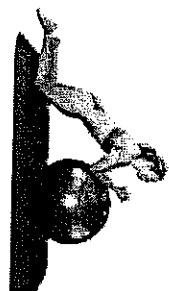
Additional Core Exercises

Side Ups	3 sets	25 Reps
Superman	3	20
Straight leg Extensions	3	15

Front bridge	2 min's	
Side Bridge	1 min	
Abdominal roll out	10	
Swiss ball roll out	20	



Front Bridge



Side Bridge

Abdominal roll out

Swiss Ball roll out

ATHLETE NAME: \_\_\_\_\_

PROGRAM DURATION: 5 Weeks



PHASE DESCRIPTION: Technique development

SESSION 1

W A R M - U P	EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4 & 5	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
	Overhead squat	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
	A-Lunge with rotation	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW
	Single leg squat	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW
	RDL	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
A	Squat	12		12		10		10	
	super set with	10		10		10		8	
	Single leg calf raises	10		10		8		8	
	15 each leg	8		8		8			
B1	Push-ups	25 or Max		25 or Max		25 or Max		25 or Max	
		25 or Max		25 or Max		25 or Max		25 or Max	
		25 or Max		25 or Max		25 or Max		25 or Max	
B2	Lying pull-up	15 or max		15 or max		15 or max		15 or max	
		15 or max		15 or max		15 or max		15 or max	
		15 or max		15 or max		15 or max		15 or max	
B3	Seated weight plate	20	5kg plate	20	5kg plate	20	5kg plate	20	5kg plate
	twist	20	5kg plate	20	5kg plate	20	5kg plate	20	5kg plate
		20	5kg plate	20	5kg plate	20	5kg plate	20	5kg plate

SESSION 2

W A R M - U P	EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
	Overhead squat	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
	Vertical jump & land	2 X 6	BW	2 X 6	BW	2 X 6	BW	2 X 6	BW
	Single leg squat	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW
	RDL	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
A	Deadlift	6		6		6		6	
	super set with	6		6		6		6	
	Lying hip raises	6		6		6		6	
	x 8	6		6		6			
B1	Military press	12		12		10		10	
		10		10		10		8	
		10		10		8		8	
		8		8		8			
B2	Overhand-grip chins	Max		Max		Max		Max	
		Max		Max		Max		Max	
		Max		Max		Max		Max	
		Max		Max		Max			
C	Side-Front-Side	30/60/30s	BW	30/60/30s	BW	30/60/30s	BW	30/60/30s	BW
	bridge rotation	30/60/30s	BW	30/60/30s	BW	30/60/30s	BW	30/60/30s	BW
		30/60/30s	BW	30/60/30s	BW	30/60/30s	BW	30/60/30s	BW

SESSION 3

W A R M - U P	EXERCISE	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT
	Overhead squat	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
	A-Lunge with rotation	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW	2 X 8 e/l	BW
	Standing long jump	2 X 5	BW	2 X 5	BW	2 X 5	BW	2 X 5	BW
	RDL	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar	2 X 6	Bar
A	Front Squat	12	40-50kg	12	40-50kg	12	40-50kg	12	40-50kg
	super set with	12	40-50kg	12	40-50kg	12	40-50kg	12	40-50kg
	Single leg calf raises	10	40-50kg	10	40-50kg	12	40-50kg	12	40-50kg
	15 each leg	10	40-50kg	10	40-50kg	12	40-50kg		
B1	BB bench press	12		12		10		10	
		10		10		10		8	
		10		10		8		8	
		8		8		8			
B2	Seated row	12		12		10		10	
		10		10		10		8	
		10		10		8		8	
		8		8		8			
C	Full sit-ups	12	BW	12	BW	15	BW	15	BW