

## 9 Week Training Program

### Week 1-5

- ❖ Monday- Note 1
- ❖ Tuesday- Weight and Endurance
- ❖ Wednesday- Note 2
- ❖ Thursday- Weight and Endurance
- ❖ Friday- Rest
- ❖ Saturday- Endurance
- ❖ Sunday- Rest

### Note 1

- ❖ Speed Endurance {Done on Monday}.
- ❖ A 30 sec shuttle with beacons every 5 meters up to 39 meters
- ❖ Run as far as you can in 30 sec,
- ❖ Rest for 1min 30sec before repeating

On every repetition try and either get of improve your best effort.

### Week

- ❖ 2 sets of 5 reps
- ❖ 3 sets of 4 reps
- ❖ 3 sets of 5 reps
- ❖ 3 sets of 6 reps
- ❖ Test Shuttle

### Rest

- ❖ 1min30sec between reps
- ❖ 3-5min between sets

### Endurance

- ❖ To be done Tuesday, Thursday, Saturday
- ❖ Tuesday- Recovery work performed through light cycling or jogging or swimming for 10-20 min
- ❖ Thursday- Recovery work performed through light cycling or jogging or swimming for 10-20 min
- ❖ Saturday- Run for a period of 30-40 min at 60-80% target heart rate

### Note 2

- ❖ Speed endurance to be done on Wednesday
- ❖ You have a set amount of time to perform the sprint and rest.
- ❖ Therefore if it is a 40 meter sprint every 20sec start your watch at the beginning of the first sprint and after 20sec start the next sprint. If you take longer to sprint the distance the shorter your break.
- ❖ Sprinting must be down max pace.

## **Week**

- ❖ 3 sets of 8 reps, 50 yards normal sprint
- ❖ 3 sets of 10 reps, 50 yards squat and turn
- ❖ 3 sets of 12 reps, 50 yards normal sprint
- ❖ 3 sets of 12 reps, 50 yards squat and turn
- ❖ 3 sets of 10 reps, 50 yards normal sprint

## **Weight Training**

- ❖ To be done Tuesday and Thursday
- ❖ Each exercise you need to perform one set exhaustion at 10 reps. If in the set you can perform 12 or more reps, it means that the weight you are using is too light, if you perform less than 8 it means your weight is too heavy.
- ❖ Adequate warm-up set should be performed at each exercise. Performed approximately 75% to build up to 90% of your training weight.

## **Core Exercise**

- ❖ Power Clean
- ❖ Squat
- ❖ Single Leg press
- ❖ Lateral Pull Down
- ❖ Bench Press
- ❖ Abdominal Exercises

## **Additional Exercises**

- ❖ Legs: Leg curls and leg extensions, calf raises
- ❖ Shoulders: Shoulder press, shoulder shrugs
- ❖ Arms: Dips or triceps push down- any variations, Pull ups, Bicep Curls

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## **Week 6-9**

- ❖ Monday- Sprint
- ❖ Tuesday- Weight
- ❖ Wednesday- Sprint and Weight
- ❖ Thursday- Weight
- ❖ Friday- Rest
- ❖ Saturday- Sprint
- ❖ Sunday- Rest

## **Sprint- Monday**

- ❖ 6 x 200m sprint at 1:4 work to rest ratio
- ❖ 6 x 100m sprint at 1:3 work to rest ratio

### **Sprint- Wednesday**

- ❖ 5 x long hill- 150 meters at 1:4 work rest ratio
- ❖ 5 x medium hill- 100 meters at 1:4 work rest ratio
- ❖ 5 x short hill- 50 meters at 1:4 work rest ratio

### **Sprint- Saturday**

- ❖ 6 x 100 meter, 50 meter stride and 50 meter sprint at 1:3 work rest ratio
- ❖ 80 x 40 meter squat and turn at 1:3 work rest ratio

### **Weight Training**

- ❖ Done on Monday and Friday
- ❖ Warm Up
- ❖ Back Squat
- ❖ Abdominal Crunch
- ❖ Leg Press
- ❖ Leg Curls- separate legs
- ❖ Leg Extensions- separate legs
- ❖ Shoulder press
- ❖ Standing Calf Raises
- ❖ Peck Deck
- ❖ Back Extension
- ❖ Wrist Curls
- ❖ Cable Hip Abduction and Adduction
- ❖ Cable Hip Flexion and Extension
- ❖ Warm Down