

FITNESS PRE-SEASON PHASE 1

Day	Date	Event			
		Run	Agility	Iso	Plyo
		Pre Season			
Monday	12-1-14	6km	x2	x2	-
Tuesday	13-1-14	3km	x2	x2	-
Wednesday	14-1-14	5x400m	x2	x2	-
Thursday	15-1-14	3km	x2	x2	-
Friday	16-1-14	3km	x2	x2	-
Monday	19-1-14	3km	x2	x2	x1
Tuesday	20-1-14	6km	x2	x2	x1
Wednesday	21-1-14	3x500m	x2	x2	x1
Thursday	22-1-14	3km	x2	x2	x2
Friday	23-1-14	3km	x2	x2	x2
Monday	26-1-14	8km	x2	x2	x2
Tuesday	27-1-14	8x200m	x2	x2	x3
Wednesday	28-1-14	4km	x2	x2	x3
Thursday	29-1-14	8km	x2	x2	x3
Friday	30-1-14	8km	x2	x2	x3

Note: x 'No' represents the sets required for each exercise

EXERCISE SETS

AGILITY

1. 2 MINUTES - Bounce of both feet
2. 2 MINUTES - Bounce of right foot
3. 2 MINUTES - Bounce of left foot
4. 2 MINUTES - Double knee jumps
5. 2 MINUTES - Crossovers

ISOMETRIC

1. TOES - Hold 10 seconds, rest 10 seconds, repeat 20 times
2. HEELS - Hold 10 seconds, rest 10 seconds, repeat 20 times
2. SHOULDER - Hold 10 seconds, rest 10 seconds, repeat 20 times
4. BACK - Hold 10 seconds, rest 10 seconds, repeat 20 times

PLYOMETRIC

1. SKIPPING x 10 repetitions
2. DOUBLE LEG x 10 repetitions
3. ALTERNATE LEG x 10 repetitions
4. SQUAT JUMP x 10 repetitions
5. SPEED DOUBLE x 10 repetitions
6. SPEED SINGLE x 10 repetitions
7. SIDE HOP x 10 repetitions