

## **Week 11 Netball Conditioning 1<sup>st</sup> & 16A (Week 9-10 Rest weeks)**

Your conditioning training will continue from when the exercise restrictions are eased (1 June).

This will allow you to do your outdoor exercises any time of the day and you will not be required to complete your programme early morning. I hope you are still enjoying the sessions, I am open to any feedback regarding exercise requests and inclusions I can make to ensure the enjoyment is kept. It is a very difficult time to create a home programme as it spans over many weeks and exercise time restrictions have been a challenge. The goal is to keep you active and prepared in an enjoyable way for when sport is allowed again.

### Session 1: Endurance

- Warm-up: 200 skips and a slow jog for 2mins
- Steady paced run at a tempo of 60-70% of your individual max. 20-25min
- Cool-down: Slow jog for 2min into a medium paced walk for 2mins
- Stretch as needed

### Session 2: Strength

Follow the link: <https://www.youtube.com/watch?v=v-zISdf6d6Y>

Or follow the breakdown as follows:

Each circuit is done for 7minutes continuously (ie if you completed all exercises you start again until 7mins is up) followed by a rest of your choosing

Warm-up

Circuit 1 for 7minutes and rest

Circuit 2 for 7minutes and rest

Circuit 1 for 7minutes and rest

Circuit 2 for 7minutes and rest

Cool-down

Circuit 1:

10 Split jumps (in out squat jumps with a floor touch)

10 Push-ups (attempt normal push-ups)

10 Toe taps (lay flat on your back, raise legs so your feet point towards the sky, perform a crunch to touch your toes)

10 Snap jumps (start in a straight arm plank position, jump with both feet to your left hand, jump back to starting position, jump with both feet to right hand and back to starting position)

Circuit 2:

10 Lunge jumps

10 Sumo squats

10 Straight leg sit-ups

20 High knees