

1st and U16A Netball Conditioning

Week 6 (4 May – 10 May)

Session 1: Endurance

Warm-up as needed

400 Skips

5-5.5 km run at a steady pace

Walk 500m

Cool-down as needed

Session 2: Strength-endurance

Warm-up as needed

1. Squat to Burpee (Stand up straight, squat, stand up, burpee, squat....)

Do this for 2mins, rest 1min and repeat 3 times (Do as many reps as possible)

2. Bench-Sit to Forward Lunge (Sit on a bench or chair, stand up, step forward into a lunge, step back, sit down, stand up, lunge with opposite leg)

Do this for 2mins, rest 1min and repeat 3 times (Do as many reps as possible)

3. High Knees to squat hold

Do 30s high knees and 30s squat hold. That is one rep. Rest 10s and repeat 6 times.

4. Squat Pulses to In-Out Squat

Squat pulse for 30s and in-out squat for 15s. Rest 15s and repeat x6

Finish this session with as many free-standing squats as you can (minimum 50)

Week 7 (11 May-17 May)

Session 1: Same as week 6 but attempt to complete your run in a faster time

Session 2:

EMOM (Every minute on the minute)

ie. Complete the set exercise as fast as you can and rest whatever time is left before a minute runs out.

Minute 1: 15 Lunge Jumps

Minute 2: 25 Squat pulses

Minute 3: 10 Commandos

Minute 4: 12 Push-ups

Minute 5: 20 Crunches

Minute 6: 40 Ankle Touches

Minute 7: 15 Squat Jumps

Minute 8: 10 Fire Hydrants per leg

Minute 9: 15 Triceps Dips

Minute 10: 30 Shoulder Taps

Rest 5 minutes and repeat

Finish with 25 Burpees and 25 Squat Jumps