

General Netball Programme

Week 6-8

Please note* Exercises are a bit more complex as this is week 6-8. Some exercises are new and require equipment. Do some research on exercises you are not familiar with and improvise equipment. Use this as a learning opportunity. You are welcome to contact me at christiaan.dekock@rhenish.co.za for any help.

Conditioning programme week 6

Session one (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Monday (lower B)	Warm up: 100 rope skips/ dynamic stretches			
	<ul style="list-style-type: none"> - Step up lunge - Back ward lung - Singe leg Arabesque w (Res. Band) - Hamstring curl w. ball/band - Plank <p style="text-align: center;">50 chest balls against walls</p> <p>Cool down: Static stretches (examples of stretches at end of week one)</p>	<ul style="list-style-type: none"> - 4 - 4 - 4 - 4 - 4 	<ul style="list-style-type: none"> - 15 each leg - 15 each leg - 10 each leg - 20 - 30 sec 	<ul style="list-style-type: none"> - Body weight (BW)60% int - BW/4 kg 60% int - RB (Med)/4kg 65% int - 3 kg (60-65 % int) - BW (60-65 % int)

Session two (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Wednesday (2 split)	Warm up: 120 rope skips/ dynamic stretches			
	<ul style="list-style-type: none"> - Internal & eternal rotation - Lateral raises w weight - Leg extension w. band - Sumo squat w. pulse <p style="text-align: center;">60 chest balls against wall</p> <p>Cool down: Static stretches (examples of stretches at end of week one)</p>	<ul style="list-style-type: none"> - 4 - 4 - 4 - 4 	<ul style="list-style-type: none"> - 10 each side - 15 - 15 - 15 	<ul style="list-style-type: none"> - RB (Med) (65% int) - RB (Med) / 2 kg (65 % int) - RB (Med) (65% int) - BW (65% int)

Session three (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Friday (HIIT)	Warm up: 150 rope skips/dynamic stretches			
	<ul style="list-style-type: none"> - Squat pulses to squat jump - Hip thrusts - Push up twist - Bent over rows (use resistance band) - Side plank <p style="text-align: center;">Burpees x 10</p> <p style="text-align: center;">50 chest balls against wall</p> <p>Cool down: Static stretches (examples of stretches at end of week one)</p>	<ul style="list-style-type: none"> - 4 - 4 - 4 - 4 - 4 	<ul style="list-style-type: none"> - 15 - 15 - 10 each side - 15 each side - 30 sec each side 	<ul style="list-style-type: none"> - BW (60-65 % int) - 2 kg (60-65% int) - BW (65% int) - RB / 4kg (65% int) - BW (65 % int)

Conditioning programme week 7

Session one (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Monday (lower B)	Warm up: 150 rope skips/ dynamic stretches			
	<ul style="list-style-type: none"> - Single leg landing & holding - Sumo squat to pulse - Fire hydrants w band - Hamstring curl w ball/ band - Side plank 30 sec each side <p style="text-align: center;">60 wall throws single arm</p>	<ul style="list-style-type: none"> - 3 - 3 - 3 - 3 - 3 	<ul style="list-style-type: none"> - 12 each leg - 12 - 15 each side - 10 - 30sec 	<ul style="list-style-type: none"> - BW (65-70 % int) - 2 kg (65-70% int) - RB (Med) (65-70% int) - 4 kg / RB (Med) (65-70% int) - BW (65-70% int)
	Cool down: Static stretches (examples of stretches at end of week one)			

Session two (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Wednesday (2 split)	Warm up: 170 rope skips/ dynamic stretches			
	<ul style="list-style-type: none"> - Squat jumps - Push ups - Russian twists - Plank to press up - Leg lifts <p>Explosive jumps 40 sec & burpees 40 sec x 1 (70 % HR max)</p> <p>Squat jumps x 3 (80% HR max)</p> <p style="text-align: center;">80 chest balls against wall</p>	<ul style="list-style-type: none"> - 3 - 3 - 3 - 3 - 4 	<ul style="list-style-type: none"> - 15 - 15 - 15 each side - 12 - 20 	<ul style="list-style-type: none"> - RB (Med) - BW (65-70% int) - 5 kg (65-70% Int) - BW (65-70% int) - BW (65% int)
	Cool down: Static stretches (examples of stretches at end of week one)			

Session three (15 sec rest after each set and 2 min before the next exercise)

	Exercises	sets	reps	load
Friday (whole body)	<p>Warm up: dynamic stretches/ glute activation</p> <ul style="list-style-type: none"> - Tuck jumps - Scapula pulls - Lateral hurdle jumps - Hurdle jumps to sprint <p align="center">60 single arm wall throws</p>	<ul style="list-style-type: none"> - 3 - 3 - 3 - 3 	<ul style="list-style-type: none"> - 15 - 15 - 15 - 5 hurdles to 10 m sprint 	<ul style="list-style-type: none"> - 70-75% int - RB (Med) 70% int - 70-75% int - 70-75% int
	<p>Sprint session</p> <ul style="list-style-type: none"> - 10 x 20 m sprint (70% HR max) <p>Rest 2 min</p> <ul style="list-style-type: none"> - 5 x 15 m sprint (75 % HR max) <p>Rest 2 min</p> <ul style="list-style-type: none"> - 3 x 10 m sprint (80% HR max) <p>Cool down: Static stretches (examples of stretches at end of week one)</p>			

Conditioning programme week 8

Session one (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Monday (leg day)	Warm up: dynamic stretches/ glute activation 150 rope skips <ul style="list-style-type: none"> - Gluteal side lift - Leg extension w band - Box jumps - Hamstring ball roll (arms up) - Single leg landing - Step up lunge 	<ul style="list-style-type: none"> - 3 - 3 - 3 - 3 - 3 - 3 	<ul style="list-style-type: none"> - 10 each side - 10 each side - 8 - 10 - 12 each side - 15 	<ul style="list-style-type: none"> - RB (Heavy) 75-80% int - RB (Med) 75-80% int - 80 % HR max - BW (75-80% int) - BW 80%int (hold for 5 sec) - 2 kg each hand (75-80%int)
	Sprint session <ul style="list-style-type: none"> - 10 x 20 m sprint (75% HR max) Rest 2 min <ul style="list-style-type: none"> - 5 x 15 m sprint (80% HR max) Rest 2 min <ul style="list-style-type: none"> - 15 x 10 m (85% HR max) Cool down: Static stretches (examples of stretches at end of week one)			

Session two (15 sec rest after each set and 2 min before the next exercise)

	<i>exercises</i>	<i>sets</i>	<i>reps</i>	<i>load</i>
Wednesday (2 split)	Warm up: dynamic stretches/ glute activations 180 rope skips <ul style="list-style-type: none"> - Elevated lunge reverse lunge - Single arm dumbbell rows - Single leg Arabesque - Side rotation from squat - Side plank w dips 	<ul style="list-style-type: none"> - 3 - 3 - 3 - 4 - 4 	<ul style="list-style-type: none"> - 8 each leg - 8 each side - 10 each leg - 10 - 30 sec 	<ul style="list-style-type: none"> - 2 kg each hand (75-80% int) - 6 kg w RB (Heavy)80% int - RB (Med) - Ball for weight (75%-80% int) - BW (75% int)
	100 chest balls Cool down: Static stretches (examples of stretches at end of week one)			

Session three (15 sec rest after each set and 2 min before the next exercise)

	exercises	Sets	reps	load
Friday	<p>Warm up: dynamic stretches focus on upper body stretches</p> <p>200 rope skips</p> <ul style="list-style-type: none"> - Burpee/medicine ball throws - External and internal rotation - Lateral raises TO pulse - Box jumps - Scapula pulls <p>Explosive jumps 40 sec & burpees 40 sec (80-85% int)</p> <p>Squat jump x 3 (90 % int)</p> <p>Cool down: Static stretches (examples of stretches at end of week one)</p>	<ul style="list-style-type: none"> - 3 - 3 - 3 - 3 - 4 	<ul style="list-style-type: none"> - 8 - 10 each side - 10 - 10 - 10 	<ul style="list-style-type: none"> - 80% HR max - RB (Med) (75-80% int) - 3 kg/no weights (75-80% int) - 80% HR max - RB(Med) (75-80 % int)