



# Netball WBOP Zone

# U16/U18 Pre season

## Program

### suggestions for Jan/Feb

**The pre season is a time to prepare, prime and build on the foundation you have laid!**

This is the time to introduce more speed, power and agility into your sessions to ready you for the demands of games.

Maintenance would be at least **two** cardio sessions and **two** strength sessions. If you would like to **IMPROVE** your fitness then you would be completing at least **three** cardio and **two** strength sessions.

Below are some ideas for your 8 weeks off season to improve your fitness.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest/Stretch	Gym or home based power programme + core session	Cardio anaerobic session or Sports training/game	Gym or home based power programme + core session	Cardio anaerobic session or Sports training/game	Rest	Aerobic/ anaerobic session - Running Short Intervals

Types of Anaerobic sessions to improve fitness/speed/agility specifically for Netball	
Sports Game/Training of Touch, Volleyball, Tennis, Sevens, Surf lifesaving	
HIIT training – intervals, shuttles, stair work, speed circuit, practice bronco	
Running – fartlek (1min fast/1 min slow)	
Cross-fit	
Cardio circuit	
Types of Cardio sessions to improve general fitness	
Sports Game/Training of Waterpolo, Rowing, Lacrosse, Basketball, Hockey etc	
Cycling	
Swimming	
Gym cardio class	
Boxing	
Types of Power/Strength	
Strength/Power circuit	
Body weight circuit (Netball Smart online have plenty of home based circuit ideas)	
Cross-fit	

**Sessions should be at least 20-30mins long. Remember to warm up and cool down for each session.**

Visit [www.netballsmart.co.nz](http://www.netballsmart.co.nz) for  
on Nutrition, Fitness, Recovery and



home based circuit cards and information  
general training information.