



Netball WBOP Zone

U16/U18 Off season

Program

suggestions for Nov/Dec

The off season is a time to refresh, restore and rebuild!

If you do not want to start from scratch for preseason then you need to be doing some sort of maintenance Strength and Conditioning not just take a holiday from it!

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 strength programme + core session	Cardio session or Sports training/game	Gym or home based strength programme + core session	Cardio session or Sports training/game	Rest	Cardio session - Running Long Intervals

Types of Cardio sessions to improve fitness specifically for Netball

Sports Game/Training of Touch, Volleyball, Tennis, Sevens, Surf lifesaving

HIIT training – interval, shuttles, stair work, practice bronco

Running – fartlek (4mins fast/4 mins 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 for
on Nutrition, Fitness, Recovery and



home based circuit cards and information
general training information.