



OFF SEASON TRAINING SUGGESTIONS

WARM UPS & WARM DOWNS

- Utilise parts of the NetballSmart warm ups and warm downs with these workouts.
See NNZ's NetballSmart website: <https://www.netballnz.co.nz/useful-info/netball-smart>
under Resources – for Warm Up ideas and other training and injury prevention resources.

BODYWEIGHT STRENGTH CIRCUIT- 2 x per week.

- **CIRCUIT 1 (10 reps of each exercise then repeat for 2-3 sets)**
 - Forward and backward lunges - Left leg first for the 10 reps, then right leg
 - Alternating lunge jumps
 - Incline pushups (hands on stairs or step)
 - Decline pushups (feet on steps)
 - Lateral squats (feet wide apart, squat to side)
 - Prisoner squats (Hands on head)
 - Rocket jumps (hands touch the floor before jumping up and then reach up at top)
 - Heel slides (Lie on back with legs out straight, keep feet off ground, and slide heels towards glutes)
 - V ups or Toe touches (legs straight up in the air)
 - Side L's
 - Crunches with feet up and knees bent at 90 degrees
 - Crunches with feet up and knees bent at 90 degrees, twist to each side
- **CIRCUIT 2**
 - 10 push ups, run 100m @75%, then 10 sit ups
 - 9 push ups, run 100m @75%. Then 9 sit ups
 - 8 push ups, run 100m, and 8 sit ups
 - 7 push ups, run 100m, 7 sit ups... keep working your way down to 1 rep

AEROBIC RUNS – 2 x per week

- **Easy long run** - Start at 20 minutes and work your way to achieving a 30minute run
- **Alternative to long runs** - Try to cover 140-150m in the 30sec run and 70-75m in the jog portion.
 - Week 1: 12 x 30 second run/30 second walk
 - Week 2: 12 x 30 second run/30 second jog
 - Week 3: 15 x 30 second run/30 second jog
 - Week 4: 18 x 30 second run/30 second jog
 - Week 5: 21 x 30 second run/30 second jog
 - Week 6: 24 x 30 second run/30 second jog
 - Week 7: 27 x 30 second run/30 second jog
 - Week 8: 30 x 30 second run/30 second jog



12 WEEK SHORT SPRINT PROGRAM FOR NETBALL - 2 x per week

Mix up your starting position eg; lying down, side on, front on, after a jump.

With the rest between reps you can walk back to start (this saves you timing it.)

These are great to do on the sand or grass.

Example: **3 x 5m w/5sec & 1min** - means that you do ...

- 3 x 5metre sprints
- with 5 seconds rest between reps
- and 1 min between the next set

<p>DAY 1</p> <p>3 X 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 3 X 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>	<p>DAY 2</p> <p>2 X 5m w/5 sec & 1min, 2 X 10m w/5sec & 1min, 2 x 20m w/10 sec & 3min, 2 x 5m w/5 sec & 1min, 1 x 10m w/1min, 1 x 20m.</p>	<p>DAY 3</p> <p>2 x 5m w/5sec & 1min, 1 x10m w/1min, 1 x20m w/1min, 2 x 5m w/5sec & 1min, 1 x10m w/1min, 1 x20m w/1min, 2 x 5m w/5sec & 1min, 1 x 10m w/1min, 1 x 20m.</p>	<p>DAY 4</p> <p>4 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 4 x 5m w/5 sec & 1min, 2 x 10m w/5 sec & 1min, 1 x 20m.</p>
<p>DAY 5</p> <p>2 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 2 x 5m w/5 sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>	<p>DAY 6</p> <p>2 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 2 x 5m w/5sec & 3min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 2 x 5m w/5sec & 3min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>	<p>DAY 7</p> <p>5 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 5 x5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x20m.</p>	<p>DAY 8</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>
<p>DAY 9</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5 sec & 1min, 1 x 20m w/3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m w/3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>	<p>DAY 10</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 11</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3 min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 12</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec 7 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/5sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>
<p>DAY 13</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>	<p>DAY 14</p> <p>3 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 15</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 16</p> <p>5 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec 7 3min, 5 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 1 x 20m.</p>



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<p>DAY 17</p> <p>3 x 5m w/5sec & 1min, 2 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 18</p> <p>3 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5 sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 3min, 3 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 19</p> <p>5 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w/10sec & 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w.10sec.</p>	<p>DAY 20</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 1 min, 2 x 30m w/10sec & 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 1min, 1 x 30m.</p>
<p>DAY 21</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10 sec & 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1 min, 2 x 20m w/10sec & 3min, 4 x 5m w/5sec & 1min, 3 x 20m w/5sec & 1min, 2 x 20m w/10sec.</p>	<p>DAY 22</p> <p>5 x 5m w/5sec & 1min, 4 x 10m w/5sec & 1min, 3 x 20m w/10sec & 3min, 4 x 5m w/5sec & 1min, 4 x 10m w/5sec & 1min, 3 x 20m w/10sec.</p>	<p>DAY 23</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 1min, 1 x 30m w/3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 2 x 20m w/10sec & 1min, 1 x 30m.</p>	<p>DAY 24</p> <p>4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w/10sec 7 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w/10sec & 3min, 4 x 5m w/5sec & 1min, 3 x 10m w/5sec & 1min, 3 x 20m w/10sec.</p>