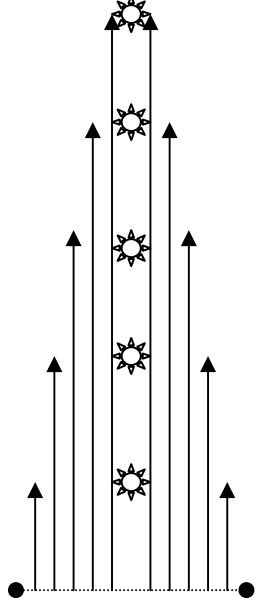
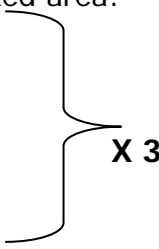


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<b>HILL SPRINT SESSION 1 POWER/SPEED</b>	<b><u>TOTAL TIME:</u></b> <b>50 MIN – P.E.R. = .8</b>
<b><u>EXPLANATION:</u></b> Great explosive session as an alternative to running. Increased hip flexion makes it ideal x-training for rowing and riding. Doing it on a grass hill reduces the risk of impact injury.	
<b><u>WARM-UP:</u></b> 5min jog and 'dynamic warm-up'	<b><u>STRETCHES:</u></b> Hip flexor such as 'Lunge stretch'. DFD, quads and hamstrings.
<b><u>SPECIFICS:</u></b> Done on a grass hill with medium incline. The total distance of each sprint is about 20m. walk return unless otherwise specified. <ul style="list-style-type: none"> <li>• Reverse crawl up 40 movements</li> <li>• Eccentric Thigh stretch x 5</li> <li>• Skipping up – jog return x 5</li> <li>• Skipping for frequency up x 5</li> <li>• Skipping for length up x 5</li> <li>• Hopping up x 3 each side</li> <li>• Frog jumps up x 5</li> <li>• Bounding up x 5</li> <li>• Sprinting up – backward run down x 5</li> <li>• 50m flat sprint x 2</li> </ul> <p>Go through one to begin with and work up to 2 or 3 sets. Posture is important, keep your head up and don't forget to use your arms.</p>	

<b>FLAT GRASS / BEACH SPRINTS 1 POWER/SPEED</b>	<b><u>TOTAL TIME:</u></b> <b>30-40M – P.E.R. = .75</b>
<b><u>EXPLANATION:</u></b> Explosive training, done over a long time frame. Sprints must be flat out, keep your head up, and hold your form.	
<b><u>WARM-UP:</u></b> 15min jog and 'dynamic warm-up'	<b><u>STRETCHES:</u></b> Hip flexor such as 'Lunge stretch'. DFD, quads and hamstrings. Extra Gluteal.
<b><u>SPECIFICS:</u></b> Lay out 6 markers every 10m ↓     etc Sprint to the 10m mark, jog return Sprint to the 20m mark, jog return ↓     etc Sprint to the 50m mark, jog return Sprint to the 40m mark, jog return ↓     etc Sprint to the 10m mark, jog return 5min rest  X 2-3	

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<b>SURF BEACH CURCUIT 1 POWER/SPEED</b>	<b><u>TOTAL TIME:</u></b> <b>40-50min – P.E.R. = .8</b>
<b><u>EXPLAINATION:</u></b> General training that will exercise the whole body. Attack all the activities with explosive aggression. Mark out an area about 15m long in the soft sand to do some sprint work. "In and outs" refers to sprinting from soft sand full speed out to the surf break	
<b><u>WARM-UP:</u></b> 10 min jog/ swim	<b><u>STRETCHES:</u></b> lunge stretch, DFD UFD, Hamstrings, Quad, shoulders and upper back
<b><u>SPECIFICS:</u></b> <ul style="list-style-type: none"> <li>• Back crawl up the beach, 40 movements</li> <li>• Ecc thigh stretch , x 5</li> <li>• Yoga push-us, x 5-8 slowly</li> <li>• 5 "in and outs" , swimming for 30 strokes once you are in to neck depth</li> <li>• crawl + Ecc thigh stretch + push-ups</li> </ul> Then in the 15m marked area: <ul style="list-style-type: none"> <li>• fwd sprint</li> <li>• back sprint</li> <li>• fwd crawl</li> <li>• skipping</li> <li>• hopping e/s</li> <li>• frog jumping</li> <li>• recreation swimming warm down</li> </ul> <div style="margin-left: 150px;">  </div>	

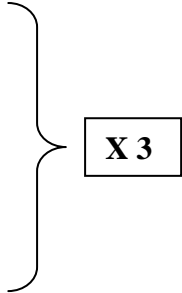
<b>POOL SWIMMING 1 POWER/SPEED</b>	<b><u>TOTAL TIME:</u></b> <b>30-40min – P.E.R. = .55</b>
<b><u>EXPLAINATION:</u></b> As an alternative to swimming steady laps, this introduces a progressive workload, which should last ~8min at a time. Ensure you increase your stroke rating as you increase your speed.	
<b><u>WARM-UP:</u></b> At least 500m of steady lapping, followed by 6 warm up laps of higher intensity	<b><u>STRETCHES:</u></b> Upper back and shoulder, Lats.
<b><u>SPECIFICS:</u></b> <ul style="list-style-type: none"> <li>• 100m @ 65% pressure, low long stroke rate</li> <li>• 100m @ 75% pressure, medium intensity, low long stroke rate</li> <li>• 100m @ 85% pressure, firm intensity, higher stroke rate</li> <li>• 100m @ 95-100% pressure, flatout, hold form</li> </ul> <p>Go through 2 – 3 time</p> <p>200-300m warm down</p>	

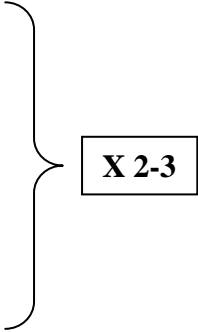
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<b>AEROBIC + SPEED 1</b>		<b><u>TOTAL TIME:</u></b> <b>70MIN – P.E.R. = .6</b>
<b><u>EXPLANATION:</u></b> Begin with a 40min jog, light running and building into a solid jog. After this go to the hill and complete the following circuit		
<b><u>WARM-UP:</u></b> Stretch for 10min and build into the run	<b><u>STRETCHES:</u></b> DFD, lunge stretch, all leg and glute stretches	
<b><u>SPECIFICS:</u></b> After the run on the grass hill over 20m		
<ol style="list-style-type: none"> <li>1. sprint up / jog return x 5</li> <li>2. normal push-ups x 20</li> <li>3. back sprint up/ walk return x 5</li> <li>4. oblique sit-ups x 20 e/s</li> <li>5. skip up / walk x 5</li> <li>6. jump squats x 20</li> <li>7. hop up / walk x 3 e/s</li> <li>8. back crawl up hill 30 movements</li> <li>9. walk up/ squat walk down x 5</li> <li>10. rotation squats x 15 e/s</li> </ol>	} x 2	

<b>AEROBIC/SPEED 2</b>		<b><u>TOTAL TIME:</u></b> <b>70min – P.E.R. = .7</b>
<b><u>EXPLANATION:</u></b> Begin with a 40min jog, light running and building into a solid jog. After this go to the an oval and complete the following sprint session (note all sprints are at 100% for that distance)		
<b><u>WARM-UP:</u></b> Stretch for 10min and build into the run	<b><u>STRETCHES:</u></b> DFD, lunge stretch, all leg and glute stretches	
<b><u>SPECIFICS:</u></b> after the run go to the oval and		
<ol style="list-style-type: none"> <li>1. sprint 100m / slow jog return</li> <li>2. sprint 200m / "</li> <li>3. sprint 300m / "</li> <li>4. sprint 400m / "</li> <li>5. sprint 300m / "</li> <li>6. sprint 200m / "</li> <li>7. sprint 100m / "</li> <li>8. jog for 10min</li> </ol>		

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<b>GYM CIRCUIT # 1 – at the gym</b>		<b><u>TOTAL TIME:</u></b> 1hr – P.E.R. = .55
<b><u>EXPLANATION:</u></b> Make sure you are very careful with all exercises, and ask for 'spotters' if you think you need help.		
<b><u>WARM-UP:</u></b> 10 min ergo or jog		<b><u>STRETCHES:</u></b> it is important that you stretch well before and after all gym sessions, to prevent injury
<b><u>SPECIFICS:</u></b> <ul style="list-style-type: none"> <li>• Db squats x 10</li> <li>• Bench press x 10</li> <li>• Leg press x 10</li> <li>• Arab. Bent over rows x 10</li> <li>• Lunges x 10</li> <li>• Lat Pull downs x 10</li> <li>• Seated rows x10</li> <li>• 30sec on ergo or bike flat out</li> <li>• sit ups on the ball x 20</li> <li>• alternative abs exercises x 20</li> </ul>		
		

<b>GYM CIRCUIT # 2 – at home</b>		<b><u>TOTAL TIME:</u></b> 40min – P.E.R. = .55
<b><u>EXPLANATION:</u></b> It is very important to challenge yourself if you are doing strength training at home. Try to improve both technique and explosiveness. Again be careful but get into it!		
<b><u>WARM-UP:</u></b> 20m jog and stretch		<b><u>STRETCHES:</u></b> it is important that you stretch well before and after all gym sessions, to prevent injury and to stop you from getting 'tight'
<b><u>SPECIFICS:</u></b> <ul style="list-style-type: none"> <li>• full squats x 20</li> <li>• push-ups x max</li> <li>• jump squats x 20</li> <li>• chair dips x 10</li> <li>• skipping over 10m x 5</li> <li>• sit-ups x 30</li> <li>• hops over 10m x 5</li> <li>• crawl over 10m x 5</li> <li>• frog jump over 10m x 5</li> <li>• sprints over 15m x 5</li> </ul>		
		

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<b>GYM CIRCUIT # 2 – Posture and Stability</b>		<b><u>TOTAL TIME:</u></b> 40min – P.E.R. = .5
<b><u>EXPLANATION:</u></b> This circuit is focused on developing posture and stability, therefore technique is very important. Go through the whole circuit 3 times without stopping		
<b><u>WARM-UP:</u></b> 15min warm-up jog and stretch		<b><u>STRETCHES:</u></b> it is important that you stretch well before and after all gym sessions, to prevent injury and to stop you from getting 'tight'
<b><u>SPECIFICS:</u></b> <ul style="list-style-type: none"> <li>- BRIDGE - PRONE 1min               <ul style="list-style-type: none"> <li>- LEFT 1min</li> <li>- RIGHT 1min</li> </ul> </li> <li>- SINGLE LEG SQUATS x 15 e/s</li> <li>- YOGA PUSH-UPS x 10</li> <li>- LUNGES x 15 e/s</li> <li>- WALL HANDSTANDS WITH SHOULDER EXTENSION AND DEPRESSION x 1min</li>   <li>- SQUATS x 30</li> <li>- 2 POINT EXTENSION x 5 e/s</li> <li>- ECCENTRIC THIGH STRETCH x 10</li> <li>- 3 POINT PRONE HIP EXTENSION x 20 e/s</li> <li>- CRAWL POSITION ABDOMINAL HOLDS x 1min</li> <li>- CRUNCHES x 50</li> <li>- SUPERMANS x 15 e/s</li> </ul> <p align="center">All x 3</p>		

<b>Yoga Session</b>		<b><u>TOTAL TIME:</u></b> 60min – P.E.R. = .2
<b><u>EXPLANATION:</u></b> Begin with a decent 20min jog. All postures should be held in good form for min. of 60sec. Ensure breathing is full and you are using the out breath to relax all muscle tension.		
<b><u>WARM-UP:</u></b> 20min jog		<b><u>STRETCHES:</u></b> NA
<b><u>SPECIFICS:</u></b>		

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<b>LONG DISTANCE/AEROBIC ERGO</b>		<b><u>TOTAL TIME:</u></b> ~40MIN – P.E.R. = .8
<b><u>EXPLANATION:</u></b> These ergo sessions are perfect for increasing your aerobic capacity. Take you H/R and make sure you are in the set ranges		
<b><u>WARM-UP:</u></b> 5min jog and ergo + stretch	<b><u>STRETCHES:</u></b> Glutes and Hamstrings.	
<b><u>SPECIFICS:</u></b> 1. 2min @ 18 – 24 strokes per min. - 2min @ + 2 spm - 1min @ +4 spm - go through 4 –5 times  2. 2 x 20min @ + 0:05 from 5km average split (2:10 – 2:25)  3. 3 x 10m @ 5km average split (2:05 – 2:15)  4. 30 min variable fan - 12 x 2min(fan# 1, 6, 2, 5, 3, 4, ) - 3min warm up, 3 min warm down - vary rate according to resistance setting.		

<b>SHORT DURATION/ANAEROBIC ERGO</b>		<b><u>TOTAL TIME:</u></b> ~30min – P.E.R. = .8
<b><u>EXPLANATION:</u></b> These sessions are designed to help you target you 2000m ergo score, and improve it. Make sure you warm up well, and hold you form under the pressure. It would be ideal to do a 2000m test in the second week of January.		
<b><u>WARM-UP:</u></b> Decent jog/ergo & good stretch	<b><u>STRETCHES:</u></b> Glutes and Hamstrings, and all over general stretches	
<b><u>SPECIFICS:</u></b> 1. 3 x 750m @ - 0:10 from 5km average split 2 x 250m flat out  2. 2000m flat out or max @ 24 spm  3. 6-66: 6 strokes flat out, 6 strokes light, 16 hard, 16 light, 26/26, 36/36, 46/46, 56/56, 66/66 – and back  4. 2000m ergo flat out (as a practice test)  <p align="center"><b><u>Warm Down Well</u></b></p>		

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		<b><u>TOTAL TIME:</u></b> hr – P.E.R. =
<b><u>EXPLANATION:</u></b>		
<b><u>WARM-UP:</u></b>	<b><u>STRETCHES:</u></b>	
<b><u>SPECIFICS:</u></b>		

		<b><u>TOTAL TIME:</u></b>
<b><u>EXPLANATION:</u></b>		
<b><u>WARM-UP:</u></b>	<b><u>STRETCHES:</u></b>	
<b><u>SPECIFICS:</u></b>		