Offalv Under 1	s Strength & Conditioning Programme	– Phase 1
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Day 1						Day 2					Recovery System:			
Foam Roll / Stretch –						<u>Foam Roll</u> / Stretch –				Recovery has to be optimised and individualised just like training.				
Hip flexor, Hams, T-Spine,							•	ls, Groin, Calf		This is more or less the same recovery system the top AFL teams use, but				
Dynamic Warm up x 2					Dynamic Warm up x 2					it's perfect during the playing week especially after our hardest sessions.				
Knee Hugs 10m / Knee Cradles 10m / Worlds Greatest 10m					Knee Hugs 10m / Knee Cradles 10m / Worlds Greatest 10m					You should aim for 100 points; 50 points for 20 mins swim in sea or pool 50 points for 30 mins massage				
High Knees 10m / March – Skip – Pop Float Skip					High Knees 10m / March – Skip – Pop Float Skip									
Backpedal						Backpedal								
											50 points for Epsom salt bath			
Plyos						Plyos					30 points for 15 mins cold immersion			
		Box jump – step do	<u>own</u> 3 x 8				Heiden and Stick – 3 x 8				30 points for 15 mins stretch session			
		Med Ball Slams -	- 3 x 12			Rotational Med Ball Throw off Wall – 3 x 8					30 points for 1 hour of SKINS wearing			
		Speed					Speed				30 points for 3 X 3 minutes cold; 1.5 mins hot contrast			
He	eavy Sled P	ush-3 x 6 good reco	overy between	each set		Lean fall Sprint – x 3 Each Leg – 10m					20 points for 20 mins Easy on a spin bike			
			<u> </u>					· .			10 points for 15 min walk			
Strength 1						Stro	ength 1				10 points for 15 mins foam roller session 10 points for sauna			
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Reverse Lunge 3 x 6/6 (if no DBs hold a school bag full of book)							0	o Front Squat with Bar			10 points for Post workout nutrition after training of any kind			
Wk1	W		:3	Wk4			/k1	Wk2	Wk3	Wk4				
5	6	7		8		5		6	/	8	Excessive Training;			
Side Plank 3 x						Swis	iss Ball Kn	<u>ee Tucks</u> 3 x 6 Built up	to 10 reps in time		<u> </u>			
Bicep Curl and Press DB 3 x 12						<u>Chins</u> 3 x 8 (watch the Technique vid)					No Offaly player should do more than 3 gym sessions in a week, and should aim to have 24hr recovery between each session. If you are doing			
Wk1	Wk	2 Wk3	3	Wk4		W	/k1	Wk2	Wk3	Wk4		•	, .	
5	6	7		8		5		6	7	8	school/club gym sessions and county back to back text your coaches			
Strength 2						Stre	Strength 2				immediately.			
3 Point Row o	off a bench	– 3 x 8/8				Split Squat – Holding DBs 3 x 5/5 –					Tracking your lifter			
Wk1	W	k2 Wk	:3	Wk4		W	/k1	Wk2	Wk3	Wk4	Tracking your lifts;			
5	6	7		8		5		6	7	8	The programme has little	e blocks to aid you filling o	out what weights you lift	
1 Leg Dead Lift 3 x 6/6 Holding DBs or Plate							Alternatir	ig Bench Press or Push	Ups 3 x 8/8		you must track this each week. For example Goblet Squat Wk1 = 20kg,			
Wk1	W	k2 Wk	:3	Wk4		W	/k1	Wk2	Wk3	Wk4	Wk8 = 35kg etc.			
5	6	7		8		5		6	7	8				
Med Ball Push Ups Side Middle Side 3 x 10 (use a football if you don't have a						Ban	nd Row an	d Rotate 3 x 10/10			1			
med ball)						_ _ : 				David Hare Performance GDA				
Body Weight	Tracker: W	/eight in Kilograms –	Weigh yourse	lf each week	at the sa	me tim	ne							
Date / Weig	ght	Date / Weight	Date / W	ate / Weight Date /		Weigh	nt	Date / Weight	Date / Weight	Date / Weight	Date / Weight	Date / Weight	Date / Weight	
									•	<u> </u>	†	<u> </u>	1	

Notes about the Programme:

Ideally you have access to a gym to do the other day on this programme, we will be teaching you all the lifts so don't worry.

If you don't have access to the gym just skip the ones that require a bar, we would say it would be GREAT if you could get a cheap chin up bar for your house and get some cheap dumbbells too (maybe a lot of you have these already).

I have put the exercise you will really need a gym for in RED – again, just skip these if you don't have access to one.

Fitness Homework:

Depending on your level of fitness right now you will either be in one of 4 groups which are 65m / 70m / 75m / 80m.

We would like you to do runs that are short, sharp and smart on one of your off days.

So you run 65m or 75m (again depending on your level which we will tell you) for 15 seconds on with 15 seconds rest for 5 total minutes. If you feel this is too easy add another minute, if it is still too easy jump up to the next group. Simple.

Don't do any extra fitness work if you are playing lots and training lots during a week.

Nutrition:

At the very least you should have a protein rich pint of milk after all pitch and gym sessions.

