Offaly Under 16s/15s Strength & Condition	ning Programme – Phase 1
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				HITTHERE CO.	Offa	ıy ı	Onder 169	5/15s Strength &	Conditioning Pro	ogramme – Pna	ise i	HAUL COU			
Day 1									Day 2			Recovery System:			
		Foam Roll / Str	etch –				<u>Foam Roll</u> / Stretch –					Recovery has to be optimised and individualised just like training.			
		Hip flexor, Hams,	T-Spine,					Quad	ls, Groin, Calf		II .	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;			
High Knees 10m / March – Skip – Pop Float Skip							High Knees 10m / March — Skip — Pop Float Skip								
Backpedal							Backpedal				iog 05	50 points for 20 mins swim in sea or pool			
												50 points for 30 mins massage			
												50 points for Epsom salt bath			
Plyos							Plyos					30 points for 15 mins cold immersion			
Box jump – step down 3 x 8							Heiden and Stick – 3 x 8				30 poi	30 points for 15 mins stretch session			
		Med Ball Slams -	- 3 x 12				Rotational Med Ball Throw off Wall – 3 x 8				30 poi	30 points for 1 hour of SKINS wearing			
		Speed					Speed					30 points for 3 X 3 minutes cold; 1.5 mins hot contrast 20 points for 20 mins Easy on a spin bike			
He	avy Sled P	ush-3 x 6 good rec	overv between	n each set			Lean fall Sprint – x 3 Each Leg – 10m								
<u></u>	,	and Becauted				_}		200	- X 0 2 d 0 1 2 d 5		10 poi	10 points for 15 min walk			
Characte 4												10 points for 15 mins foam roller session 10 points for sauna 10 points for Post workout nutrition after training of any kind			
Strength 1						_	Strength 1								
	<u> </u>	no DBs hold a school				,	Hang Clean to Front Squat with Bar 3 x 6								
Wk1	WI	k2 Wi	(3	Wk4			Wk1	Wk2	Wk3	Wk4					
5	6	7		8			5	6	7	8	Excess	Excessive Training;			
Side Plank 3 x :	15 second	s each side					Swiss Ball Knee Tucks 3 x 6 Built up to 10 reps in time								
Bicep Curl and Press DB 3 x 12							Chins 3 x 8 (watch the Technique vid)					No Offaly player should do more than 3 gym sessions in a week, and			
Wk1	Wk	2 Wk	3	Wk4			Wk1	Wk2	Wk3	Wk4			ecovery between each session. If you are doing		
5	6	7		8			5	6	7	8			and county back to back	nty back to back text your coaches	
Strength 2								<u>.</u>	<u> </u>		immediately.				
3 Point Row off a bench – 3 x 8/8							Split Squat – Holding DBs 3 x 5/5 –					Tracking your lifts;			
Wk1	WI	(2 W	(3	Wk4			Wk1	Wk2	Wk3	Wk4	Паскі	ing your ints;			
5	6	7		8			5	6	7	8	The pr	rogramme has little b	olocks to aid you filling o	out what weights you lif	
1 Leg Dead Lift 3 x 6/6 Holding DBs or Plate							DB Alternating Bench Press or Push Ups 3 x 8/8					you must track this each week. For example Goblet Squat Wk1 = 20kg,			
Wk1	Wk2 Wk3 Wk4			11	Wk1 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							Band Row and Rotate 3 x 10/10					1			
med ball)											Davi	David Hare Performance GDA			
Body Weight T	Tracker: W	eight in Kilograms –	Weigh yourse	elf each week	at the so	ame	e time								
Date / Weigh	te / Weight Date / Weight		Date / W	Date / Weight D		/ W	Weight Date / Weight		Date / Weight	e / Weight Date / Weight		Date / Weight	Date / Weight	Date / Weight	
														_	

## **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.

