

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.

