



Preseason 2017/18 Off-Season

Players Manual

General Notes

The best training program in the world is absolutely worthless without the will to execute it properly, consistently, and with intensity. – John Ramaniello

1. You are in control of your own success over the break, it is your responsibility to return in good shape to give yourself the best chance of selection and the best chance of helping your team.
2. Organise to work together as groups, start to form the bonds that will benefit you during your season
3. The only equipment required is a stopwatch + a couple of water bottles to mark a start/finish
4. The failure to develop a fitness base will cause you to fall behind – if sessions are too easy or difficult contact me and we can adjust them.
5. These sessions are difficult and challenging but also appropriate for your age level and ability.
6. Communicate with each other – use the whatsapp or facebook groups
7. There is an expectation that you will complete some fitness training over the holidays, we understand family time is important and you are on holidays but regardless of where you are you can always get in a short jog, a couple of sprints or a bodyweight circuit with some jumps, push-ups and some burpees
8. Train smart, prepare well with good hydration and nutrition.

2018 Holiday Running

Distance and Time Conversions

1. Please note the program has been designed to be completed with minimal equipment. Water bottles can be used to mark a start/finish line and I strongly encourage you to ensure you have appropriate running shoes as to prevent the possibility of injury or shin splints and a watch that has a stop watch function so you can adhere to your prescribed recoveries.
2. Sessions can be done on any surface however please avoid hard surfaces like concrete wherever possible.
3. The following table can be used to substitute distances contained in the program if not distance markers are set up or there you are away and don't have access to a large grass area such as an oval. Please note these are estimates only.
4. My advice is to schedule your week as best as you can. For example: Do session 1 at the same time each week. Make it part of your week just like we have Monday and Wednesday training.

Distance	Ground Equivalent	Time Effort
800m	2 laps	140 seconds
400m	1 lap	62 seconds
200m	½ lap	30 seconds
100m	Step it out (1 large step = 1m)	16 seconds
50m	Step it out	8 seconds

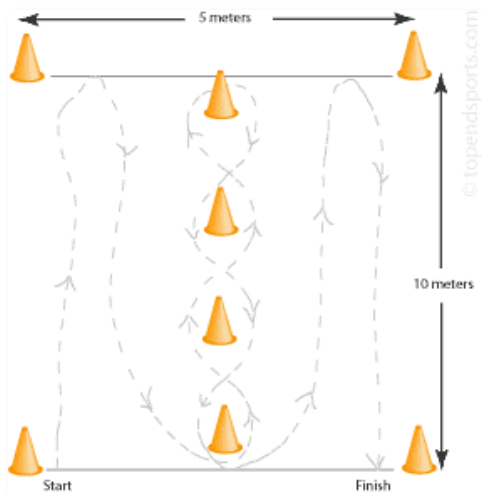
Football Running Program

	Session 1	Session 2	Session 3
Week 1	10x1min with 1min	8 x 50m start on 25s cycle <i>4 minute recovery</i> 6 x 1min off 1 min	15 minute effort 3 x100 off walk back recovery
Week 2	6 x 90s with 90s <i>4 minute recovery</i> 10x100m on 60s	10 x 50m start on 25s cycle <i>4 minute recovery</i> 6 x 1min off 1 min	15 minute effort 4 x100 off walk back recovery
Week 3	6x2mins with 2min	10 x 50m start on 25s cycle <i>4 minute recovery</i> 10 x 50m start on 25s cycle	15 minute effort 6 x100 off walk back recovery
Week 4	Easy Week 15 minute jog 4 x Strides	Easy Week 20 Minute Jog	Easy Week 20 minute effort 6 x100 off walk back recovery
Week 5	10x1min with 1min 6x40m with walk back	10 x 50m start on 25s cycle <i>3 minute recovery</i> 10 x 50m start on 20s cycle	20 minute effort 6 x100 off walk back recovery
Week 6	6 x 90s with 90s <i>4 minute recovery</i> 6x100m on 60s	12 x 50m start on 25s cycle <i>3 minute recovery</i> 10 x 50m start on 20s cycle	25 minute effort 6 x100 off walk back recovery

Week 7	8x2mins with 90s 8x40m with walk back	12 x 50m start on 20s cycle 3 minute recovery 10 x 50m start on 20s cycle	20 minute effort 6 x100 off walk back recovery
Week 8	12x1min with 1min	10 x 50m start on 20s cycle 3 minute recovery 10 x 50m start on 20s cycle	30 minute effort 3 x Strides

Change of Direction & Agility Training

The following drills can be done after your warm up and before your running sessions once or twice per week. As with the rest of the program these can be completed by marking an area of ground out with water bottles or shoes.

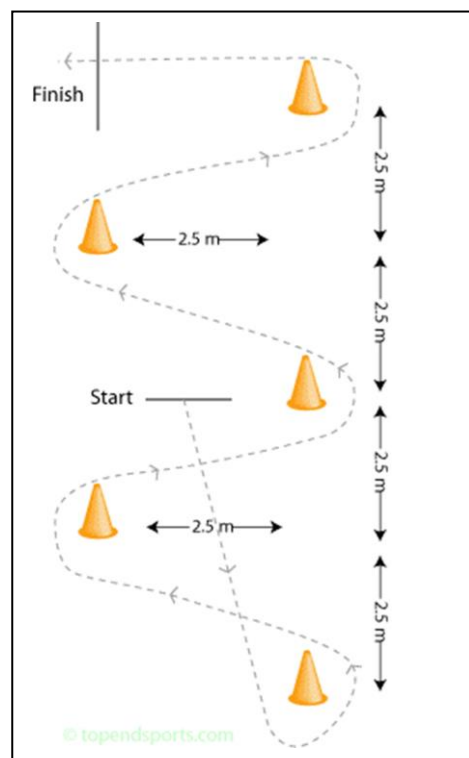


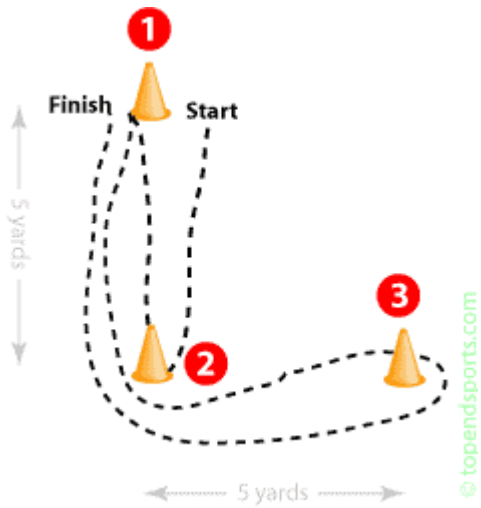
Illinois Agility Run

1. Lay on your stomach with hands by your side
2. Push up and sprint to the first cone
3. Touch the line and run back towards start line
4. Navigate through middle cones maintaining speed
5. Run to top cone
6. Touch line and sprint to finish

AFL Draft Camp (test)

1. Start at start line and sprint to furthest cone
2. Navigate the course maintaining speed and low centre of gravity
3. Cone angles can be altered to create a more challenging course





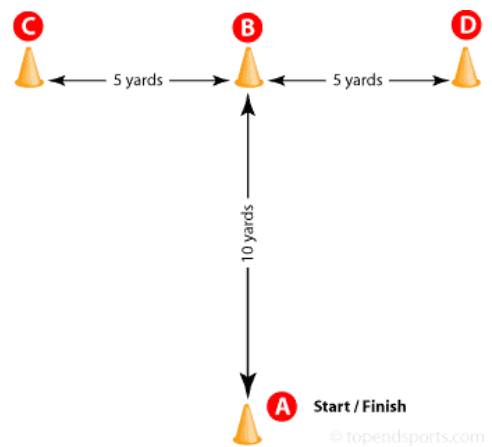
NFL Agility Drill

1. Assume sprint/ 3 point stance at start line
2. Sprint to cone 2 and touch the ground
3. Turn around and sprint back to cone 1
4. Touch line at cone one and turn around and sprint around cone 2 to reach cone 3
5. Run around cone 3, back around cone 2 and sprint through to the finish line

*Can be modified to include back pedaling

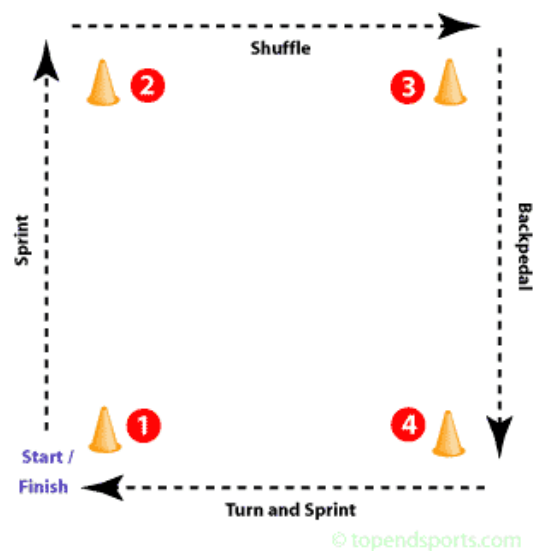
Agility T-Drill

1. Start at cone 1 and sprint to cone B
2. Turn left and shuffle to cone c and touch the ground
3. Shuffle sideways to cone C and touch the ground
4. Shuffle back to cone B
5. Back pedal past cone A to finish



Box Drill

1. Set up square 10m apart
2. Sprint from cone 1 to cone 2
3. Sidestep from cone 2 to cone 3
4. Backpedal from cone 3 to cone 4



2018 Holiday Gym (Team Sport) Week 1-4

Workout 1		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<u>Movement</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Lwr Push	Squat	5	5	5	5	5	5	5	5
Upr Push	Bench Press	5	5	5	5	5	5	5	5
S/L Push	Split Squat	4	6ea	4	6ea	4	6ea	4	6ea
Upr Push	Dips	4	8	4	8	4	8	4	8
Hinge	RDL	4	6	4	6	4	6	4	6
Upr Push	Push-ups (feet elevated)	3	10	3	10	3	15	3	15
Upr Pull	DB Pullover	3	12	3	12	3	10	3	10

Workout 2		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<u>Movement</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Exp	Box Jump	4	4	4	3	4	3	4	3
Lwr Push	Front Squat	5	5	5	5	4	6	4	6
Upr Pull	Chin Ups	4	6	4	6	4	8	4	8
S/L Push	Low Box Stepup	4	6ea	4	6ea	4	6ea	4	6ea
Hinge	Trap Bar Deadlift	5	5	5	5	4	6	4	6
Upr Push	DB Shoulder Press	3	10	3	10	3	8	3	8
Fun	DB Bicep Curl	3	12	3	12	3	12	3	12

Circuit/Finisher		WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<u>Movement</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Core	Plank		60s		60s		60s		60s
Upr Push	Push-Up		10		10		10		10
Upr Pull	Chin-Up		5		5		5		5
Core	Side Plank		30s		30s		30s		30s

2018 Holiday Gym (Team Sport) Week 5-8

Workout 1		WEEK 5		WEEK 6		WEEK 7		WEEK 8	
<u>Muscles Used</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Lwr Push	Squat	4	6	4	6	4	6	4	6
Upr Push	Bench Press	4	6	4	6	4	6	4	6
S/L Push	DB Lunge	3	8ea	3	8ea	3	8ea	3	8ea
Upr Push	Dips	4	6	4	6	4	6	4	6
Hinge	S/L RDL	3	6ea	3	6ea	3	6ea	3	6ea
Upr Push	Push-ups (feet elevated)	3	20	3	20	3	20	3	20
Upr Pull	DB Pullover	3	10	3	10	3	10	3	10

Workout 2		WEEK 5		WEEK 6		WEEK 7		WEEK 8	
<u>Muscles Used</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Exp	Box Jump	4	4	4	4	4	4	4	4
Lwr Push	Front Squat	4	6	4	6	4	6	4	6
Upr Pull	Chin Ups	3	8	3	8	3	10	3	10
S/L Push	Low Box Stepup	3	8ea	3	8ea	3	8ea	3	8ea
Hinge	Trap Bar Deadlift	4	6	4	6	4	4	4	4
Upr Push	Military Press	3	8	3	8	3	6	3	6
Fun	DB Bicep Curl	3	8	3	8	3	8	3	8

Circuit/Finisher		WEEK 5		WEEK 6		WEEK 7		WEEK 8	
<u>Movement</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>	<u>Sets</u>	<u>Reps</u>
Core	Plank		60s		60s		60s		60s
Upr Push	Push-Up		15		15		15		15
Lwr Push	Med Ball Squat		15		15		15		15
Upr Pull	Chin-Up		5		5		5		5
Core	Side Plank		30s ea		30s ea		30s ea		30s ea

Holiday 2018 Circuit Training

	Session 1 (zero equipment)	Load	Session 2 (gym)	Load
Group1	High Knee Run Push Up Tuck Jump Flutters Squat Burpee Plank (up/down)	40s 12 12 30s 20 15 30s	Banded Sprint Push Up Box Jump Crunches Med Ball Squat Flutters Med Ball Slam Burpee Dips Ropes Chin Ups	30s 12 8 30s 20 30s 20 20 8 30s 5
Group2	High Knee Run Push Up Split Squat Jump Flutters Squat Burpee Plank (up/down) Mountain Climbers	40s 12 12 30s 20 15 30s 20	Banded Sprint Med Ball Push Up Box Jump V-sit Hold Med Ball Squat Flutters Med Ball Slam Burpee Dips Ropes Chin Ups	30s 8 ea 8 30s 20 30s 20 20 8 30s 5
Group3	High Knee Run Push Up Squat Jump Candlesticks Squat Burpee Plank (up/down) Diamon Pushup Mountain Climbers Side plank Plank	40s 12 15 30s 20 15 30s 5 30s 30s ea 60s	Banded Sprint Med Ball Push Up Box Jump V-sit Hold Med Ball Squat Flutters Med Ball Slam Burpee Dips Ropes Chin Ups	30s 8 ea 8 30s 20 30s 20 20 8 30s 6

Holiday 2018 Hotel Gym

The following program should be able to be completed in your standard hotel gym for those travelling.

	Session 1	Sets	Session 2	Sets
Block 1	Bike/ Treadmill/ Cross Trainer Push-ups UG Chin Ups Bike/ Treadmill/ Cross Trainer Split Squat (No Weight) Burpees Bike/ Treadmill/ Cross Trainer Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 60s plank	2x3 min 2x10 2x8 2x3min 2x12ea 2x15 2x3min	Rowing erg Goblet Squat/ Smith Squat Lat Pulldown/ Seated Row Rowing erg DB Bench Press DB Shoulder Press Rowing erg Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 60s plank	2x2min 1x12 1x12 2x2min 1x12 1x12 2x2min
Block 2	Bike/ Treadmill/ Cross Trainer Push-ups UG Chin Ups Bike/ Treadmill/ Cross Trainer Split Squat (No Weight) Burpees Tuck Jumps Bike/ Treadmill/ Cross Trainer Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 60s plank	2x3 min 2x12 2x8 2x3min 2x12ea 2x15 2x15 2x3min	Rowing erg Goblet Squat/ Smith Squat Lat Pulldown/ Seated Row Rowing erg DB Bench Press DB Shoulder Press Rowing erg Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 60s plank	2x2min 2x12 2x12 2x2min 2x12 2x12 2x2min
Block 3	Bike/ Treadmill/ Cross Trainer Push-ups UG Chin Ups Bike/ Treadmill/ Cross Trainer Split Squat (No Weight) Burpees Split Squat Jumps Bike/ Treadmill/ Cross Trainer Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 90s plank	2x3 min 2x10 2x8 2x3min 2x12ea 2x15 2x14 2x3min	Rowing erg Goblet Squat/ Smith Squat/Squat Lat Pulldown/ Seated Row Rowing erg DB Bench Press DB Shoulder Press Rowing erg Core Circuit: - 10x crunches - 30s flutters - 30s candlesticks - 90s plank	2x2min 1x12 1x12 2x2min 1x12 1x12 2x2min

Hotel 2018 Alternate Training (Bike)

	Session 1	Rate	Session 2	Rate
Week 1	5 minute warm-up	2-3	5 minute warm-up	
	5x		5x 30s on 30s off	
	30 seconds	5-6	2 minute recovery	
	20 seconds	7-8	5x20s on 20s off	
	10 seconds	9-10	2 minute recovery	
	2 Minute Recovery	2-3	5x10s on 10 s off	
	5x			
	30 seconds	5-6		
	20 seconds	7-8		
	10 seconds	9-10		
	2 Minute Recovery	2-3		
	5 minute cool-down	1-2		

Intensity Rate	What It Means
0-1	No exertion, The only movement you're getting is pushing buttons on the remote,
2-3	Light exertion, This is how you should feel when you're warming up, cooling down, and stretching,
4-5	Medium exertion, You're breathing a little faster, Your heart is pumping a little faster, You're feeling a little warmer,
6-7	Moderate exertion, You're breathing pretty hard now, you're probably sweating, You can talk, but it's getting tougher,
8-9	Hard exertion, You're breathing really hard and you can only say a few words at a time, You're wondering how long you can go on like this,
10	Hardest exertion, You cannot keep this pace for more than a minute, Speaking is impossible, This is your limit,

2018 Alternate Training (Swimming)

	Session 1	Load	Session 2	Load
Week 1	EASY (1km) 40mins Warm up 25FS,25BK, 25BRS, 25FS 4 x 25m FS Kick with board every 60secs 200m (alternating 25FS fast, 25m BRS easy) 6 x 50m FS every 75secs 2 x 100m FS every 3mins 100 choice cool down		Warm up 100FS, 50BK, 50BRS, 100FS 4 x 50m FS KICK with Board every 90secs 8 x 50 FS every 60-70secs 4 x 100FS every 2:30 8 x 25m SPRINTS every 45secs. 100m FS Build 200 choice cool down	

Post – training core circuit

Core Strength		Instructions
1	<p>Floor - Bridge Back (Hold)</p> 5s hold	3 sets of 8 with 10 second hold
2	<p>Hamstring walk</p>	
3	<p>Floor - Front Bridge (4 point - Forearms)</p>	3 reps at minimum 30s
4	<p>Floor - Lying Superman</p>	Opposite arm/leg, 3 sets of 10 each side
5	<p>Floor - Side Bridge (Forearm)</p>	3 reps of minimum 30s each side
6	<p>Floor - Crunches</p>	3 sets of 20 reps
7	<p>Floor - Bicycle</p>	3 sets of 30 reps
8	<p>Floor - Leg-ups</p>	2 sets of 12 reps

Overview

This booklet has been compiled to provide you all with some direction/structure with work that can be done during your time away from Como. This foundational work will allow us to focus on your speed development, speed endurance and acceleration as we enter that phase of training approaching the beginning of fixtures.

The summer period is incredibly important given the physical demands of AFL football. Returning to training in late January without any aerobic base will compromise your ability to complete the pre-season program to a quality that will prepare you to perform at a high level.

It is important to listen to your body during heavy training periods and/or extreme weather. Understanding the difference between fatigue, soreness and injury is vital. If you believe you have suffered an injury please see a practitioner and get it assessed and let me know the outcome and we can modify training for you.

I know many of you will be travelling or away at various stages and as such there are a number of 'supplementary' sessions included within this document that can be completed in various settings such as beaches, hills or simply any area where you can run with a stop watch to monitor times.

Finally, please contact me at fabriss@stkevins.vic.edu.au for any needs you have and I will, within reason get back to you as soon as I can when I'm in the office.

Have a safe holiday break and I look forward to working with you during the 2018 campaign.

Regards,

Fab