

[SENIORS PROGRAM]

There are three fitness levels in the program.

BEGINNER

Beginner is if you have not been exercising at all for the past few months.

INTERMEDIATE

Intermediate is for someone who has been exercising occasionally but has done no specific Netball training or training such as in this program.

ADVANCED

Advanced is if you are fit, exercising regularly and have been doing the type of work in this program recently (ie speed, strength, power).

The program is designed so you can progress through it rapidly. Once you can achieve the upper limits of an exercise, then move to the lower level in the next group.

[DYNAMIC WARM-UP]

The Dynamic warm up should stay fairly consistent no matter how fit or unfit you are - the goal is simply to warm up your muscles.

Fitness Level	Beginner	Intermediate	Advanced
Length of Grid	15m	15m	15-20m
Rest between runs	15sec	15sec	10sec
No. of repeats	3-4	4-6	6-8
Exercises	Standing Leg swing	Standing Leg swing	Standing Leg swing
	Walking Leg swing	Walking Leg swing	Walking Leg swing
	High Knee Run Through	Carioca	High Knee Walk
	Butt flick	High Knee Run Through	Lunge
	Multi Direction Passing	Butt flick	Carioca
		Carioca	Butt flick
		Multi Direction Passing	High Knee Run Through
			Butt flick
		Multi Direction Passing	

[AGILITY]

Select 2-3 agility exercises per training session. To make them more interesting you can include using the ball as you become better with the skill.

Fitness Level	Beginner	Intermediate	Advanced
Length of Ladder	15m	15-20m	15-20m
Rest between runs	20-30sec	10sec	10sec
No. of repeats	4-6	6-8	6-8
Ladder Exercises	Beginner - Advanced	Beginner - Advanced	Beginner - Advanced
	Single Step Run Through	Single Step Run Through	Single Step Run Through
	Double Step	Double Step	Double Step
	Side Step	Side Step	Side Step
	In & Out Step	In & Out Step	In & Out Step



[AGILITY] / continued.

Same principles as for the ladder but you can space out the grid more as you need to allow for different skill levels, ie the tighter the grid, the higher the skill level required.

Cone Exercises	Beginner	Intermediate	Advanced
	Dodging Zig-Zag	Dodging Zig-Zag	Dodging Zig-Zag
	Run Around Zig-Zag	Run Around Zig-Zag	Run Around Zig-Zag
	Lateral Zig-Zag	Lateral Zig-Zag	Lateral Zig-Zag
	Backwards Zig-Zag	Backwards Zig-Zag	Backwards Zig-Zag
	Multi-Directional Grid Run	Multi-Directional Grid Run	Multi-Directional Grid Run
	Grid Circuit	Grid Circuit	Grid Circuit

[SPEED]

All four sprints are suitable for any fitness level. Mix it up between sessions depending on your goals.

Fitness Level	Beginner	Intermediate	Advanced
Length of Grid	10-25m keep distances short if working on explosive speed, use longer sprints for greater endurance focus		
Rest between runs	15-90sec Use short rests if your goal is increasing cardio fitness, use long rest if speed is your goal		
No. of sprint exercises	1-2	2-3	2-4
No. of repeats	4-6	4-6	6-8

[STRENGTH]

With all the strength exercises progress is important; but technique is FAR more important. Try to increase reps every two weeks but only if perfect form can be maintained.

**The longer the rest, the greater the recovery. So if you're trying to build endurance, shorten the rest, If you're trying to build strength, lengthen the rest. With all the strength exercises start off at the lower limit and slowly work your way up.

[STRENGTH A: LEG STRENGTH]

Fitness Level	Beginner	Intermediate	Advanced
No. of Repetitions	8-10	8-12	10-15
No. of sets	1-2	2-3	2-4
Rest between sets	**60 sec	**30 - 60	**30-90
Exercises	Standing Squats	Lateral Squats	Lateral Squats
	Standing Lunge	Supported Single Leg Lunge	Supported Single Leg Lunge
	Lateral Squats	Supported Single Leg Squat	Supported Single Leg Squat



[STRENGTH B: JUMPING]

DO NOT start jumps till you can do the basic lunge and squat movements easily. Never do jumps on hard surfaces, such as bitumen or concrete

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises on any day	1 to 2	1 to 2	2 to 3
No. of Repetitions	6	6 to 10	10-15
No. of sets	1-2	2-3	2-4
Rest between sets	60-90	60-90	60-90
Exercises	Vertical Jump	Vertical Jump	Vertical Jump
	Horizontal Jump	Horizontal Jump	Horizontal Jump
		Stair Jump	Stair Jump
			Lateral Hop

[STRENGTH C: UPPER BODY STRENGTH]

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises on any day	15m	15m	15-20m
No. of Repetitions	15sec	15sec	10sec
No. of sets	3-4	4-6	6-8
Rest between sets	2	2-3	3-4
Exercises	up to 12	8-12	10-20
	1-2	2-3	2-3
	**60 sec	**30 - 60	**30-90
	Modified Cobra	Modified Cobra	Modified Cobra
	Push Up	Push Up	Push Up
	Dips	Dips	Dips
			Around The World

[STRENGTH D: TOTAL BODY STRENGTH] / MEDICINE BALL

The medicine ball is a great training tool but it is certainly not a toy. Injury can easily result from incorrect use, so always use with care and never "play games" with the ball.

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises on any day	2-3	2-3	3-5
No. of Repetitions	6-10	10-15	10 - 20
No. of sets	1-2	1-2	1-3
Rest between sets	**30-90	**30-90	**30-90
Ideal Ball Weight	1-4k - The heavier the ball, the slower you will be able to release it. Selecting too heavy a ball will lead to poor form.		
Exercises	Lob Pass	Lob Pass	Lob Pass
	Chest Pass	Overhead Pass	Overhead Pass
		Chest Pass	Chest Pass
			One Arm Pass
			Rotational Side Pass



[ABDOMINAL / CORE STRENGTH]

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises on any day	2-3	4-5	3-6
No. of Repetitions	10-20	10-25	15-30
No. of sets	1	1	1
Rest between sets	Try to perform these exercises more as a circuit by keeping recovery to a minimum		
Exercises	Plank	Plank	Plank
	Crunch	Side Plank	Side Plank
	Twisting Crunch	Crunch	Crunch
		Compound Twisting Crunch	Twisting Crunch
		Medicine Ball Reach	Compound Twisting Crunch
		Medicine Ball Oblique Rotation	Medicine Ball Reach
			Medicine Ball Sit Ups Chest Pass
			Medicine Ball Sit Ups Overhead Pass
			Medicine Ball Oblique Rotation
		Medicine Ball Oblique Pass	

[COMBINING EXERCISES FOR STRENGTH CIRCUITS]

NB With all your strength work it is a great idea to do some circuit type strength work to build endurance and strength. The way you do this is by choosing one exercise from each section, doing a set number of that exercise, then move straight on to the next exercise with nil/minimal rest time. For example, you may do Single Leg Squat, Push Up, Vertical Jump, Twisting Crunch. You can then do several repeats of that circuit or move on to different exercises for another circuit - once again you are only limited by your imagination with how to put the circuit together.

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises in the circuit	4	4-6	6-8
No. of Repetitions	8-12	10-15	12-20
No. of Circuits	1	2-3	2-4
Rest Between Circuits		30-90sec	30-90sec