

## [ 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 footy 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
Number of repeats	3-4	4-6	6-8
Exercises	Standing Leg swing	Standing Leg swing	Standing Leg swing
	Alternate Toe Touch	Alternate Toe Touch	Alternate Toe Touch
	High Knee Run Through	Walking Lunge	High Knee Walk
	Butt flick	High Knee Run Through	Walking Lunge
		Butt flick	High Knee Run Through
		Carioca	Butt flick
			High Knee Bound
			Carioca

## [ AGILITY ]

Select 2-3 agility exercises per training session. To make them more interesting you can include holding, passing or catching the footy 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
Number of repeats	4-6	6-8	6-8
Ladder Exercises	These drills are suitable for any fitness level from Beginner - Advanced. It is only the complexity that determines the grade		
	Run Through	Run Through	Run Through
	Side Step In & Out	Side Step In & Out	Side Step In & Out
	Lateral Run	Lateral Run	Lateral Run



## [ 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
	Agility Run A	Agility Run A	Agility Run A
	Agility Run B	Agility Run B	Agility Run B
	Side Steps	Side Steps	Side Steps
	Timed Agility Run	Timed Agility Run	Timed Agility Run
	Multi-Directional Grid Run	Multi-Directional Grid Run	Multi-Directional Grid Run

## [ SPEED ]

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

Fitness Level	Beginner	Intermediate	Advanced
Length of Ladder	10-25m keep distances short if working on explosive speed, use longer sprints for greater endurance focus		
Rest between runs	15-90sec Keep the rests long if speed is your main goal. Shortening the rest puts greater emphasis on cardio fitness.		
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	2	2-3	2-4
Rest between sets	**60 sec	**30 - 60	**30-90
Exercises	Supported Single Leg Lunge	Supported Single Leg Lunge	One-Arm Supported Single Leg Lunge
	Supported Single Leg Squat	One-Arm Supported Single Leg Lunge	Supported Single Leg Lunge Jump
		Supported Single Leg Squat	One-Arm Supported Single Leg Squat
		One-Arm Supported Single Leg Squat	Supported Single Leg Squat Jump
Tackle Pad Leg Strength	All the pad exercises are suitable for any fitness level		
No. of Repetitions	2 per exercise	3 per exercise	3 per exercise
Length of intervals	30 sec	45 sec	60 sec
Rest between intervals	30 sec	30 sec	30 sec



[ 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	Split Squat Jump
		Zig Zag Hops	High Knee Hop
			Zig Zag Hops
			Zig Zag Single Leg Hop

[ STRENGTH C: UPPER BODY STRENGTH ]

Fitness Level	Beginner	Intermediate	Advanced
No. of exercises on any day	2	2-3	3-4
No. of Repetitions	up to 12	8-12	10-20
No. of sets	1-2	2-3	2-3
Rest between sets	**60 sec	**30 - 60	**30-90
Exercises	Inclined Pull	Inclined Pull	Inclined Pull
	Wrestling	Chin Up	Chin Up
	Push Up	Wrestling	Wrestling
		Push Up	Clap Push Up
		Push Up Jump	Push Up Jump
			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	2-6k - The heavier the weight, the slower you will be able to release it. Selecting too heavy a ball will lead to poor form		
Exercises	Woodchop	Woodchop	Woodchop
	Split Squat Side Pass	Vertical Jump & Throw	Vertical Jump & Throw
		Split Squat Side Pass	Split Squat Side Pass
			Split Squat Behind Pass
			Lunge 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	1-2
Rest between sets	Try to perform these exercises more as a circuit by keeping recovery to a minimum		
Exercises	Plank - aim for 60 sec	Plank - aim for 90-120 sec	Plank - aim for up to 3 min
	Sprinters Sit Up	Side Plank - aim for 15 - 30 sec	Side Plank - aim for 30 -45 sec
	Crunch	Crunch	Crunch
		Sprinters Sit Up	Sprinters Sit Up
		Twisting Crunch	Twisting Crunch
		Swiss Ball - Jack Knife	Swiss Ball - Jack Knife
			Swiss Ball – Toe Tap
			Swiss Ball – Side Tap

[ 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