

## Pre-Season Program

<b>Week 1</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 20 x Squat</li> <li>• 20 x Bridge</li> <li>• 20 x Double Leg Calf Raise</li> <li>• 20 x Sit Up</li> <li>• 20 x Plank Shoulder Taps</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 20mins x Running (1min/1min on/off)</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 20 x Squat</li> <li>• 20 x Bridge</li> <li>• 20 x Double Leg Calf Raise</li> <li>• 20 x Sit Up</li> <li>• 20 x Plank Shoulder Taps</li> </ul>	<ul style="list-style-type: none"> <li>• 30mins x Cross-Training (e.g. swimming, cycling etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 20 x Squat</li> <li>• 20 x Bridge</li> <li>• 20 x Double Leg Calf Raise</li> <li>• 20 x Sit Up</li> <li>• 20 x Plank Shoulder Taps</li> </ul>

<b>Week 2</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Split Squat</li> <li>• 10 x e/s Single Leg Bridge</li> <li>• 10 x e/s Single Leg Calf Raise</li> <li>• 30sec x Plank</li> <li>• 10 x Push Ups</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 30mins x Running (2min/1min on/off)</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Split Squat</li> <li>• 10 x e/s Single Leg Bridge</li> <li>• 10 x e/s Single Leg Calf Raise</li> <li>• 30sec x Plank</li> <li>• 10 x Push Ups</li> </ul>	<ul style="list-style-type: none"> <li>• 30mins x Cross-Training (e.g. swimming, cycling etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Split Squat</li> <li>• 10 x e/s Single Leg Bridge</li> <li>• 10 x e/s Single Leg Calf Raise</li> <li>• 30sec x Plank</li> <li>• 10 x Push Ups</li> </ul>

### Tips for Regressions/Progressions:

	Regressions	Progressions
<b>Week 1</b>	<ul style="list-style-type: none"> <li>• Reduce repetitions if necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Add weight by using a backpack</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• If you struggling with the single leg exercises, complete 'Week 1' again</li> <li>• Perform plank and push ups on knees</li> </ul>	<ul style="list-style-type: none"> <li>• Increase repetitions by 5 each side</li> <li>• Add weight by using a backpack</li> </ul>



<b>Week 3</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Reverse Lunge</li> <li>• 10 x e/s Heels Elevated Hamstring Bridge</li> <li>• 30sec x Double Leg Pogo Jumps</li> <li>• 30sec x e/s Side Plank</li> <li>• 10 e/s x Push Up + Rotation</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 40mins x Running (3min/1min on/off)</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Reverse Lunge</li> <li>• 10 x e/s Heels Elevated Hamstring Bridge</li> <li>• 30sec x Double Leg Pogo Jumps</li> <li>• 30sec x e/s Side Plank</li> <li>• 10 e/s x Push Up + Rotation</li> </ul>	<ul style="list-style-type: none"> <li>• 30mins x Cross-Training (e.g. swimming, cycling etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 5mins x Dynamic Warm Up (e.g. high knees, bounding, grapevine etc.)</li> <li>• 10 x 50m Sprints (build up intensity, walk back as active recovery)</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>

<b>Week 4</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Bulgarian Split Squat</li> <li>• 10 x e/s Single Leg Heel Elevated Hamstring Bridge</li> <li>• 30sec x e/s Single Leg Pogo Jumps</li> <li>• 30sec x e/s Short-Lever Copenhagen Plank</li> <li>• 10 x e/s Kick Throughs</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 20-30mins x Running</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>	<ul style="list-style-type: none"> <li>• Complete 5 x Circuit:</li> <li>• 10 x e/s Bulgarian Split Squat</li> <li>• 10 x e/s Single Leg Heel Elevated Hamstring Bridge</li> <li>• 30sec x e/s Single Leg Pogo Jumps</li> <li>• 30sec x e/s Short-Lever Copenhagen Plank</li> <li>• 10 x e/s Kick Throughs</li> </ul>	<ul style="list-style-type: none"> <li>• 30mins x Cross-Training (e.g. swimming, cycling etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• 5mins x Warm Up (brisk walking)</li> <li>• 5mins x Dynamic Warm Up (e.g. high knees, bounding, grapevine etc.)</li> <li>• 10 x 50m Sprints (build up intensity, walk back as active recovery)</li> <li>• 5mins x Cool Down (slow walking)</li> </ul>