



PORT BULLDOGS



Pre – Season and 2011

Fitness & Strength Maintenance Program

A program designed to increase/maintain fitness and strength before pr-season

Weights = 2 sessions per week, not consecutive days, 3 sets per exercise

Fitness = minimum 2 times per week

	reps	wt	wt	wt	wt	wt	wt	wt	wt
Warm Up Bike/Run 5mins									
Dumbbell Squats	12								
Deadlifts	12								
Bench Press	8								
Incline Flys	10								
Dumbbell 1 Arm Rows	8								
Barbell Upright Row	12								
Dumbbell Shoulder Press	12								
Lying Tricep Extensions	12								
Barbell Bicep Curls	12								
Abdominal Crunches	30								
Stretch Muscles Used									

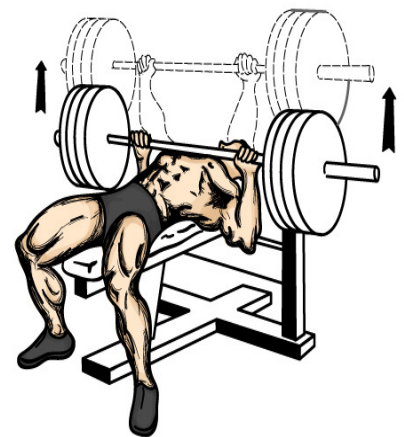
Fitness & Strength Maintenance Program –Diagrams



Dumbbell Squats



Deadlifts



Bench Press



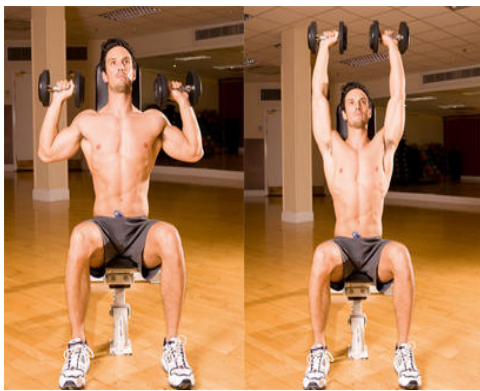
Incline Flys



Dumbbell 1 Arm Rows



Barbell Upright Rows



Dumbbell Shoulder Press



Lying Tricep Extensions



Bicep Curls



Crunches

For 2XU Compression Garments, Fitness Clothing, Power Balance Bands and Suunto Heart Rate Monitors – SEE MURKY



Endurance Run (to increase aerobic capacity)

30 Mins Jog at a medium level intensity (could be a distance anywhere between 5km to 8km)

Keep pace at a jog, don't go at a speed where you need to stop and have a break, know and feel your body so if you are breathing heavy slow down slightly.

If you are getting shin pain or have had a history of shin splints do this work on a treadmill or grassed oval.

Targets:

- A-grade Midfielders = 7km – 8km in 30 minutes
- A-grade & Under 18's = 5km – 7km plus
- B- grade = 5km plus

To give you a speed indicator, if you run 5minute kilometers you will achieve 6km in 30mins

This is a speed of 12km/hr

A-grade midfielder will need to average 15km/hr to achieve the desired fitness level

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