



PORT BULLDOGS



Pre – Season and 2011

Fitness and Weight Loss Program

A program designed for those who need to increase fitness over the summer period in preparation for pre- season.
Will also help to burn fat and decrease weight.

Frequency = (Running Program) 3 -4 per week
(Resistance Program) 1 per week

2 separate running programs to be varied each time. These can be done on consecutive days no rest day required.
Weight session can be done same day as running program or on another day. 3 sets for each weight exercise.

Running Program 1:

Endurance Run (to increase aerobic capacity)

30 mins Jogging at a medium level intensity (could be a distance between 4km 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

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

This is a speed of 12km/hr

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

Running Program 2:

Warm up of 5-10mins essential prior to starting intervals to minimise risk of injury

Interval Runs (to increase speed and anaerobic capacity, raise lactic threshold)

- **Sprint (100%) / Jog (75%) / Walk (resting) Intervals 1**

20 mins duration

Can be done on oval using markers or on the road using stobie poles as markers.

Sprint at full intensity to the first marker, slow to a ¾ pace jog to the second marker, then slow to a walk to recover
Once you have walked to the next marker point repeat and so on for 20 mins.

Markers need to be 30 -40 metres apart (or can be approximate if you are doing a road run)

- **High Intensity Intervals 2**

20 mins duration

Can be done on an oval or road

200 metres at a running pace of 70- 80% depending on fitness leaving and rate of recovery

Straight into next 200 metres at a running pace of 55-65%

Continue straight into the next 200 metres back into a running speed of 70-80%

If you are running on an oval you will be going from goals to goals, one side will be slow, the other side fast

If you are on the road you will be doing a track, so guess a distance of 200 metres each time.

Be sure to do a cool down and stretch all leg muscle groups.

Weights Program 1 session per week only to maintain strength in all muscle groups

	reps	wt	wt	wt	wt	wt	wt	wt	wt
Warm Up Bike/Run 5mins									
Dumbbell Squats	20								
Deadlifts	15								
Bench Press	8								
Incline Flys	12								
Dumbbell 1 Arm Rows	8								
Barbell Upright Row	15								
Dumbbell Shoulder Press	12								
Lying Tricep Extensions	12								
Barbell Bicep Curls	12								
Abdominal Crunches	30								
Stretch Muscles Used									

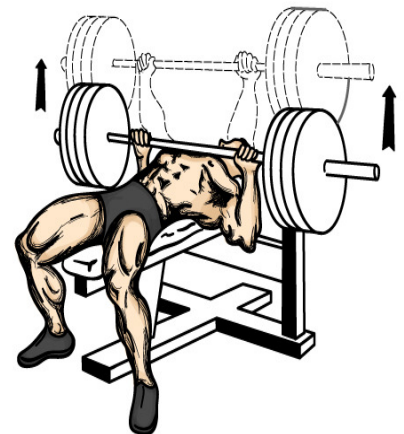
Fitness & Weight Loss Program –Diagrams



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

