

8 Week Fitness Programme (Pre Season)

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	5 mins 5 mins	Warm up 10 min jog 2.5kg Weights 3 sets of 10 reps* Leg raises x 6 per leg 50m sprints x 3 Warm down		
Wednesday	5 mins 30 mins 10 mins 5 mins	Warm up Swimming – endurance Skipping 100m sprints x 4 Warm down		
Friday	5 mins 40 mins + 10 mins 5 mins	Warm up Cycling (or equivalent) Jog Warm down		

* Depending on what sport you play; Hockey players – Twist and lateral, high to low and do hockey movements. If you are a lax player – do weights behind your head coming upwards and also side to side replicating the cradling movement. If you are a netball player – have the weights behind your head coming upwards or bicep curls.

Week 2 - 5 mins warm up and 5 mins warm down each day.

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	20 mins 10 mins 5 mins	Fartlek Training* Swimming Skipping		
Wednesday	40 mins	Weights (see wk 1) Cycling		
Friday		Sprint 50m x 6 Sprint 30m x 8 Sprint 15m x 10		
Sunday	16 mins	Run		

• 10 jog, 6 mins power walking, 20sec sprint, 5 min jog, 1 min power walk.

Week 3

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	5 mins 5 mins	Warm up 15 min jog 2.5kg Weights 5 sets of 10 reps* Leg raises x 10 per leg 50m sprints x 5 Warm down		
Wednesday	5 mins 35 mins 14 mins 5 mins	Warm up Swimming – endurance Skipping 100m sprints x 6 Warm down		
Friday	5 mins 45 mins + 12 mins 5 mins	Warm up Cycling (or equivalent) Jog Warm down		
Sunday				

Week 4

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	25 mins 20 mins 10 mins	Fartlek Training* Swimming Skipping		
Wednesday	45 mins	Weights (see wk 3) Cycling		
Friday		Sprint 50m x 7 Sprint 30m x 9 Sprint 15m x 11		
Sunday	18 mins	Run		

• 10 jog, 6 mins power walking, 20sec sprint, 5 min jog, 1 min power walk, 4 mins run.

Week 5

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	5 mins	Warm up 18 min jog 2.5kg Weights 6 sets of 10 reps* Leg raises x 15 per leg 50m sprints x 6		
	5 mins	Warm down		
Wednesday	5 mins	Warm up		
	40 mins	Swimming – endurance		
	16 mins	Skipping 100m sprints x 5		
	5 mins	Warm down		
Friday	5 mins	Warm up		
	50 mins +	Cycling (or equivalent)		
	14 mins	Jog		
	5 mins	Warm down		
Sunday				

Week 6

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	30 mins	Fartlek Training*		
	20 mins	Swimming		
	10 mins	Skipping		
Wednesday		Weights (see wk 4)		
	50 mins	Cycling		
Friday		Sprint 50m x 7 Sprint 30m x 9 Sprint 15m x 11		
Sunday	20 mins	Run		

- 12 jog, 6 mins power walking, 20sec sprint, 5 min jog, 25 secs sprint, 1 min power walk, 7 mins run.

Week 7

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	5 mins	Warm up 20 min jog 2.5kg Weights 6 sets of 12 reps* Leg raises x 20 per leg 50m sprints x 8		
	5 mins	Warm down		
Wednesday	5 mins	Warm up		
	45 mins	Swimming – endurance		
	10 mins	Skipping 100m sprints x 6		
	5 mins	Warm down		
Friday	5 mins	Warm up		
	55 mins +	Cycling (or equivalent)		
	16 mins	Jog		
	5 mins	Warm down		
Sunday				

Week 8

Date	Duration	Exercise	Score, Mood, Sleep, Anything that affects me.	
Monday	35 mins	Fartlek Training*		
	20 mins	Swimming		
	10 mins	Skipping		
Wednesday		Weights (see wk 6)		
	60 mins	Cycling		
Friday		Sprint 50m x 7 Sprint 30m x 9 Sprint 15m x 11		
Sunday	25 mins	Run		

- 12 jog, 8 mins power walking, 20sec sprint, 5 min jog, 25 secs sprint, 2 min power walk, 8 mins run.