

TRAINING GUIDE

MONDAY

Full Body & Core Strength (**ST**) Training

Exercise	Sets	Reps	Load	Rest (secs)
Seated Pulley Row	2-3	10-15		30-60
2-Legged Legpress	2-3	10-15		30-60
DB or BB Benchpress	1-2	10-15		30-60
Swiss Ball Double Leg Curl	3-4	12-20		30-60
Prone Bridge - <i>toes v knees</i> Side Bridge - <i>bent v straight legs</i>	2-3	Held for 20-120 secs		
Standing DB Shoulder Press	2-3	12-20		30-60

[Options on how to complete this workout](#)

OR

[Warmup](#) and Aerobic Capacity (**AC**)

Activity Options	Duration (mins)	Intensity (RPE)
You can choose from any of the options below to complete this part of the programme		
Run: Mix into this session the following: <ul style="list-style-type: none"> Changes in pace (include 3-4 x 20m sprints) Flat v hilly terrain; grass v sand surfaces (beach) Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i> Down and ups 	20-40	3-6/10
Row, Cycle, X'Trainer, Aquajog, Box or Swim Mix into this session the following: <ul style="list-style-type: none"> Combinations <i>Eg. Cycle then swim...</i> Changes in pace (resistance) Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i> 	20-40	3-6/10
	30-50	5-7/10

[Intensity Guide for Aerobic \(AC\) and Anaerobic Capacity \(AnC\) training sessions](#)

TUESDAY

Club [Pre-Season Training](#)

OR

[Warmup](#) and Aerobic Capacity (**AC**)

Activity Options	Duration (mins)	Intensity (RPE)
You can choose from any of the options below to complete this part of the programme		
Run: Mix into this session the following: <ul style="list-style-type: none"> Changes in pace (include 3-4 x 20m sprints) Flat v hilly terrain; grass v sand surfaces (beach) Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i> Down and ups 	20-40	3-6/10
Row, Cycle, X'Trainer, Aquajog, Box or Swim	20-40	3-6/10

Mix into this session the following: <ul style="list-style-type: none"> • Combinations <i>Eg. Cycle then swim...</i> • Changes in pace (resistance) • Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i> 	30-50	5-7/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

WEDNESDAY

Full Body & Core Strength (**ST**) Training

Exercise	Sets	Reps	Load	Rest (secs)
Seated Pulley Row	2-3	10-15		30-60
2-Legged Legpress	2-3	10-15		30-60
DB or BB Benchpress	1-2	10-15		30-60
Swiss Ball Double Leg Curl	3-4	12-20		30-60
Prone Bridge - <i>toes v knees</i> Side Bridge - <i>bent v straight legs</i>	2-3	Held for 20-120 secs		
Standing DB Shoulder Press	2-3	12-20		30-60
Options on how to complete this workout				

OR

[Warmup](#) and Aerobic Capacity (**AC**)

Activity Options	Duration (mins)	Intensity (RPE)
You can choose from any of the options below to complete this part of the programme		
Run: Mix into this session the following: <ul style="list-style-type: none"> • Changes in pace (include 3-4 x 20m sprints) • Flat v hilly terrain; grass v sand surfaces (beach) • Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i> • Down and ups 	20-40	3-6/10
Row, Cycle, X'Trainer, Aquajog, Box or Swim Mix into this session the following: <ul style="list-style-type: none"> • Combinations <i>Eg. Cycle then swim...</i> • Changes in pace (resistance) • Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i> 	20-40	3-6/10
	30-50	5-7/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

THURSDAY

Club [Pre-Season Training](#)

OR

[Warmup](#) and Aerobic Capacity (**AC**)

Activity Options	Duration (mins)	Intensity (RPE)
You can choose from any of the options below to complete this part of the programme		
Run: Mix into this session the following: <ul style="list-style-type: none"> • Changes in pace (include 3-4 x 20m sprints) • Flat v hilly terrain; grass v sand surfaces (beach) 	20-40	3-6/10

<ul style="list-style-type: none"> • Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i> • Down and ups 		
Row, Cycle, X'Trainer, Aquajog, Box or Swim Mix into this session the following:	20-40	3-6/10
<ul style="list-style-type: none"> • Combinations <i>Eg. Cycle then swim...</i> • Changes in pace (resistance) • Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i> 	30-50	5-7/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

FRIDAY

Rest/Recovery *Use of massage (if not injured)*

Today's about giving your body a chance to chill out and recover from the previous days' activities. Try something light and enjoyable like a 30 minute pool session, frisbee game, or a short game of touch rugby but don't over-extend yourself.

SATURDAY

Club *Pre-Season Game*

OR

[Warmup](#) and Aerobic Capacity (AC)

Activity Options	Duration (mins)	Intensity (RPE)
You can choose from any of the options below to complete this part of the programme		
Run: Mix into this session the following: <ul style="list-style-type: none"> • Changes in pace (include 3-4 x 20m sprints) • Flat v hilly terrain; grass v sand surfaces (beach) • Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i> • Down and ups 	20-40	3-6/10
Row, Cycle, X'Trainer, Aquajog, Box or Swim Mix into this session the following:	20-40	3-6/10
<ul style="list-style-type: none"> • Combinations <i>Eg. Cycle then swim...</i> • Changes in pace (resistance) • Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i> 	30-50	5-7/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

SUNDAY

Rest / Recovery *Easy beach walk*

Today's about giving your body a chance to chill out and recover from the previous days' activities. Try something light and enjoyable like a 30 minute pool session, frisbee game, or a short game of touch rugby but don't over-extend yourself.