

TRAINING GUIDE

MONDAY

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

Exercise	Sets	Reps	Load	Rest (secs)
BB Back Squat or Deadlift or Powerclean	2-3	(4)4-8		120-180
Stand DB Shoulder Press <i>Note. Single leg option</i>	2-3	4-8		60-120
Single Leg Romanian Deadlift	2-3	(6)8-12		60-90
DB or BB Bentover Row	2-3	(4)4-8		120-180
DB or BB Benchpress <i>Option: DB Chest Press on a Swiss Ball</i>	1-2	6-10		120-180
Dynamic Fwd Ball Roll	2-3	8-12		30 max
Bentover Reverse Fly	2-3	10-16		30 max
Stand Medicine Ball Chop <i>Note. Use of Power Bags</i>	2-3	12-20		30 max
Options on how to complete this workout				

ORYou can choose from any of the options below to complete this part of the programme

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

Activity Options	Duration (mins)	Intensity (RPE)
Run, 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> 	30-50	5-7/10

Anaerobic Capacity (**AnC**)

Activity Options	Duration (mins)	Intensity (RPE)
Interval Run This session involves the following: <ul style="list-style-type: none"> • 1-2 minutes 'Very Hard - Maximal' running (RPE 8-10/10) followed by 1-3 minutes 'Easy-Moderate' running (RPE 2-4/10) 3-5 repeats over flat v hilly terrain; grass v sand surfaces (beach) • Include 3-4 x 20m sprints from stand start. 	20-30	2-10/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

TUESDAY

Club [Pre-Season Training](#)

ORYou can choose from any of the options below to complete this part of the programme

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

Activity Options	Duration (mins)	Intensity (RPE)
Run, 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> 	30-50	5-7/10
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Anaerobic Capacity ([AnC](#))

Activity Options	Duration (mins)	Intensity (RPE)
Interval Run This session involves the following: <ul style="list-style-type: none"> • 1-2 minutes 'Very Hard - Maximal' running (RPE 8-10/10) followed by 1-3 minutes 'Easy-Moderate' running (RPE 2-4/10) 3-5 repeats over flat v hilly terrain; grass v sand surfaces (beach) • Include 3-4 x 20m sprints from stand start. 	20-30	2-10/10
Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions		

WEDNESDAY

Full Body & Core Strength ([ST](#)) Training

Exercise	Sets	Reps	Load	Rest (secs)
BB Back Squat or Deadlift or Powerclean	2-3	(4)4-8		120-180
Stand DB Shoulder Press <i>Note. Single leg option</i>	2-3	4-8		60-120
Single Leg Romanian Deadlift	2-3	(6)8-12		60-90
DB or BB Bentover Row	2-3	(4)4-8		120-180
DB or BB Benchpress <i>Option: DB Chest Press on a Swiss Ball</i>	1-2	6-10		120-180
Dynamic Fwd Ball Roll	2-3	8-12		30 max
Bentover Reverse Fly	2-3	10-16		30 max
Stand Medicine Ball Chop <i>Note. Use of Power Bags</i>	2-3	12-20		30 max
Options on how to complete this workout				

OR You can choose from any of the options below to complete this part of the programme

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

Activity Options	Duration (mins)	Intensity (RPE)
Run, 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> 	30-50	5-7/10

Anaerobic Capacity ([AnC](#))

Activity Options	Duration (mins)	Intensity (RPE)
Interval Run This session involves the following: <ul style="list-style-type: none"> • 1-2 minutes 'Very Hard - Maximal' running (RPE 8-10/10) followed by 1-3 minutes 'Easy-Moderate' running (RPE 2-4/10) 3-5 repeats over flat v hilly terrain; grass v sand surfaces (beach) 	20-30	2-10/10

- Include 3-4 x 20m sprints from stand start.

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

THURSDAY

Club [Pre-Season Training](#)

OR You can choose from any of the options below to complete this part of the programme

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

Activity Options	Duration (mins)	Intensity (RPE)
Run, 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> 	30-50	5-7/10

Anaerobic Capacity ([AnC](#))

Activity Options	Duration (mins)	Intensity (RPE)
Interval Run This session involves the following: <ul style="list-style-type: none"> • 1-2 minutes '<i>Very Hard - Maximal</i>' running (RPE 8-10/10) followed by 1-3 minutes '<i>Easy-Moderate</i>' running (RPE 2-4/10) 3-5 repeats over flat v hilly terrain; grass v sand surfaces (beach) • Include 3-4 x 20m sprints from stand start. 	20-30	2-10/10

[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 You can choose from any of the options below to complete this part of the programme

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

Activity Options	Duration (mins)	Intensity (RPE)
Run, 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> 	30-50	5-7/10

Anaerobic Capacity ([AnC](#))

Activity Options	Duration (mins)	Intensity (RPE)
Interval Run This session involves the following: <ul style="list-style-type: none"> • 1-2 minutes <i>'Very Hard - Maximal'</i> running (RPE 8-10/10) followed by 1-3 minutes <i>'Easy-Moderate'</i> running (RPE 2-4/10) 3-5 repeats over flat v hilly terrain; grass v sand surfaces (beach) • Include 3-4 x 20m sprints from stand start. 	20-30	2-10/10
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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.