

# 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
<a href="#">Options on how to complete this workout</a>				

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"> <li>Changes in pace (include 3-4 x 20m sprints)</li> <li>Flat v hilly terrain; grass v sand surfaces (beach)</li> <li>Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i></li> <li>Down and ups</li> </ul>	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"> <li>Combinations <i>Eg. Cycle then swim...</i></li> <li>Changes in pace (resistance)</li> <li>Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i></li> </ul>	20-40	3-6/10
	30-50	5-7/10
<a href="#">Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions</a>		

## 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"> <li>Changes in pace (include 3-4 x 20m sprints)</li> <li>Flat v hilly terrain; grass v sand surfaces (beach)</li> <li>Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i></li> <li>Down and ups</li> </ul>	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"> <li>• Combinations <i>Eg. Cycle then swim...</i></li> <li>• Changes in pace (resistance)</li> <li>• Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i></li> </ul>	30-50	5-7/10
<a href="#">Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions</a>		

## 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
<a href="#">Options on how to complete this workout</a>				

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"> <li>• Changes in pace (include 3-4 x 20m sprints)</li> <li>• Flat v hilly terrain; grass v sand surfaces (beach)</li> <li>• Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i></li> <li>• Down and ups</li> </ul>	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"> <li>• Combinations <i>Eg. Cycle then swim...</i></li> <li>• Changes in pace (resistance)</li> <li>• Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i></li> </ul>	20-40	3-6/10
	30-50	5-7/10
<a href="#">Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions</a>		

## 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"> <li>• Changes in pace (include 3-4 x 20m sprints)</li> <li>• Flat v hilly terrain; grass v sand surfaces (beach)</li> </ul>	20-40	3-6/10

<ul style="list-style-type: none"> <li>• Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i></li> <li>• Down and ups</li> </ul>		
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"> <li>• Combinations <i>Eg. Cycle then swim...</i></li> <li>• Changes in pace (resistance)</li> <li>• Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i></li> </ul>	30-50	5-7/10
<a href="#">Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions</a>		

## 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"> <li>• Changes in pace (include 3-4 x 20m sprints)</li> <li>• Flat v hilly terrain; grass v sand surfaces (beach)</li> <li>• Fun mini-games and activities <i>Eg. Soccer, Frisbee...</i></li> <li>• Down and ups</li> </ul>	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"> <li>• Combinations <i>Eg. Cycle then swim...</i></li> <li>• Changes in pace (resistance)</li> <li>• Fun mini-games and activities <i>Eg. Water Polo, Water Rugby...</i></li> </ul>	30-50	5-7/10
<a href="#">Intensity Guide for Aerobic (AC) and Anaerobic Capacity (AnC) training sessions</a>		

## 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.