

Blues Fitness

Base/foundation sessions

Always dynamically warm-up and cool down thoroughly and ensure you practice excellent nutrition and fluid replacement in relation to the preparation and recovery from all sessions

Steady running

- This is a 30-50min run at a moderate pace. Run over a course that has variation in the terrain e.g. golf course. This run should be used as a base for aerobic fitness. If you are progressing or feel you are past this move on.
- Begin with a time that you can cope with and gradually increase the duration by 2mins every week

Shorter, faster continuous running

- This is a 20-30min run at a quicker pace. Note that the pace has to be quicker than the 1 option. This should not be an easy option to avoid running for a longer period.

Speed Endurance

- The speed endurance for the first 3 weeks is 8 x 1 min. runs with a 3 min. active recovery. The goal is to cover as much distance as possible for each rep. Really step on the gas and hang on.

Plyos

- After a full dynamic warmup and stretch, work on this progression on an even grass surface or track.
- Double leg bounds – over 40 meters, try to stick the landing, recoil arms and go on. Walk back to start and repeat 4 lengths total.
- Double leg bounds – over 40 meters, spend as little time on the ground as possible. Walk back to start and repeat 4 lengths total.
- Single leg bounds – bound over 40 meters, attaining as much distance and height as possible each bound. Perform 2 lengths per leg.

Short speed

- Rolling start is self explanatory, use about a 5 meter lead up.
- Standing start is feet together, arms at your sides.
- Three point stance is sprinter stance with one arm “cocked”
- Off the ground is chest down, hands under forehead.
- Angle change runs are inserted to change directions slightly while not slowing down.
- Weeks 1 –3
- 4 x 60 meters, standing start, 95% effort, walk halfway, jog halfway recovery
- 5 x 40 meters, rolling start, 90% effort, angle change every 20 meters, walk back recovery

- 8 x 10 meters, 3 pt. Stance, 100% effort, walk back recovery
- 3 x 100 meters, rolling start, 90% effort, walk halfway, jog halfway recovery.
- 4 x 60 meters, standing start, 90% effort, angle changes every 20 meters, one min. recovery
- 8 x 20 meters, 4 off the ground start, 4 x 3 pt. Stance start, 100% effort, walk back recovery.

- Weeks 4-6

- 3 sets 8 x 30, altered starts, 100% effort, ball in 2 hands, walk back recovery.

As with all exercise programs warm up and cool down are extremely important. Stretching 2 hours after your workout is also a good way to let the muscles react to the workout and move them again.

Recovery in off days should include pool sessions and stretching.

Blues Strength And Conditioning

Phase 1	Day 1					Day 2					
WEEK	1	2	3	4	5	WEEK	1	2	3	4	5
Exercise						Exercise					
Warm-up	core warm-up 4 sets of abs and low back					Warm-up	core warm-up 4 sets of abs and low back				
Hang Clean	6	5	6	4	3	DB push Press	6	5	6	4	4
	6	5	6	4	3		6	5	6	4	4
	6	5	6	4	3		6	5	6	4	4
	6	5	6	4	3		6	5	6	4	4
Front squat tempo 4:0:1 4 DOWN:0 REST: EXPLODE UP	6	8	7	5	8	Back squat tempo 4:0:1	6	8	7	5	8
	6	8	7	5	8		6	8	7	5	8
	6	8	7	5	8		6	8	7	5	8
	6	8	7	5	8		6	8	7	5	8
Flat bar Bench Press tempo 4:0:1	8	7	4	5	7	Incline DB Bench Press tempo 4:0:1 pair with	6	7	4	5	7
	8	7	4	5	7		6	7	4	5	7
	8	7	4	5	7		6	7	4	5	7
	8	7	4	5	7		6	7	4	5	7
SB single leg Hamstring Curl tempo 1in:0:4out pair with Barbell upright row	8ea	8ea	10ea	12ea	12ea	Standing DB SL Calf raise tempo 3:0:1	12	10	12	10	12
	8ea	8ea	10ea	12ea	12ea		12	10	12	10	12
	8ea	8ea	10ea	12ea	12ea		12	10	12	10	12
	8ea	8ea	10ea	12ea	12ea		12	10	12	10	12
	8	6	7	5	8	DB Shoulder Shrug pair with DB Forward Lunge	8	6	5	6	8
	8	6	7	5	8		8	6	5	6	8
	8	6	7	5	8		8	6	10	6	8
	8	6	7	5	8		8	6	10	6	8
Barbell Bent Over row pair with OH Barbell Squat	8	6	7	5	10	Single-arm Seated cable row pair with Pitcher Squat	10	8	6	8	10
	8	6	7	5	10		10	8	6	8	10
	8	6	7	5	10		10	8	6	8	10
	8	6	8	10	12		10	8	6	8	10
	8	6	8	10	12		10	8	10	8	10
	8	6	8	10	12		10	8	10	8	10
	8	6	8	10	12		10	8	10	8	10
	8	6	8	10	12		10	8	10	8	10

TRAIN TO BE A MORE POWERFUL AND STRONGER ATHLETE