

Training Day on Saturday 28th September 2019 at Markham Centre

Morning training session

RAMP warm up

Raise heart rate - jogging with pace getting slightly quicker, including side steps and skipping

Activate and Mobilise muscles

- calf steps from push up position
- calf reaches from push up position
- from push up position reach foot up to hand and rotate body
- hamstring sweeps
- leg swings (straight leg kicks, straight leg in front of body, leg rotations over 'hurdle')
- high knee walk with knee hug
- high knees (remember to keep body and hips tall - 'imagine a hot air balloon pulling you tall', look straight ahead, foot landing under body and knees to hip height)

Potentiate so ready for session

- 3 about 80metre downhill strides with slow jog back recovery

Main session

2-3 sets of 1min effort, 1min jog, 3min effort, 1min jog, 30s effort, 30s jog, 30s effort
3min jog between sets

Key is to get out well in first minute, get into good rhythm in 3min effort, then good speed on 30s efforts. Important to keep recovery at jog at this time of year.

Warm down

Easy jog to gradually bring heart rate back down, followed by static stretching (approximately 15s for each stretch) to remove tightness from muscles:

- calf (hands against wall, straight back leg)
- achilles (hands against wall, bent back leg)
- hamstrings (straight legs, reach down and touch the floor)
- quads (stand on one leg, pull leg back so knees are together)
- groins (sat on floor, soles of feet together, push knees as close to floor as possible)
- gluts (sat on floor, cross leg over other leg and pull knee as close to shoulder as possible)
- lower back (lie on floor, keep both shoulders on floor, pull knee across body)

Afternoon conditioning session

Plank

Key points to remember: straight line from shoulders to feet, tense abdominals (think holding in wee or getting belly button to as close to back bone as possible), tense gluts, to ensure straight back imagine tucking tail in between your legs

Plank activities you can do

- balance tennis ball on your back
- high fives with a partner (with tennis ball on back)
- tap partner arm game

Side Plank

Key points to remember: straight line from shoulders to feet (perhaps use line on float of sport hall as a guide with ankle and elbow on line), keep top shoulder directly above lower shoulder (perhaps stick arm straight up in air as a guide), tense gluts and abdominals

Plank activities you can do

- high fives with a partner
- if confident, can do leg raise

Squat

Key points to remember: keep upper body tall, keep knees pulling apart, keep ankles on floor (if struggling can put a mat under your ankles to assist whilst get used to squats)

Plank activities you can do

- pass or throw a medicine ball around the group