

Four Week Fitness Program

Week 1 & 2

Session	Activities
Session 1	<ul style="list-style-type: none"> • Jog - 10 minutes and stretch • Circuit - 6 SETS Knee Lifts, Push Ups, Slow Squats X6 Rest 10 secs between sets • Running 20 x 20 metre at $\frac{3}{4}$ pace • Recovery – walk back • Cool Down
Session 2	<ul style="list-style-type: none"> • Jog - 10 minutes and Stretch • Skipping - 5 SETS Flat out X50. Rest 30 seconds • Rest - 2 minutes walk and stretch • Fartleck – 5 SETS Jog 30 seconds - $\frac{1}{2}$ pace 10 seconds - $\frac{3}{4}$ pace 10 seconds • Cool Down
Session 3	<ul style="list-style-type: none"> • Jog & stretch • Program A • Cool Down
Session 4	<ul style="list-style-type: none"> • Jog 5 minutes and Stretch • Skipping – 6 SETS Flat out X50 rest 30 seconds • Rest 2 minutes Walk and stretch • Circuit – 6 SETS Knee Lifts, Push Ups, Slow Squats X6 Rest 10 secs between sets • Rest 2 minutes walk and stretch • Cool Down
Session 5 (same as session 3)	<ul style="list-style-type: none"> • Jog 5 minutes and stretch • Program B • Cool Down
Session 6	<ul style="list-style-type: none"> • Jog 10 minutes and stretch • Fartleck – 6 SETS Jog 30 seconds - $\frac{1}{2}$ pace 10 seconds - $\frac{3}{4}$ pace 10 seconds
Session 7	REST

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Week 3 & 4

Session	Activities
Session 1	<ul style="list-style-type: none"> • Jog - 10 minutes and stretch • Circuit - 6 SETS Knee Lifts, Push Ups, Slow Squats X6 Rest 10 secs between sets • Running 20 x 20 metre at $\frac{3}{4}$ pace Recovery – walk back X2 Rest 3 minutes between • Cool Down
Session 2	<ul style="list-style-type: none"> • Jog 10 minutes and stretch • Skipping Flat out – Right leg then left leg X50. Rest 30 seconds. Sets X2 Slow - lifting knees high X50. Rest 30 seconds. Sets X2 • Rest 2 minutes Walk and stretch • Fartleck – 7 SETS Jog 30 seconds - $\frac{1}{2}$ pace 10 seconds - $\frac{3}{4}$ pace 10 seconds • Cool Down
Session 3	<ul style="list-style-type: none"> • Jog 10 minutes and stretch • Program A • Cool Down
Session 4	<ul style="list-style-type: none"> • Jog 10 minutes and stretch • Skipping Flat out – Right leg then left leg X50. Rest 30 seconds. Sets X2 Slow - lifting knees high X50. Rest 30 seconds. Sets X2 • Rest 2 minutes Walk and stretch • Circuit - 6 SETS Knee Lifts, Push Ups, Slow Squats X6 Rest 10 secs between sets • Program B • Rest 2 minutes Walk and stretch • Jog 10 minutes • Cool Down

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Session	Activities
Session 5	<ul style="list-style-type: none">• Jog - 10 minutes and stretch• Circuit - 6 SETS Knee Lifts, Push Ups, Slow Squats X6 Rest 10 secs between sets• Running 20 x 20 metre at $\frac{3}{4}$ pace• Recovery – walk back X2• Cool Down
Session 6	<ul style="list-style-type: none">• Jog 10 minutes and stretch• Fartleck – 8 SETS Jog 30 seconds - $\frac{1}{2}$ pace 10 seconds - $\frac{3}{4}$ pace 10 seconds• Cool Down
Session 7	REST

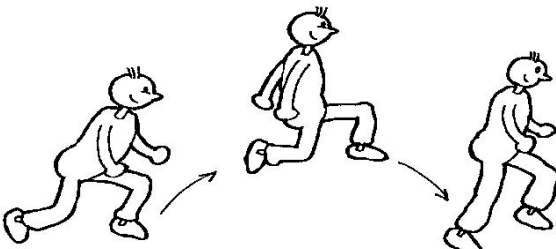
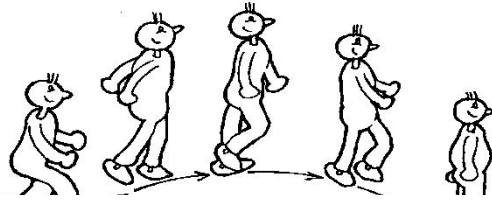
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PROGRAM A - Speed and Leg Speed Training for Netball

Exercise		Repetitions		
		WK-1	WK-2	WK-3
1	<p>Split Squat with Cycle Spread your feet wide apart. Bend your front leg 90 degrees at the hip and 90 degrees at your knee. Jump up using your arms to help lift – hold the split squat position. Land slightly in the same position on the ball of your feet and immediately repeat the jump.</p> 	4	6	8
2	<p>Jog-Stride-Sprint 45m Jog 15m --Stride (3/4 pace) 15m --Sprint 15m Walk back recovery</p>	4	5	6
3	<p>Single Leg Hops Push off with the leg you are standing on and hop forward landing on the same leg. Use a strong leg swing to increase the length of the hop and strive for height with each hop. Walk back to the start after each hop and remember to perform the hops on each leg.</p> 	4	5	6
4	<p>Jog and Sprint 40m Jog 20m -- Sprint 20m Walk Back Recovery</p>	4	5	6
5	<p>10m Pitter Pat Perform pitter pat over 10m distance. Pump arms. Walk back to the start between repetitions</p>	4	5	6

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Exercise		Repetitions		
6	Sprint-Jog-Sprint-Jog Sprint 5m --Jog 5m --Sprint 5m --Jog 15m Recovery – Walk back to start	4	5	6
7	Lateral Hops over a line Mark out a line that you can hop over. Stand on one foot and hop 30cm either side of the line. Only elevate about 10cms. The hops should be very quick. Swap legs	8	10	12
8	10m Uphill Sprints Start all sprints from the standing position Sprint 10m Walk back to start	4	5	6

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PROGRAM B

	Exercise	Repetitions and Recovery	Repetitions	
			WK-2	WK-3
1	Short Interval Walk (concentrate on small fast steps)	1 x 15m 2 x 10m 3 x 5m Recovery – walk between repetitions	2 3 4	3 4 5
2	Hollow Sprints (sprints performed with jogging in between)	Jog 20m --Sprint 30m--Jog 20m x2 Recovery – walk between repetitions	3	4
3	Uphill Sprints (emphasis on high knee lift and elbow drive)	1 x 10m 1 x 20m Recovery – walk between repetitions	2	3
4	Acceleration Runs (begin with a jogging build up before exploding into full speed)	2 x 5m jog and 15m sprint 2 x 10m jog and 20m sprint	3	4
5	Interval Sprints (maximum effort with complete rest between sets)	2 x 20m 2 x 30m 2 x 50m Recovery – walk back between sprints with 3min rest between sets	2	3
6	Down Hill Sprints (a form of overspeed training)	2 x 20m Recovery – walk back between repetitions	3	4

Important Points:

Ensure adequate rest * If feeling fatigued, reduce workload * Ensure good technique
Program A and Program B must be performed once a week, but not on the same day.
Flexibility exercises should be done before and after each session.

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