



PRE-SEASON WEEKLY TRAINING UNIT EXAMPLE

VOLUME OF TRAINING:

Strength training should be done 2 to 3 times a week with at least one days rest between sessions.

Cardio Hit outs can be done daily with a minimum of 2 sessions per week completed.

Skipping Program can be completed twice a week

Core training should be done 2 to 3 times a week with at least one days rest between sessions.

15 mins of **Mobilisation and Stretching** should be done 3 to 6 times a week.

Example weekly units:

HIGH VOLUME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Strength	Cardio + Core	Strength	Cardio + Core	Strength	Cardio	REST
PM	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility	REST

MEDIUM VOLUME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Strength	Cardio	Strength	REST	Strength	Cardio	REST
PM	Mobility	Mobility	Core	Mobility	Mobility	Core	REST

LOW VOLUME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Strength	Cardio	REST	Strength	REST	Cardio	REST
PM	Mobility	Core	Mobility	REST	Mobility	Core	REST