



Off season Strength & Conditioning Metro League

Complete Both Session 1 & Session 2 once to twice a week.

Session 1 – Maximum effort training				
EXERCISES	Reps	Tempo	Sets	Rest
BB Rear Lunges	8,6,6,8 ES	3:0:2	3	2 mins
SL Box Squat	8	2:0:1	3	2 mins
1-2 minute Fast Run	1	FAST	1	NA
BB Romanian deadlift	6 ES	2:1:2	3	1 min
SL Eccentric Nordics	6 ES	3:1:X	3	2 mins
1-2 minute Fast Run	1	FAST	1	NA
Inverted TRX Row	8	2:0:2	3	90 sec
BB Bench press	10	2:1:1	3	90 sec
1-2 minute Fast Run	1	FAST	1	NA
Chest DB Tri Set (On Floor)	8 ES	1:0:1	3	90 sec
Arnold Press	10	2:0:1	3	90 sec
Session 2 – Dynamic effort training				
EXERCISES	Reps	Tempo	Sets	Rest
Box step up with knee drive	8 ES	Controlled	3	Start stopwatch at beginning of set. Start new set every 60 secs. Complete 500m row after KB Swings, then again at end of program
Hip extension (Upper body fixed)	8	Controlled	3	
KB Swing	8	Controlled	3	
BB Push Press	8	Controlled	3	
DB Bent Over Row (Neutral Grip)	8	Controlled	3	
Elevated Push Ups	8	Controlled	3	

Note:

ES = Each Side

SL = Single leg