



## Team 12's: Off Season Weekly Training Schedule

2 sessions a week: Bodyweight Strength & Band Training

1 Session a week: On the Spot High Intensity Interval Training

2 Session a week: Core Training Level 1

1 Session a week: On Court Netball Conditioning

2 sessions a week: Stretching

### Example Weekly Routine

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
AM	Strength	HIIT		Strength		Netball Conditioning	
PM	Core		Stretch	Core	Stretch		

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