



Team 13-15's: Off Season Weekly Training Schedule

2 sessions a week: Strength Training

2 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

3 sessions a week: Stretching

Example Weekly Routine

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

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