



## Team Metro Leagues: Off Season Weekly Training Schedule

3 sessions a week: Strength Training

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

1 Session a week: Core Training Level 1

1 Session a week: Core Training Level 2

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	Strength		Netball Conditioning
PM	Core	Stretch		Core	Stretch		Stretch

ACADEMY OF SPORT SPEED  
AUSTRALIA