

2013

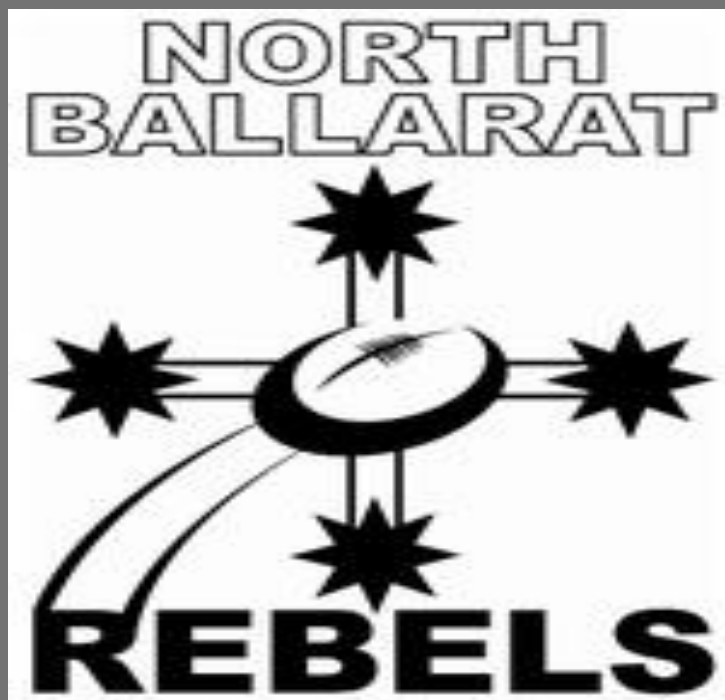
2014

Athlete Home

Program

Pre-season Conditioning and Cross Training

As part of a professional club it is your individual choice to utilize and adhere to the program planning that is put in place to develop the best holistic footballer you can become. This home conditioning program is designed fully with that intention, we want you to take ownership in your development as an AFL footballer and to give you the chance in making it to the top level.



Mitch Murray 0429675476
North Ballarat Rebels
2013 2014



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Introduction

Dear Athlete,

Welcome to the 2013/14 preseason with the North Ballarat Rebels. This booklet has been specially designed to assist with your individual development as an athlete and will help develop a solid base fitness level that will enable you to perform at your best on the football field.

In this booklet you will find conditioning sessions aimed to guide your individual training during the entire preseason. To get the most out of this program I require you to complete 3-4 sessions a week and accumulate between 150 and 170 minutes of conditioning each week. Of course this only applies to athletes who are fully fit and healthy. These 150-170 minutes include each training session, weekend sport and any of the following sessions. Vigilance to individual coping with load and other commitment is priority and the required minutes are purely a guide, i.e if you're feeling sore or fatigued, rest, or complete a non-weight bearing session such as swimming or cycling.

Conditioning for the Ballarat squad include three training sessions run during the week, on a Monday (20mins), Wednesday (90mins), and Thursday (20mins), as well as one conditioning session from this booklet unless you play a weekend/ summer sport (t=160 minutes).

Regional squads conditioning sessions comprise of two structured training sessions on a Monday (20minutes), Wednesday or Thursday (20minutes) depending on region. This means you are at a disadvantage and why it is really important that you complete sessions from this booklet. Ideally 2-3 sessions will be adequate to accumulate the 150-170 minutes required for conditioning per week.

When completing the session remember that "doing a session 99% right is 100% wrong" always put 110% effort into every session and you will be rewarded with gains in your fitness.

If you have any questions or want to manipulate any and session please don't hesitate to contact me –
0429 675 476

"There are two types of people, the sayers and the doers! Who are you?"

Good luck,

Mitch Murray

Head Strength and Conditioning Physical Preparation Coach

Session Plan

Conditioning doesn't just include running. This home program has been put in place for variety and includes a range of sessions for you to pick and choose from to meet your availability. The session you choose to complete is up to you, this means remembering and communication with your fitness coach is very important. This year's training load will be monitored like never before and considered very important into your training. Below I have provided a session report template, I encourage you to familiarise and utilise this for every session. The template includes week, name, region, session code (eg. LSD 1), time or distance completed (during session body), RPE, and any additional notes (eg. Injury, location, use of equipment, what you ate before hand, hydration level, question you may want to ask fitness coaches).

Session Template: to hand to fitness or regional coach.

Week: Date: / /	Session Code	Time or Distance completed	RPE	Notes:
Name:			/10	
Region:				

In the second last column you will see RPE, this stands for Rate of Perceived Exhaustion Scale (RPE). The RPE scale is used to measure the intensity of your exercise. It is a rating score from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- 0.5 – Just noticeable
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 – Very, very heavy

In most cases, you should exercise at a level that feels 3 (*moderate*) to 4 (*somewhat heavy*). When using this rating scale, remember to include feelings of shortness of breath, as well as how tired you feel in your legs and overall.

Time Line

Dec						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 LSD 1	21	22 Any Swim
23 F1	24	25 Christmas Day	26	27 LSD 1	28	29 Any Swim
30	31 LSD 2					

Jan						
M	T	W	T	F	S	S
		1	2 F1	3	4 Any Swim	5
6 Any Cycle	7	8 LSD 2	9	10 LSD 3	11	12 Any Swim
13 F1	14	15 F2	16	17 LSD 3	18 Recovery Must do!	19 LSD 3
20 Any Cycle	21 TESTING DAY U18's @ St Pats 10am.	22	23	24	25	26
27	28	29	30	31		

On 4/7 days minimum, please complete the prescribed core session. Over the few weeks increase the reps and or time.

If you are doing any weights, I advise you do them in the morning of any training day and make sure you do your conditioning exercise in the late afternoon.

Also if you are doing weights I want you to write down what you are doing, then call me for advice. I will be able to prescribe exercises with load and purpose for this particular training phase.

Running Sessions

Long Slow Distance

Long Slow Distance (LSD) is typically designed for base phase or early preseason training. By this date you would have completed the Base testing days and hopefully have completed your 3km time trial. Your results are pivotal to this part of the home programs LSD exercise prescription.

LSD 1

Warm up- 5minutes running

Dynamic stretching

i.e leg swings, knee to chest, quad stance with arm extension, calf walk.

Session body-

7 km @ 70%

Cool down

Static stretching of all lower muscle extremities and make sure to keep hydrated.

LSD 2

Warm up- 5minutes running

Dynamic stretching

i.e leg swings, knee to chest, quad stance with arm extension, calf walk.

Session body-

6 km @ 75%

Cool down

Static stretching of all lower muscle extremities and make sure to keep hydrated.

LSD 3

Warm up- 5minutes running

Dynamic stretching

i.e leg swings, knee to chest, quad stance with arm extension, calf walk.

Session body-

30 minutes @ 70%

Cool down

Static stretching of all lower muscle extremities and make sure to keep hydrated.

Fartlek Interval Running

Fartlek means “speed play” in Swedish, this training method incorporates both LSD running and interval running. Provided below are two different Fartlek sessions, you will note that the training variables are manipulated differently, however have similar training effect. It is your choice of either of the sessions to complete during these weeks.

F1

Individual Fartlek Running

Mark out a 6km course.

Preferably on a flat and soft surface

Remember to time yourself and remember the total RPE

Warm up- 5 minutes

Dynamic stretching

Sub max running to ↑HR

Straight line run throughs

Session body- Main Conditioning Aspect

Begin at 50% intensity for 500 meters

Include two repetitions (2x) for each of the following, with return to your 50% HRR between each run. Remember 6kms total.

50 meters @ 90% sub max intensity

100 meters @ 80% HRR intensity

150 meters @ 75% HRR intensity

200 meters @ 70% HRR intensity

500 meters @ 60% HRR intensity

Cool down –

Static stretching of all lower muscle extremities and make sure to keep hydrated.

F2

Individual Fartlek Running

Mark out a 6km course.

Preferably on a flat and soft surface

Remember to time yourself and remember the total RPE

Warm up- 5 minutes

Dynamic stretching

Sub max running to ↑HR

Straight line run throughs

Session body- Main Conditioning Aspect

Begin at 50% intensity for 200 meters. Then

Complete:

8x 250 meters @ 70% HRR

With 100 meters at 50% HRR

5x 500 meters @ 60% HRR

With 100 meters at 50% HRR

Cool down –

Static stretching of all lower muscle extremities and make sure to keep hydrated.

Swimming Sessions

Interval Sessions Weeks

Continual Swimming Weeks

Swimming is a great mode of cross training exercise for footballers. With the preseason in full bloom, swimming provides conditioning that takes loading stress of weight off your body. Swimming changes the resistance from gravity to fluid dynamic forces. When completing pool sessions it is important to note that your HRR will be altered and we will not use it as an intensity guide. The term % of speed and RPE will be used instead. Record the session in your session report and make note of any alterations to these sessions provided below.

If you're like me and haven't got much confidence in the pool I am very happy for you to go for a swim that maintains a continual intensity. The main stroke to use throughout these sessions is freestyle. Please remember and include in the report your distance, time and intensity during the session as well as the RPE score. Code it CS.

Remember to wear goggles and keep hydrated.

SWIM 1

Warm up –

200m, building speed throughout swim,
Dynamic stretching – kicking, lunges, arm circles

Session body-

4 x 50m @ 100% with 45 sec rest
recovery between efforts
3 x 100m @ 80% with 60 sec rest
recovery between efforts
2 x 200m @ 70% with 120 sec rest
recovery between efforts
1x 400m @ 70%

Total distance = 1.3km
or 52 laps of a 25m pool
26 laps of a 50m pool

Cool down – 100m @ 50-70%

SWIM 2

Warm up –

200m, building speed throughout swim,
Dynamic stretching – kicking, lunges,
arm circles

Session body-

3 x 200m @ 80% with 150 sec rest
recovery between efforts
2x 400m @ 70% with 150 sec rest
recovery between efforts

Total distance = 1.4 km
Or 56 laps of a 25m pool
28 laps of a 50m pool

Cool down – 100m @ 50-70%

Cycling Sessions

Mountain Bike Riding Weeks

Stationary Bike Sessions Weeks

Cycling is another great mode of cross training used by many athletes. Although transferability to AFL is next to nothing the purpose of prescribing any mode of cross-training is for you the athlete to decrease the gravity loading. I have two options and it's purely your preference or availability to complete either during the preseason or even during the season when consulted.

Option 1 is mountain bike riding, there are so many good tracks around that include a mix of both flat, incline and decline sections. If you decide to go for ride I want you to include time and distance covered, RPE, and if you can the estimated duration and intensity. Remember to wear protective equipment, keep hydrated and if so take someone with you to include a competitive edge and make it enjoyable. Code it MB.

Option 2 is the structured stationary bike sessions, see below and complete session report. Please note that there are three resistance levels, to familiarise yourself with the bike I recommend you get use to finding the particular feel before starting. This will hopefully help as the session intensity changes regularly.

STCYCLE 1

Warm up- 5 min spin @ mod intensity

Session Body- Part A

12x 30sec @ high resistance with 30sec
mod resistance

Then 60 sec rest

10x 45 sec @ mod resistance with 15sec
low resistance

Part B

8x 20 sec high resistance

20 sec mod resistance

20 sec high resistance

30 sec low resistance

Total duration= 28 minutes

Cool down- 2 mins @ low resistance

STCYCLE 2

Warm up- 5 min spin @ mod intensity

Session Body- Part A

2x 60 sec @ high resistance with 15 sec
recovery @ low resistance between
efforts

4x 30 sec @ high resistance with 30 sec
@ low recovery between efforts

6x 15 sec @ high with 15 sec recovery @ mod

Part B

8x 20 sec high resistance

20 sec mod resistance

20 sec high resistance

30 sec low resistance

Total duration= 29.5 minutes

Cool down- 2 mins @ low resistance

Core Strengthening Program

Core doesn't mean abdominal muscles! It includes other muscles that make up the core region, such as hip, back and upper leg muscles. The following session targets most of the most of the muscle groups, as injuries to these regions are commonly seen in all agility team sports.

Strength Exercises

Nordic holds

-Nordic holds 2x5

Plank

-2x Plank 2x 60 sec

Side planks

-2x Side planks 45sec each side

Bridge squeeze

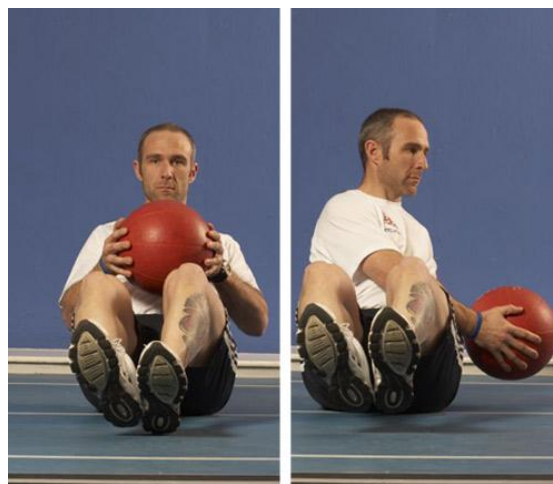
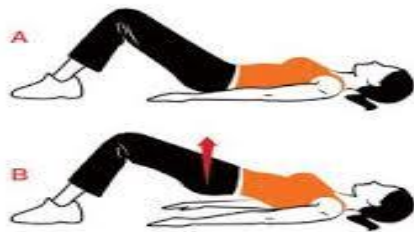
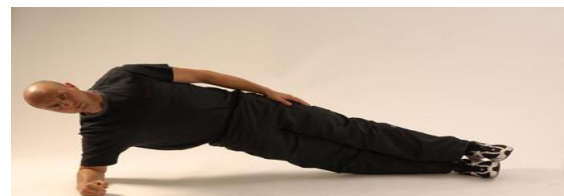
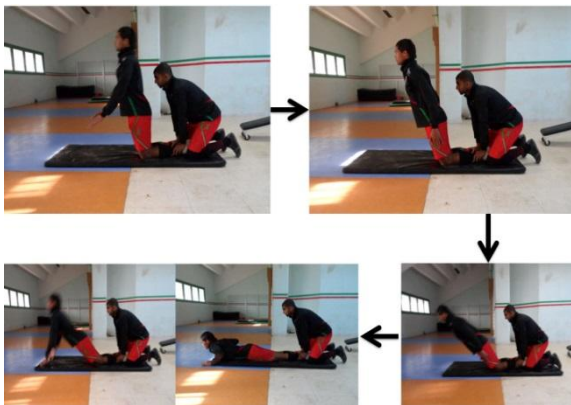
-Bridge squeeze 2x10

Prone lying Bird Dog

-2x Prone lying Bird-Dog 5 each side

V- Sit twist

-2x V-sit twists 10 each side



Recovery Sessions

Cryotherapy Methods

Firstly Cryotherapy is the recovery method of applying a cold median. There are a few forms, including ice packs, ice massage, and ice water immersion (ice baths). The most effective form is ice water immersion, due to the surface area that it can cover at one time and the amount of vasoconstriction. Since temperature is always manipulated and heart to monitor the rule is the colder it is the less time is needed. For example 10 minutes at 10°C, there on, with every increase in temp you increase duration by equal. The other forms are just as applicable and encouraged after intense exercise. Just be careful not to burn yourself as ice will. Hot-cold contrast has also been proven affect, with 10 seconds lukewarm water to 60 seconds over 6 minutes.

Hydrotherapy is another form of recovery, it is best to perform heat related recovery 24 hours after exercise. This can include swimming laps, and dynamic movements in the water. Deep water also has better affects for recovery as the variant water pressure increases as depth increases, inflicting more vasoconstriction and venous return to the heart and lactate breakdown.

Manual Therapy

Including massage, manipulation, mobilisation, acupuncture, and stretching. Recommendations to massage include application 12 hours post intensive exercise, and 48 hours after a direct blow (trauma) to the local area. Include long slow medium pressure to major muscle groups, and include stretching.

Stretching in the form of Proprioceptive Neuromuscular Facilitation (PNF) is the best form of stretching during your own time after exercise. This involves shortening contractions of the opposing muscle group to place on the target muscle on stretch. This is followed by an isometric contraction for 20-25 seconds. Make sure to include all muscle groups in lower extremity and back.

Nutrition

During the preseason phases your main fuel source should include low GI carbohydrates. Including wholemeal pastas and breads, and avoid starchy carbohydrates and high GI carbohydrates. Summer is also here so include plenty of fresh salads with lean meats or legumes. It is also important to include to a balanced nutritional plan, if your Christmas indulgence gets the better of you remember moderation is the key. This also applies to alcohol consumption.

Sleep

Sleep and meditation has been an area typically under minded, it's recommended that your age group require a minimal 7-9 hours sleep a night. With the increased load over the preseason you're sustainable to not only physical stress but mental stress too. Down time is a great time to reflect on training sessions, and absorb coach's messages. This would be a great time to try meditation or other therapeutic methods.

Conclusion

With this program now here in place for your development, it's up to you to use it to your advantage. There are over 170 athletes in the squad and your physical development may be the one are that will put you ahead of the rest. I urge you to read it and if you have any other suggestions don't hesitate to call me and discuss other options. Just remember to document and record what you do because it will help in the future. Communication with your fitness staff will take you a long way, as you are all individual people you will have different strengths and weaknesses, and changes to your home program will help you become a better athlete. Finally I would just like to say all the best for the year and if you have any questions don't hesitate to call any other the coaching staff, everyone involved in this program is here for you.

Mitch Murray

0429 675 476

Session Reports

Week: Date: / /	Session Code	Time or Distance completed	RPE	Notes:
Name:			/10	
Region:				

Week: Date: / /	Session Code	Time or Distance completed	RPE	Notes:
Name:			/10	
Region:				

Week: Date: / /	Session Code	Time or Distance completed	RPE	Notes:
Name:			/10	
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Region:				