



SUMMER TRAINING PROGRAMME

Now is a good time to prepare for next year's netball season. Make the most of summer and the good weather to get out and get fit.

Netball demands 'sustained' high intensity play, your ability to sustain intensity depends directly upon your AEROBIC ENDURANCE. Therefore, you must develop this first!! The focus of this training phase is on strength and aerobic endurance.

Get a diary and keep a record of your training progress.

Training Pace

To determine your training intensity, you must monitor your Heart Rate.

Here is how you can best work this out if you are unsure.

1. 220- your age

Your age predicted maximal heart rate can be determined by subtracting your age from 220. Your training heart rate should be within the range of 70-85% or your maximum heart rate at this stage of your season.

Eg to calculate your training heart rate range if you are a 25 year old:

$$0.70 \times (220 - 25) = 137 \text{ bpm} \text{ this is your lower limit}$$

$$0.85 \times (220 - 25) = 166 \text{ bpm} \text{ this is your upper limit}$$

Training Principles

- A. You must perform 3 aerobic sessions per week to improve your fitness
- B. All sessions must challenge the aerobic system – aim to work at your upper limit
- C. Running is the most specific activity to netball
- D. Remember to always warm up and cool down when training
- E. Keep drinking lots of water before, during and after training
- F. Use a sun screen if training outside



GENERAL SUMMER PLAN

Dates	Phase	Priority	Activity
Nov/Dec/Jan	Base	Strength Aerobic Endurance	Resistance exercises Run, Pool, Bike

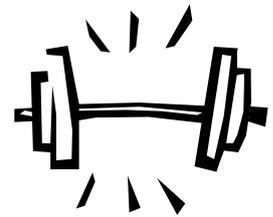
MAKE IT FUN

- ☺ Keep off the hard ground and run different routes
- ☺ Listen to music while you are training
 - ☺ Run with a friend
- ☺ Try cycling or swimming for variety



WEEKLY PLAN EXAMPLES

This is a suggested weekly plan. You can use it as your program, or you can use it as a guideline to create your own around your other commitments. The only thing you must remember is that you must have a rest day between your strength session.



DAY	Suggested weekly plan	Activities
Monday	Strength & stabilising	Resistance exercises using own body weight
Tuesday	Aerobic Endurance session (20 - 30 mins)	Fartlek session or Bike, swim, pool running
Wednesday	Other sport	e.g. Touch, tennis
Thursday	Strength & Flexibility session	Resistance exercises using own body weight
Friday	Aerobic Endurance session (20 - 30mins)	Long intervals Bike, swim or run
Saturday	Aerobic Endurance session (30 - 60mins)	Steady run or pool work (include 6x30metre reps of uphill running- if in the pool 6x30metres of sprinting in pool)
Sunday	ACTIVE REST	Walk or play other sport

AEROBIC ENDURANCE TRAINING OPTIONS

Steady Run	Fartlek Run	Long Interval Run
Should be 20 - 40 minutes' duration. Ideally on firm undulating surfaces eg golf course, beach	85 -90% max HR General Preparation: Run 25-30 minutes Include 4-6 x 2 min hard run then 2 minutes easy	90 - 95% max HR 2 – 3 sets 3 rep's x (1 min hard then 2 mins' jog/walk) = 1 set Rest 3-5 minutes between EACH set

STRENGTH & STABILISING ACTIVITIES

Here are some basic ideas of strength training, using your own body weight as the resistance. Give yourself about 1 minute's rest between each exercise

1. Leg Squat – ensure knees are in line with toes <ul style="list-style-type: none"> • Double leg x 20 • Single leg x 10 each leg
2. Press ups x 15 (on knees if you can't do full press ups) – keep body straight like a plank
3. Jump Squat <ul style="list-style-type: none"> • Double leg x 15 • Single leg x 10 each leg
4. Press up position with alternate leg and arm lifts <ul style="list-style-type: none"> • Assume full press up position making sure your body is straight like a plank. Lift right arm and left leg off the floor, keeping body and limbs as long as possible, hold for 10 seconds. Slowly lower to floor and lift other leg and arm. Repeat x 9 more times each side
5. Crunchies x 20 <ul style="list-style-type: none"> • Lie flat on your back with feet off the floor & your knees bent at right angles. Draw your navel to your spine and hold the contraction. Raise your chest and shoulders off the floor. Keep head still. Hold for 2 –3 seconds then lower shoulder blades back to floor
6. Lunges <ul style="list-style-type: none"> • Multidirectional (forward, sideways, backwards, on the 45 degree angle) • Use hand weights – 1 kg
7. Calf raises <ul style="list-style-type: none"> • Stand facing a wall. Place hands on wall at shoulder height and lean towards the wall, keeping body straight. Raise right calf, then lower. Repeat on other side. Complete 25 each side

POOL SESSION

Aqua jogging involves running in the water, with or without the assistance of a floatation belt fitted around your waist. There are different types of vest available, with different levels of buoyancy. The less buoyant the vest, the harder you have to work, and working without a vest is even harder!

To increase the difficulty in the water

- ❑ Perform the activities without a vest
- ❑ Use a bungy cord tied to the pool edge or a partner
- ❑ Hold a ball, or perform passing drills

BENEFITS FOR NETBALL

- ❑ Aerobic endurance – this can be both improved and maintained
- ❑ Anaerobic endurance (match fitness) – can be developed or maintained
- ❑ Strength – can be improved as the water acts as a resistance for muscles during movements
- ❑ During injuries you can continue fitness training
- ❑ You can work on movement weaknesses eg your left side
- ❑ You can work in pairs, groups or individually
- ❑ Ball work can be incorporated.

TECHNIQUE

- ❑ Aim to use a technique that is as close as possible to that of running on the land
- ❑ The belt will try and push your body forward, aim to maintain an upright posture throughout.
 - Imagine a line running thru your ear, shoulder, hip and foot

TRAINING INTENSITY

- ❑ Because of the hydrostatic pressure of the water your working heart rate in the water will be lower than that during running on land. A general guideline is to ADD 10% to your water training heart rate to compare it to an on land rate

PROGRAM

- ❑ The amount of work that you perform per session in the pool should be the same as what you would do for an on land session. (e.g. 10 x 30 seconds on land would be just the same but in the water)
- ❑ The intensity should be the same in terms of effort!

REMEMBER: “ If you always do what you have always done, you will always get what you have always got ”

For queries, please contact:

Jen Hooper – NM PDM jen.hooper@netballmainland.co.nz or

Amy Eckersley – NM CNM amy.eckersley@netballmainland.co.nz