



## ST MARYS WOMEN'S FOOTBALL FITNESS IDEAS

Running session ideas	Strength session ideas	Cross Training sessions
<p>Warm up – 2 laps of the oval (approx. 5 mins)            Variation of movements/strides – 5 mins            Interval training – 30 seconds hard/30 seconds easy running around oval (3 sets of 4-6 minutes build up over the preseason)            Cool down – 1 lap of the oval (slow)</p>	<p><u>Tabata Session</u>            20 seconds on and 10 seconds rest</p> <ol style="list-style-type: none"> <li>1. Mountain climbers</li> <li>2. Push ups</li> <li>3. Squats</li> <li>4. Dips</li> <li>5. Crunches</li> <li>6. Plank</li> <li>7. Tuck jumps</li> <li>8. Ski (side to side)</li> </ol>	<p><u>Swimming Session</u>            200m warm up            50m hard/50 easy x 3            100m hard/100m easy x 3            200m hard/200m easy x 1            200m cool down</p>
<p>Warm up – 5 minutes slow jog            Strides – 30m x 5. Build up pace            10m shuttle – 30 seconds up and back x 3            20m shuttle - 30 seconds up and back x 3            40m shuttle – 30 seconds up and back x 3            60m shuttle – 30 seconds up and back x 3            30 seconds between each repetition            2 minutes rest after each set            Cool Down – 1 lap of the oval</p>	<p><u>Pyramid Session</u></p> <ol style="list-style-type: none"> <li>1. Squat</li> <li>2. Burpee</li> <li>3. Push up</li> <li>4. Sit ups</li> </ol> <p>2 of each, 4 of each, 6 of each, 8 of each, 10 of each.            Then back down- 8 of each, 6 of each, 4 of each, 2 of each.</p>	<p><u>Swimming Session</u>            250m warm up            100m hard/200m easy x 3            50 hard/100m easy x 3            500m cool down/steady</p>
<p>Warm up – 5 minutes jog            Variation of movement – high knees etc (5 mins)            400m hard – 2 minute rest            300m hard – 1 minute rest            200m hard – 45 seconds rest            100m hard- 30 seconds rest            Repeat 2-3 times.            Cool down – 1 lap of the oval</p>	<p><u>Minute max session</u></p> <ol style="list-style-type: none"> <li>1. Burpees</li> <li>2. Ski</li> <li>3. Bicycle crunches</li> <li>4. Squat jumps</li> <li>5. Jumping lunges</li> <li>6. Tricep push ups</li> </ol> <p>Do as many as you can in one minute.            3 x sets (try and meet the first set amount each time)</p>	<p><u>Swimming Session</u>            2000m swim            Vary strokes and pace</p>
<p>Warm up – 5 minutes jog            Strides – 50m x 4. Build up pace            1km hard x 3            2 minutes rest between each set.            Cool down – 1 lap of the oval</p>	<p>12 x push ups            12 x squats            12 x bridges (hips up)            12 x v sit ups            3-5 sets (build up)</p>	<p><u>Bike/cross trainer session</u>            5 mins warm up            30 secs hard/30 seconds steady x 3 min            2 mins easy            30 secs hard/30 seconds steady x 3 min            2 mins easy            30 secs hard/30 seconds steady x 3 min            2 mins easy            5 mins cool down</p>
<p>Warm up – 5 min jog            3-5km run – 5.00-5.30 min pace (build up this pace and distance)            Cool down – 5 min jog</p>	<p>Set up a square 20m between each corner.            Run to each corner.            1<sup>st</sup> lap- 5 of each            2<sup>nd</sup> lap- 10 of each            3<sup>rd</sup> lap – 15 of each            4<sup>th</sup> lap- 20 of each            One corner- Jump Squats            One corner – Push ups            One corner – Bridges            One corner – Burpees</p>	<p><u>Bike/cross trainer session</u>            5 mins warm up            1 min hard/30 secs easy x 3            2 mins easy            2 mins hard/1 min easy x 3            2 mins easy            1 min hard/30 secs easy x 3            2 mins easy            5 mins cool down</p>