

## Manly Women's Premier League – 16 Week Fitness Programme

NOTE: The sessions outlined should be completed a minimum of two times per week. Each session begins with a 800-1000m warm-up and a series of stretches and finish with a 5 min cool down and a series of stretched.

### WEEK 1.

Complete a 5km run and record your times. Our aim is to have these at or below 20 minutes.

### WEEK 2.

12 minute run around a touch field (70 m x 50 m) every third lap is a sprint. Record the number of laps you complete.

### WEEK 3.

Complete a 5km run and record your times.

### WEEK 4.

12 minute run around a touch field every third lap is a sprint. Record the number of laps you complete.

### WEEK 5.

If possible use a school track for this. 5 x 1 km runs with 3-4 minutes rest between each. (Try to maintain each km at or below 4mins/km)

### WEEK 5.

1 x 1km run          3 mins rest

1 x 800m 3 mins rest

2 x 600m walk recovery – 3 mins rest after both

2 x 400m walk recovery – 3 mins rest

1 x 200m walk recovery

3 x 6 reps of up and backs over 5 meters at pace.

### WEEK 6.

3 x 800m 1:3 Rest between reps 2 mins rest at end

1 x 600m 2 mins rest

1 x 400m 2 mins rest

1 x 200m 2 mins rest

10 reps per set. 3 sets to be done. 2 mins rest between sets – to D and back to A is one.

### WEEK 8.

1 x 400m 2 mins rest

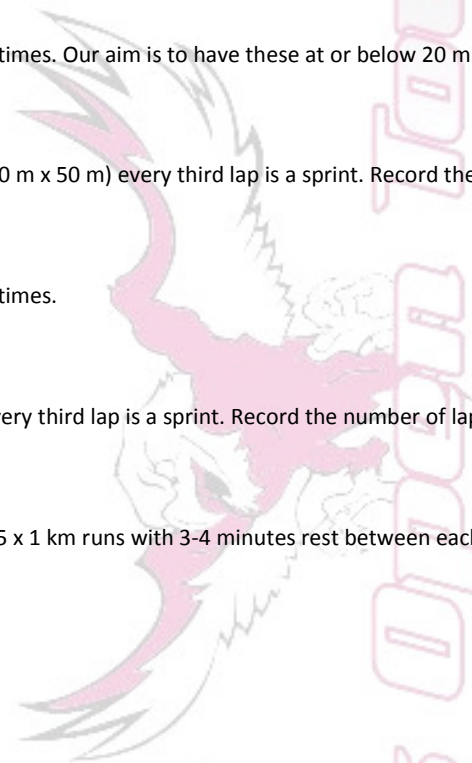
1 x 200m 2 mins rest

8 x 100m 1:3 rest between reps and 2mins rest at end of set

6 x 60m 1:3 rest between reps and 2mins rest at end of set

6 x 40m 1:3 rest between reps and 2mins rest at end of set

6 x 20m 1:3 rest between reps and 2mins rest at end of set



WOMEN'S

WOMEN'S OPEN TOUCH

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6 x 10m 1:3 rest between reps

### WEEK 9.

1 x 200m 2mins rest

3 sets of 10 x 70m sprints with 30 secs recovery between reps and 5 mins between sets.

### WEEK 10.

5 x 80m 1:3 rest between reps and 2mins rest at end of set

5 x 60m 1:3 rest between reps and 90secs rest at end of set

8 x 40m 1:3 rest between reps and 90secs rest at end of set

10 x 20m 1:3 rest between reps and 60secs rest at end of set

15 x 10m walk recovery

2 sets at pace. 2 mins rest between each set.

6 up and backs at 5m

6 up and backs at 10m

6 up and backs at 15m

6 up and backs at 20m

### WEEK 11.

6 x 20m sprints/ jog 20m/ sprint 20m

6 x 30m sprints/ jog 20m/ sprint 30m

6 x 20m sprints/ jog 20m/ sprint 20m

6 up and backs over 10m 20 crunches

5 up and backs over 10m 20 push-ups

4 up and backs over 10m 20 crunches

3 up and backs over 10m 20 push-ups

2 up and backs over 10m 20 crunches

1 up and back over 10m 20 crunches

### WEEK 12.

4 x 70m sprint jog recovery to start 2 mins rest at end of set.

8 x 40m sprint jog recovery to start 2 mins rest at end of set.

5 x 30m sprint build speed to 30m sprint 30m 2 mins rest at end

3 x 100m jog recovery

Up and back continual over 10 metre distance non stop for 3 mins. Going forward for 10m and backwards for 10m every 4<sup>th</sup> up is a sprint.



WOMEN'S

Open Touch

## Manly Women's Premier League – 16 Week Fitness Programme

### WEEK 13.

#### Sprint Sessions:

2 x 100m 1:3 recovery 2 mins rest at end of set

4 x 80m 1:3 recovery 2 mins rest at end of set

6 x 60m 1:3 recovery 2 mins rest at end of set

8 x 40m 1:3 recovery 2 mins rest at end of set

10 x 20m jog recovery

6 up and backs over 10m. 3 sets to be complete, between sets do 20 crunches and 20 push-ups.

### WEEK 14.

#### Agility Sprints. (See diagrams bottom of page)

- A. Start at point A run 5 metres to B turn and run 10m to C turn and run back to A going forward on all occasions 10 reps. 2 mins rest.
- B. Same exercise as above except slide to B then 10 metres to C and slide back to A. 10 reps 2 mins rest.
- C. Start at A forward o B slide to C slide 10m to D slide to B then backwards to A. 10 reps 2 mins rest.

6 x 60m sprints 1:3 recovery 90 secs rest at the end of set

6 x 40m sprints 1:3 recovery

### WEEK 15.

Repeat **WEEK 14.**

### WEEK 16.

Repeat the **PREVIOUS TWO WEEKS WITHOUT THE SPRINTS AT THE END AND REDUCE THE REPITITIONS TO 5 FOR EACH DRILL.**

Do not forget warm-up and warm-down.

