

## Manly Women's Premier League – 6 Week Fitness Programme Yo Yo

Based on the results from the Yo Yo fitness test please find the following programme below. Some things to note:

- We will be re-testing on Sunday 26<sup>th</sup> June at our Elite Training Camp
- A minimum of 16 is a good benchmark for the pre-season and you should all be aiming for this at the camp
- The six week session below is a minimum and this should not be the only fitness you are doing each week
- The different distances to run are based on your Yo Yo results below
- Remember you have 6 seconds to do the repetition and 6 seconds recovery
- You can measure your own distance with a tape measure or by roughly stepping out the distance, remember take large steps not small

### Overall 6 week session:

Week 1, Session 1: 12 and 12 (in detail below)

Week 1, Session 2: 14 and 12 (in detail below)

Week 2, Session 1: 14 and 12

Week 2, Session 2: 14 and 14

Week 3, Session 1: 14 and 14

Week 3, Session 2: 16 and 14

Week 4, Session 1: 16 and 14

Week 4, Session 2: 16 and 16

Week 5, Session 1: 14 and 12 (move out an extra metre)

Week 5, Session 2: 14 and 12

Week 6, Session 1: 14 and 14

Week 6, Session 2: 14 and 14

### Description:

- This is to be done twice a week and is determined on your individual Yo Yo test results
- It is one of the quickest and easiest ways for the girls to increase their fitness in the time required
- It helps improve/increase their anaerobic threshold, agility and stamina
- All of the components of touch except for the skills, running backwards ,passing etc.
- Improving the girls fitness level will improve their play decision making
- Under fatigue thus enabling them to match it with any other team who I believe have a very high standard of fitness

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### Week 1 - 12 reps X 2 sets

Warm up for 7 minutes, light sweat and stretching

12 sprints (6 seconds to complete each sprint, 6 seconds recovery start the next sprint, distance of sprint calculated via table below, e.g. 28, 29, 30 or 31 metres)

4 minutes recovery

12 sprints same as above

Warm Down

This is to be done twice a week

### Week 2 - 14 reps X 1 set then 12 reps X 1 set

14 sprints (6 seconds to complete each sprint, 6 seconds recovery start the next sprint, distance of sprint calculated via table below, e.g. 28, 29, 30 or 31 metres)

4 minutes recovery

12 sprints same as above

Warm Down

This is to be done twice a week

Weeks 3-6 , as per Overall 6 Week Session summary above.

Individual distances are below:

First Name	Surname	22nd May Yo Yo	Distance
Georgia	Wallace	16.1	31 metres
Danni	Davis	15.7	30 metres
Shellie	Davis	15.6	30 metres
Justine	Johnston	15.5	30 metres
Mason	McMillan	15.4	30 metres
Emma	Williams	15.2	30 metres
Laura	Peattie	15.1	30 metres
Jessica	Beakey	15.1	30 metres
Remy	Randall	15.1	30 metres
Emma	Crerar	14.8	29 metres
Elesha	Dougall	14.7	29 metres
Alex	Wallace	14.6	29 metres
Tina	Clancy	14.5	29 metres
Holly	Shorter	14.3	29 metres
Charmayne	Nathan	14.3	29 metres
Brittney	McLeod	14.1	28 metres
Laura	Shorter	Injured	NA
Nicky	Albery	Injured	NA
Rachael	Cleave	Absent	NA
Jenna	Hitch	Absent	NA
Sarah	Peattie	Absent	NA
Tamara	Cochrane	Absent	NA