



MANLY WOMEN'S PREMIER LEAGUE PREPARATION PROGRAM

The following program is designed to lead into the training camp as well as a maintenance program leading up into Vawdon Cup.

Complete the following program **3 times per week**.

Dynamic Warm Up

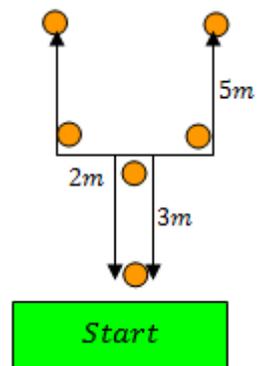
- Complete 2 laps of the fields at 50% pace – if cold you may need to run some more
- Using a support if required stand on one leg and swing the leg back and forward through a comfortable range of motion 25 each side
- In a sprint start position with legs out straight perform 50 calf raises

Set up a 15 meter x 15 meter box using 4 witches hats

- Lunge walk 15 meters out and 15 meters back holding for a few seconds at the bottom of lunge
- Walk backwards taking big steps 15 meters out and 15 meters back
- Side shuffle one lap of the square facing in and one facing out
- Perform bounding up one side, walk one side, bound one side and walk the last side
- **Perform 3 laps** of this rotation

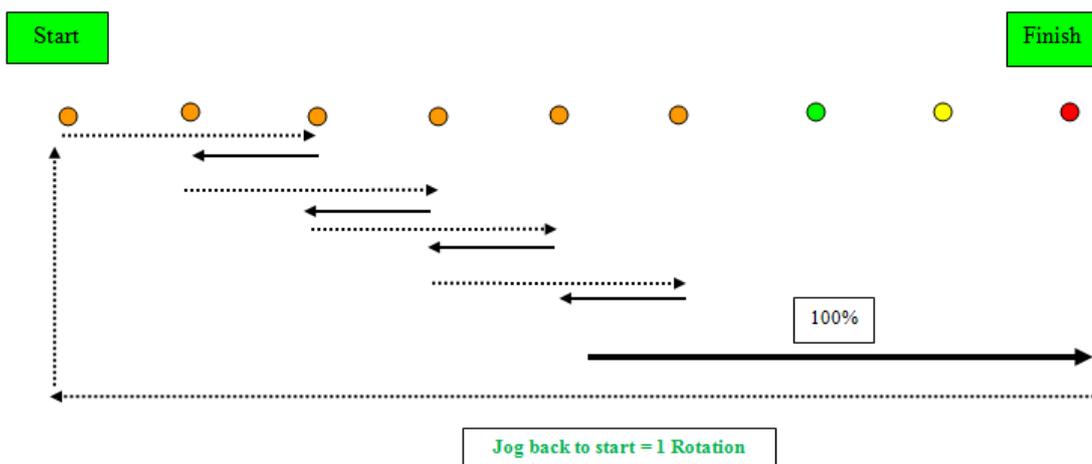
Agility - Exercise 1

- Start to the left of the first cone
- Run forward 3 meters to cone 2
- Go around cone 2 and side step to the left of cone 2 for 2 metres to cone 3
- Go around cone 3 and run 5m forward on outside of cone 3 to cone 4
- Run **backwards** to start position following the same route (cone 4 → cone 3 → sideways to 2 → backward to start cone 1)
- Immediately start on right side of cone 1 and perform in other direction
- **Left and right side completed = 1 rotation**
- Repeat 3 rotations. Take a 90 seconds rest recovery
- **Complete 3 sets of 3 rotations. = 9 times through in total**



Shuttle and Sprint – Exercise 2

- Perform 4 shuttles at 100% (20 metres forward and 10 metres backwards)
- After the 4th shuttle is completed, complete a 40m sprint at 100% = **1 rotation**





Progression - GOAL is to progress every week

3 x 6 rotations through (90 seconds rest between set of 6) = 18 times through

4 x 6 rotations through (90 second rest between set of 6) = 24 times through

5 x 6 rotations through (90 second rest between set of 6) = 30 times through

Maximal Aerobic Velocity – Exercise 3

Set-up

- Set out a straight lane or place 2 cones that are 31 metres in length
 - Set a stop watch to count down in 6 second intervals (or make whatever arrangements will help you keep track of 6 second intervals)
1. Your goal is to run the length of the lane in 6 seconds
 2. 12 second recovery between efforts
 3. Repeat above 12 times
 4. Rest for 2 minutes
 5. Complete 3 sets of 12
 6. Upgrade each week as per the table below

<u>Week</u>	<u>Length of Lane</u>	<u>Complete lane in:</u>	<u>Rest:</u>	<u>Repeat (repetitions)</u>	<u>Rest at End of Repetitions</u>	<u>Complete circuit: (sets)</u>
1	31m	6 Seconds	12 seconds	12 times	2 minutes	3 times
2	33m	6 Seconds	12 seconds	12 times	2 minutes	3 times
3	35m	6 Seconds	6 seconds	12 times	2 minutes	3 times

These distances are based on a shuttle run assessment result of 10. Distances may require adjusting depending on current fitness level.

STRETCH & COOL DOWN