

U 16 Conditioning Programme January 2011

Circuit Session

Warm Up

Over Head Squat

Lunge

Plank

Bridge

Stretching Exercises

Hamstrings	3 X 20 seconds
Glutes	3 X 20 seconds
Glute/Lower Back	3 X 20 seconds
Quads/Hip Flexors	3 X 20 seconds
Groin	3 X 20 seconds
Straight Leg	3 X 20 seconds

Circuit

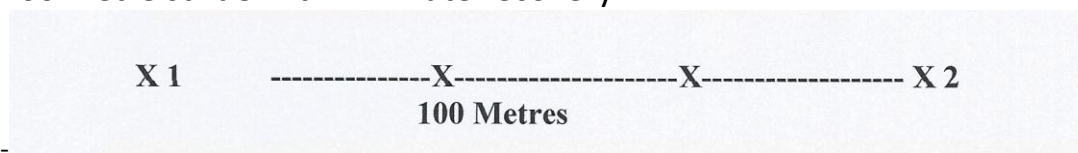
Do each exercise for 40 seconds and then move to next exercise 20 seconds Recovery between each exercise (when you have the 9 exercises completed that is 1 Circuit)

Perform Circuit 3 times

1. Lunge — Split Lunge
2. Press Ups — Diamond Press Up
3. Front Squat
4. Sit Ups — soles on Wall
5. Squat Jumps
6. Reverse Flys
7. Sit Ups with Medicine Ball Twist
8. Bridge with Straight Leg
9. Bicep Curls/Lateral Raise/Frontal Raise

(A)Running Technique Session

100 metre stride with 1 minute recovery



Place a cone at X1 and another at X2. Distance between the cones is 100 metres

- Place 2 cones at even distances apart (Marked as X)
- Start at X1 and stride to X2.
- Accelerate speed when you pass the cones marked X.
- After each stride recover for 60 seconds
- Perform 6 strides and recover for 3 minutes
- Perform second set of 6 strides (1 minute recovery between each stride)
- In total you are doing 12 Strides in the session(2 sets of 6)
- The aim of this session is to work on running technique