





Canterbury Women's Basketball Pre-season Fitness Plan

- Start all movement in a neutral position: Shoulders back and down; core engaged.
- Breathe through all the exercises, do not hold your breath.
- Always warm up with a light cardio workout for at least 5minutes before beginning. Cool down afterwards with light cardio to ensure respiratory rate and heart rate have slowed. Static stretches can be performed after cool down.

Day 4: Cardio (Speed) & Core

Exercise	Muscles	Sets	Repetitions	Movement		Notes
Jack knives	Upper, middle and lower abdominals	3	12	Lying on back with arms and legs out straight, engage core and sit up, reaching hands up to feet then lower back down with control		Begin with just one leg
Bicycle crunch	Upper and middle abdominals, obliques	3	20	Clasp hands behind head and lift shoulders off ground. Twist shoulders so that one elbow meets the opposite bent knee then twist and peddle legs so the other elbow and knee meet		Right AND left crunch = one rep

Side plank/Prone hold	Abdominals, obliques, deltoids, lower back, glutes	4	Max time, twice on each side	Lying on your side, position the lower forearm on ground with elbow directly under shoulder, legs out straight, when ready, engage core and lift hips away. Hold position for as long as possible		To begin with, bend bottom knee and lift hips up with knee resting on ground
Leg lowers	Lower abdominals	3	12	Lying on back, place hands under bottom or lower back for comfort, lift legs off ground with 90 degree angle at hips, lower both legs together towards ground then raise them back up to start position		Place hands behind head and lift shoulders when stronger
Sprint pyramid	Lower body	7	10:120 20:120 30:120 40:120 30:120 20:120 10:120	When warmed up, sprint at 100% intensity for 10seconds then take a walking recovery for 120seconds (2min) before next set. Extra sets and/or longer sets can be added as fitness improves		Warm up <u>minimum</u> 5minutes light cardio, sprints are best performed on field or track – <u>not</u> on pavement. An interval timer such as a Gymboss will help with perfect timing