

Canterbury Women's Basketball Pre-season Fitness Plan

Additional Notes

- A fifth day of training can be included each week – a second endurance cardio workout or casual game would be ideal
- Try and keep a day of rest between the two strength/power workouts to ensure maximum strength, power and energy to perform the exercises correctly
- If performing strength and cardio workouts on the same day, always complete the strength workout first to ensure maximum strength, power and energy to perform the exercises correctly
- Always learn an exercise movement correctly before adding weight – the common names for all exercises have been used in this plan; movement tutorials can be found online
- Muscles are 'worked' in both directions – for example, you will gain strength during the pushing away AND lowering down during push ups
- Less repetitions which are performed slowly, correctly and with control work the muscles better than rushing through a higher count of repetitions with poor technique
- Eating a small meal (such as a piece of fruit – not a chocolate bar) around 30minutes prior to working out is important to reduce the risk of low blood sugar, becoming light headed and fainting
- Stay hydrated during workouts. Plain water is better than sports drinks
- Try to consume a protein and carbohydrate rich meal or shake within 30minutes after finishing to help replenish glycogen stores and repair muscles

Adjustments for four weeks post beginning of plan

- It is important that you continue to change up your workouts to ensure that you are constantly challenging your body and therefore will be less likely to plateau with your fitness gains
- By week four, you should have increased your weights at least once. Refer to the notes at the beginning of Day 1 and Day 2 plans to ensure you are challenging yourself and increasing your weights at the right time
- When you are confident with the basic exercises, modifications can be introduced to challenge the muscles in new ways – for example, squats with one foot on a step, bench press or push ups with a wider or narrower grip, or having the bench set on a slight incline. Be sensible – no back squats while standing on a swiss ball please.
- Your sprint workouts can be changed up regularly – try different intervals such as 15:15, 45:15, 20:10 and do them on different machines – rowing machine, spin bike or cross trainer. Sprint training on a treadmill is difficult due to having to change the speed of the belt manually. See additional cardio workouts attached for examples
- Fartlek (speed play) can be used to mix up your endurance runs – make it up as you go along, sprint to the next power pole, jog to the corner, tempo run the next block

