

Wk	Wk Start	Session	Date	Day	Time	Venue	Session details	Recovery	Notes
Wk 1	4-Jan	1	7-Jan	Thur	6:30	Botantic Gardens	3 x 1 km & Body weight circuit	1 : 1	Aim for times as per target time/km
Wk 2	11-Jan	1	11-Jan	Mon	6:30	Buninyong Pub car park	6 x 500 - teams	1 : 2	Details on the night
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	14-Jan	Thur	6:30	St Pats Boatshed	2 x 1.5 km	1 : 1	Aim for times as per target time/km
Wk 3	18-Jan	1	18-Jan	Mon	6:30	TBC	Alternate activity		
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	21-Jan	Thur	6:30	St Pats Boatshed	1 x 3 km	none	Aim for times as per target time/km
Wk 4	25-Jan	1	25-Jan	Mon	6:30	City Oval	45 - 60 sec efforts	Varied	Details on the night
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	28-Jan	Thur	6:30	Soverign Hil Car park	Hill sprints	lots	Details on the night
		4		Sat or Sun	Own	Own	Continuous Aerobic Activity - 30 - 60 mins		Ideally not running
Wk 5	1-Feb	1	1-Feb	Mon	6:30	City Oval	30 - 45 sec efforts	Varied	Details on the night
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	4-Feb	Thu	7:00	Bendigo Bank Ballarat Hockey Centre	Hockey session		
		4		Sat or Sun	Own	Lake Wendouree	2 x 2 km	10 mins	Aim for times as per target time/km
Wk 6	8-Feb	1	8-Feb	Mon	6:30	City Oval	80 - 180 m - Pryamid	some	Details on the night
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	11-Feb	Thu	7:00	Bendigo Bank Ballarat Hockey Centre	Hockey session		
		4		Sat or Sun	Own	Lake Wendouree	2 km - 1 km - 500 m	6 mins b/w	Aim for times as per target time/km
Wk 7	15-Feb	1	15-Feb	Mon	6:30	City Oval	3 x 3 x 20 secs hard, 40 secs easy	4 mins b/w	
		2		Tue or Wed	Own	Own	Body weight circuit		
		3	18-Feb	Thu	7:00	Bendigo Bank Ballarat Hockey Centre	Hockey session		
		4		Sat or Sun	Own	Lake Wendouree	3 x 1 km	1 : 1	Aim to run the faster than target time/km
Wk 8	22-Feb	1	22-Feb	Mon	6:30	St Pats Boatshed	2 km time trial	none	Testing
		2	25-Feb	Thur	7:00	Bendigo Bank Ballarat Hockey Centre	Hockey session		Body weight circuit testing
Wk 8	1-Mar	1	1-Mar	Mon	6:30	City Oval	TBA		Details on the night

Body Weight Circuit

	Reps (Group A)	Reps (Group B)
Push ups - modified or full	15 - 25 + 2	8 - 16 + 2
Sprint 15 - walk back 20		
Single leg lowering	16 el + 2	8 el + 2
Sprint 15 - walk back 20		
HKL with twist - arms to shoulders	10 el + 2	6 el + 2
Sprint 15 - walk back 20		
Plank ad / ab alternates	16 el + 2	8 el + 2
Sprint 15 - walk back 20		
Half Squat - single or double leg	8 + 2	5 + 2
Sprint 15 - walk back 20		
Hammy raises - single or double leg	8 el + 2	4 el + 2
Sprint 15 - walk back 20		
Abdominal curls to knee	12 - 15 + 2	8 - 12 + 2
Sprint 15 - walk back 20		

ALL exercise to done with control - rythm, range & form

Complete a 10 min continous warm up

Repeats per week

Wk 1 - 4 x 3

Increase by 2 reps each session

Wk 5 - 8 2 x 2 5 mins b/w sets

Increase by 2 reps each session

Select reps per either Group A or Group B.

i.e. if selecting Group A, all excercises to be done in reps per Group A