

# Rebels Christmas Program

2018/19



## **Introduction**

The following document explains the strength and conditioning training for the 2018-19 Summer. It is important that you maintain and improve your fitness over the Christmas break. This requires a minimum of 150 minutes of exercise per week. It is expected that TAC level players fulfil all of the training sessions, and Under 16's squad hopefuls to complete 2 conditioning sessions per week at their choosing.

## **Training Considerations**

### **Recovery**

It is important that players balance their workload with quality recovery periods to avoid injury and burnout, and maximise training adaptations. Sleep, hydration, and nutrition the 3 keys to this process. Aside from these, Cold Water Immersion (10-12 degrees Celsius for 10 minutes), compression garments, or an active recovery (low intensity activity) can be used.

### **Sleep**

At least 8 hours of good quality sleep is recommended. Avoid the use of phones, tablets, and bright lights at least 20 minutes before getting into bed. Try to establish a routine which enables you to relax and get to sleep. Sleep is the most effective method for recovery.

### **Hydration**

Good hydration is vital to quality recovery, and optimal training intensity. Drink 2-3 litres of fluid daily, and more if it is hot (it might be over summer). This is especially easy if you continually drink water throughout the day.

## **Nutrition**

There is no substitute for lean meat, vegetables and fruit. At the Rebels Program we do not advise players to seek out supplement products, particularly those purchased from online as we cannot confirm the ingredients being used. For further advice, seek a sports dietician.

## **Alcohol and Drugs**

Consumption of alcohol and drugs will negatively impact your training by stunting adaptation, negatively impacting nutrition and hurting recovery. For best results from the Christmas training period, eliminate alcohol consumption.

If there are any questions or concerns, please contact Russ or Brock

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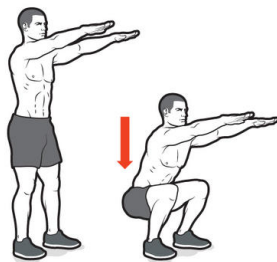
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# Athletic Movement Competencies

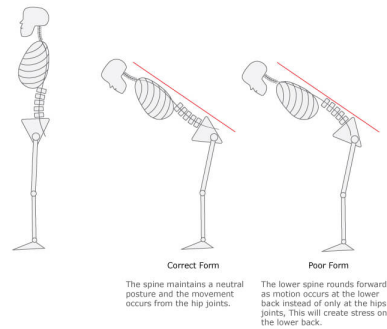
As part of your athletic development it is important to be able to competently perform these fundamental movements, as they form the foundation of all athletic movements (e.g. running, jumping, landing, change of direction etc.). The mastery of these movement competencies will greatly improve your athletic development and decrease the likelihood of injuries. These movements will be interspersed into your program via warm up and strength exercises during the pre and in-season, so it is expected that you practice them.

## Squat



- Feet shoulder width apart, slightly pointing out
- Keep feet flat on the floor at all times
- Knees tracking in line with feet
- Hips go back
- Keep chest up
- Parallel depth (thighs parallel to the floor)

## Hinge



- Feet shoulder width apart, flat on the floor
- Soft knees
- Hips move back
- Maintain a neutral spine
- Broad chest

## Lunge



- Step forward with foot in line with hip
- Front foot flat on the floor
- Lower body downward so knee doesn't travel forward of toes
- Keep trunk upright and balanced (maintain neutral spine)
- Do not allow back knee to touch the floor

## Push Up



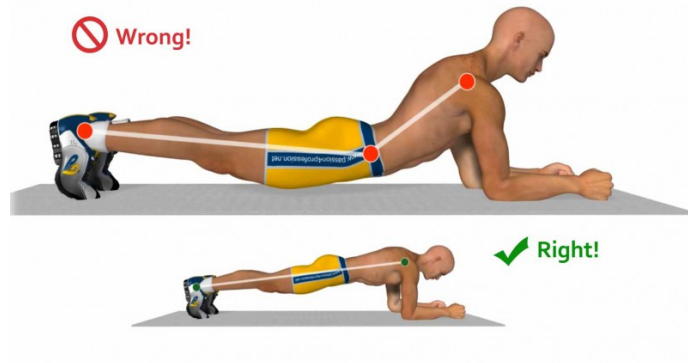
- Place palms on floor just outside shoulder width apart
- Make an arrow shape (head and elbows)
- Lower your body under control until chest lightly touches floor
- Push up until arms are fully extended and shoulders protracted
- Maintain neutral spine and head alignment

## Pull Up



- Hands either neutral or overhand grip
- Hands evenly spaced, just outside shoulder width
- Pull up until neck is level with hands
- Complete range of motion; all the way down, all the way up
- Avoid body swaying, incomplete range and lifting legs up

## Plank



- Standard plank position
- Maintain neutral spine (as pictured)
- Avoid hip sagging, and raising hips too high

## Jumping



- Similar to squat mechanics
- Optimal depths determined by individual
- Quick 'dip' and 'drive' phases
- Promote full extension of hips, knees and ankles
- Eyes forward
- Quick arm swing for momentum



## Landing



- Similar to lowering phase of squat
- Trunk upright
- Knee's in line with feet
- Promote a 'soft' landing
- Landing on forefoot
- Soft knees and hips

# Running Technique and Drills

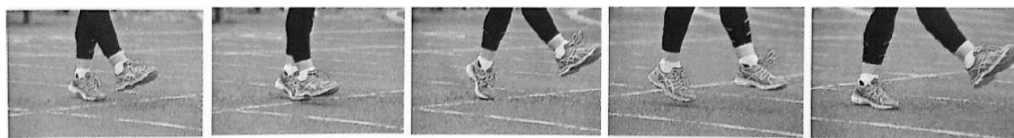
The physical demands of the TAC Cup competition require any player on the field to run anywhere between 10-15km per game, with 30% spent running at high-intensities. Hence the development of your running technique is an important investment of time and effort, as it will help improve your acceleration, speed, and efficiency. These drills should be used as part of your warm up during your pre-season conditioning sessions. The components we are focusing on are: ankle stiffness, posture, foot strike, and recovery phase.

## Pogo



- Develops an elastic response in the ankle
- Similar action to jumping with a 'skipping rope'
  - Keep on your forefoot, and don't allow heel to touch the ground
  - Keep ankles stiff - 'spring action', 'toes up'
  - Keep body over feet

## Ankling



- Also develops an elastic response in the ankle
- Decreases ground contact time
  - Land on forefoot, keep toes pointing up (dorsiflexion)
  - Keep body over feet
  - 'toes up', 'quick feet', 'hot ground'

## Falling Start



- Establishes correct postural lean for acceleration
- Develops first step quickness and emphasises first 5-10 meters
- Start by standing tall and falling forward before take off (falling start)
- Start in push up position and burst into running action (beached)
- Can also be achieved from starting in a lunge/split stance position
  - Torso leaning forward (pictured)
  - Fully extend (hips, knee, ankles) before the first contact (pictured)
  - ‘push the ground away’, ‘drive through arms’

## A-Skip



- Develops and maintains correct sprint motor pattern
- Develops correct running posture
  - Stay tall with high hips
  - Emphasis on knee drive (knee up & toes up)
  - Strong and straight support leg (hips high)
  - Co-ordinate arm swing with knee drive
  - Pull toes up on top leg

# Warm Up

This warm up routine is to be used at the beginning of every conditioning session. Warm ups have been scientifically proven to decrease the likelihood of injury and subsequently improve performance. Please complete the following in a 10-15m area:

- 5minute jog (or 1 lap)
- Back rolls (back/forth, side-to-side)
- Alternating calf pumps
- Leg swings (back/forth, side-to-side)
- Walking lunges
- Side-to-side squats
- High knees
- Butt kicks
- Side-steps
- Running mechanics (10-15m area)
  - Pogo x 2
  - Ankling x 2
  - Falling starts x 2
  - Butt kicks x 2 (double leg, then single leg)
  - A-skips x 2 (think about arm swing)
- 5 x 50m run through
  - Jog-walk back recovery
  - 70%, 80%, 90%, 100%, 100%

# Conditioning Program

Over the Christmas break we have 6 weeks before we retest fitness. With such a short turnaround, it's important to put in the work now to give yourself the best opportunity to be fit for TAC cup footy. To complete the program you will need:

- A way of measuring distance – ideally you would have a measuring wheel but, if one is not available, there are apps available to use your phone's GPS to measure distance. Phone GPS is not very accurate but, if it's a decent smartphone and you're in an open area it should work fine.
- Cones to measure distance
- A foam roller (every player should have one to help with recovery)
- Decent running shoes
- A water bottle
- Interval timer – there are plenty of free apps available to time intervals where you will just need to enter the time of your work period, time of your rest period and how many intervals you need to complete. Even better, if you have a good quality sports watch (such as a Garmin GPS watch or a smart watch), your watch may have an interval function to save carrying your phone.



## Christmas Program 2018/19

	MONDAY 18/12/2017	TUESDAY 19/12/2017	WEDNESDAY 20/12/2017	THURSDAY 21/12/2017	FRIDAY 22/12/2017	SATURDAY 23/12/2017	SUNDAY 24/12/2017
<b>WEEK 1</b>	4 x 4 min efforts 2 min rest	Gym Program Day 1	10 x 200m @ 90% 60 sec rest between efforts	Choose one: <b>Bike</b> 5 min Warm-up @ 60% 8 X 20sec @ 75% With 30sec recovery 6 X 15sec @ 100% With 45sec recovery 5 min Cool-down @ 60% 30 min Total  <b>Swim</b> 50m (Freestyle) Warm-up 5X 25m Freestyle Sprints (30 sec rest) 5X 50m Freestyle Sprints (60 sec rest) 2X 100m Freestyle Sprints (90 sec rest) 2 laps Walking Cool-down	Gym Program Day 2	Shuttle run (10m,20m,30m) x 4 Rest 20 sec	
	MONDAY 25/12/2017	TUESDAY 26/12/2017	WEDNESDAY 27/12/2017	THURSDAY 28/12/2017	FRIDAY 29/12/2017	SATURDAY 30/12/2017	SUNDAY 31/12/2017
<b>WEEK 2</b>	4 x 3min 2 min rest	Gym Program Day 1	4 x 400m @ 2km pace 3 min rest between efforts	Light 20 min jog Followed by ball skills	Gym Program Day 2	10 x 20m sprints @ 100% 2 min rest between sprints	
	MONDAY 1/01/2018	TUESDAY 2/01/2018	WEDNESDAY 3/01/2018	THURSDAY 4/01/2018	FRIDAY 5/01/2018	SATURDAY 6/01/2018	SUNDAY 7/01/2018
<b>WEEK 3</b>	4 x 4 min efforts 2 min rest	Gym Program Day 1	4 x 400m @ 90% 3 min rest between efforts	Choose one: <b>Bike</b> 5 min Warm-up @ 60% 20 X 7 sec sprint @ 100% / 23 sec recovery @ 50% 10 X 20 sec sprint @ 100% / 20 sec recovery @ 50% 5 min Cool-down @ 60%  <b>Swim</b> 200m (Freestyle) Warm-up 10X 25m Freestyle Sprints (30 sec rest) 2X 50m Freestyle Sprints (60 sec rest) 2X 100m Freestyle Sprints (90 sec rest) 2 laps Walking Cool-down	Gym Program Day 2	8 x 30m sprints @ 100% 2 min rest between sprints	
	MONDAY 8/01/2018	TUESDAY 9/01/2018	WEDNESDAY 10/01/2018	THURSDAY 11/01/2018	FRIDAY 12/01/2018	SATURDAY 13/01/2018	SUNDAY 14/01/2018
<b>WEEK 4</b>	5 x 4 min efforts 2 min rest	Gym Program Day 1	5 x 400m @ 90% 3 min rest between efforts	Choose one: <b>Bike</b> 5 min Warm-up @ 60% 10 X 20sec @ 75% With 30sec recovery 8 X 15sec @ 100% With 45sec recovery 5 min Cool-down @ 60% 30 min Total  <b>Swim</b> 50m (Freestyle) Warm-up 5X 25m Freestyle Sprints (30 sec rest) 5X 50m Freestyle Sprints (60 sec rest) 2X 100m Freestyle Sprints (90 sec rest) 2 laps Walking Cool-down	Gym Program Day 2	6 x 40m sprints @100% 2 min rest between sprints	
	MONDAY 15/01/2018	TUESDAY 16/01/2018	WEDNESDAY 17/01/2018	THURSDAY 18/01/2018	FRIDAY 19/01/2018	SATURDAY 20/01/2018	SUNDAY 21/01/2018
<b>WEEK 5</b>	5 x 4 min efforts 2 min rest	Gym Program Day 1	5 x 400m @ 90% 2:30 rest between efforts	Choose one: <b>Bike</b> 5 min Warm-up @ 60% 20 X 7 sec sprint @ 100% / 23 sec recovery @ 50% 10 X 20 sec sprint @ 100% / 20 sec recovery @ 50% 5 min Cool-down @ 60%  <b>Swim</b> 50m (Freestyle) Warm-up 10X 25m Freestyle Sprints (30 sec rest) 2X 50m Freestyle Sprints (60 sec rest) 2X 100m Freestyle Sprints (90 sec rest) 2 laps Walking Cool-down	Gym Program Day 2	8 x 40m @ 100% 2 min rest between sprints	
	MONDAY 22/01/2018	TUESDAY 23/01/2018	WEDNESDAY 24/01/2018	THURSDAY 25/01/2018	FRIDAY 26/01/2018	SATURDAY 27/01/2018	SUNDAY 28/01/2018
<b>WEEK 6</b>	Training	Gym Program Day 1	4 x 400m @ 100% 3 min rest between efforts	Choose one: <b>Bike</b> 5 min Warm-up @ 60% 10 X 30sec @ 75% With 30sec recovery 10 X 15sec @ 100% With 45sec recovery 5 min Cool-down @ 60% 30 min Total  <b>Swim</b> 50m (Freestyle) Warm-up 5X 25m Freestyle Sprints (30 sec rest) 5X 50m Freestyle Sprints (60 sec rest) 2X 100m Freestyle Sprints (90 sec rest) 2 laps Walking Cool-down	Gym Program Day 2	8 x 40m sprints @ 100% 2 min rest between sprints	

# Strength Program

As a TAC cup footballer, Strength training is vital to reach match fitness and to reduce your risk of injury. Over the Christmas period you are required to complete at least 2 strength sessions per week, with a 3rd session recommended.

The strength program will continuously build throughout the season. Your development during the Christmas period will give yourself the best room for improvement should you make the final list.

The quickest way to see improvement in strength is consistency. Therefore, it is essential that you get yourself into a routine, and stick to it!

If you have any questions about the strength program, please contact Russ or Brock.





# GWV Rebels Christmas Weights Program

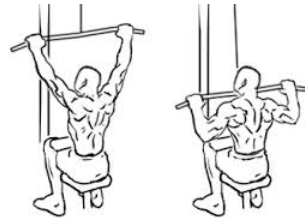


Session 1 (Compulsary)	Exercise	Week 1				Week 2				Week 3				Week 4			
		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted	
	Squat	3	8			3	8			3	8			3	8		
	Lat Pull Down	3	12			3	12			3	12			3	12		
	DB Bench Press	3	12			3	12			3	12			3	12		
	Seated Row	3	12			3	12			3	12			3	12		
	SL Calf Raise	2	20			2	25			2	25			2	3		
	Nordic	2	4			2	4			2	4			2	4		
	Side Plank	3	30			3	45			3	60			3	60		
Session 2 (Compulsary)	Exercise	Week 1				Week 2				Week 3				Week 4			
		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted	
	Romanian Deadlift	3	6			3	6			3	6			3	6		
	Bulgarian Split-squat	3	6			3	6			3	6			3	6		
	Overhead Press	3	12			3	12			3	12			3	12		
	Bent Over DB Row	3	12			3	12			3	12			3	12		
	2 Way Raise	2	8			2	8			2	8			2	8		
	Pallof Press	3	12			3	12			3	15			3	15		
Session 3 (Optional)	Exercise	Week 1				Week 2				Week 3				Week 4			
		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted		Sets	Reps	Weight Lifted	
	SL Jump & Land	2	6			2	6			2	6			2	6		
	Face Pull	3	15			3	15			3	15			3	15		
	Glute Bridge	3	45s			3	1 min			3	1 min			3	1 min		
	Plank	3	45s			3	1 min			3	1 min			3	1 min		
	Nordic	2	4			2	4			2	4			2	4		
	Groin Squeeze	3	5 x 5s			3	5 x 5s			3	5 x 5s			3	5 x 5s		

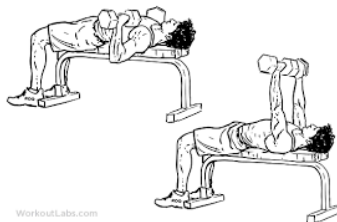
## Day 1 Exercises



Squat



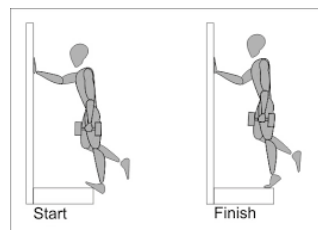
Lat Pulldown



Dumbbell Bench Press



Seated Row



Single Leg Calf Rasie



Nordic



Side Plank

## Day 2 Exercises



Romanian Deadlift



Bulgarian Split-Squat



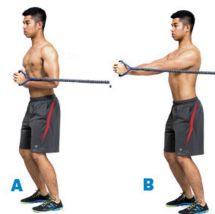
Overhead Press



Bent Over Row



Two Way Shoulder Raise



Pallof Press

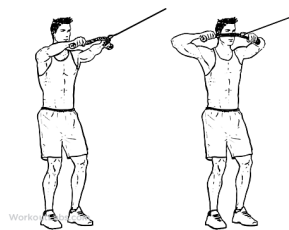


Dead Bug

## Day 3 Exercises



SL Jump and Land



Face Pull



Glute Bridge



Plank



Nordic



Groin Squeeze

# Stretching

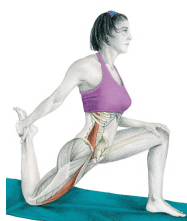
**Lower Body**  
Soleus Stretch



Gastrocnemius Stretch



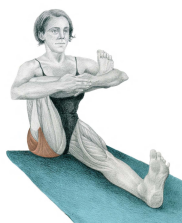
Quad/Hip Flexor Stretch



Groin Stretch



Glute Stretch



**Torso**  
Lat Stretch



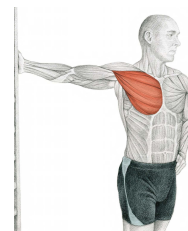
Lower Back Stretch



Cat/Camel



**Upper Body**  
Chest Stretch



Back Shoulder Stretch



Tricep Stretch

