

Minimum Fitness

Week 4 15/2 → 21/2

This week's session is primarily a cardio and 'plyo' session.

The key to this session is to set your goal and do everything you can to finish it.

It is essential that you give each exercise 100%. There are no set rest periods, use your discretion, however, each sprint; each jump; each squat should be done correctly and with maximal effort.

This was designed specifically to improve the type of fitness required for ultimate. It will appear more than once on the minimum fitness regime.

This has proven to be highly effective and those who are determined to improve their fitness are encouraged to do this more than once a week. However, you should always leave 48hrs between attempts.

There are plenty of times during this session when fatigue might give you the desire to quit. Do NOT quit in the rest periods between exercises, if you can complete an exercise, you can start the next one.

This session isn't easy, but please push yourself. Reduce your rest periods as much as possible and give it everything. Your effort will pay off when tour arrives.

The following few steps represent the bulk of the session. What I am giving you here is the FULL session, which most (if not all of us) might struggle with. Before starting this, decide whether you wish to do $\frac{1}{2}$, $\frac{3}{4}$ or the full session. Still attack each exercise 100% and still do the full warm and warm down. [To do $\frac{1}{2}$ the session, you will do every exercise, but when it says 4x 15jumps, you will do 2x15 jumps etc. Still do the full number of exercises needed for one rep, and still do every set of exercises.]

Do NOT choose to do $\frac{1}{2}$ the session out of laziness, make the decision on whether or not doing too much could cause injury or is simply excessive for your current level of fitness.

SNERTZ

1. Thorough warm up. This is a warm up more akin to pre-game warm ups at tournaments. Jog, stretch, lunges squats etc etc. short sprints. We have all done thorough warm ups before. Give yourself at least 15-20min to warm up properly
- 2 Baseline . Attempt between 15-30 pushups and 25-50 sit ups. Do as many as is comfortable. If you find push up number 19 is difficult, then 18 pushups is your baseline. Same for sit ups.
- 3 15 ground jumps – sprint 40yds
Repeat 4 times.
(ground jumps - touch the ground and then jump as high as you can reaching for the sky, landing and repeating as fast as you can)
- 4 15 jump tucks – sprint 40yds
Repeat 4 times
(jump tucks – jump as high as you can tucking your knees to your chest)
- 5 Baseline : Do your baseline number of sit-ups and push ups
- 6 2 X 40yds lunge/twists
regular lunges however you twist your torso left and right at the bottom of each lunge – do not slam knees into ground – control with your quads
- 7 2 X 40 frog jumps
(do a standing broad jump land and jump again for 40yds)
- 8 Baseline
- 9 5-10-5 shuttle/cone runs
Repeat 10 times
start run 5yds touch the line with hand, run 10 yds the other way touch the line, run 5yds back to starting position. stop)
- 10 40 yard sprints

Repeat 10 times

11 4 X 100yds strides at 50%

12 Thorough warm down. Stretch. Do a proper warm down, it is tempting, when so tired to not bother.