

MEMBERSHIP

MONTHLY PROGRAMME

FEBRUARY 2022

THIS MONTH'S FOCUS:
Get Faster and Fitter

"You will only ever regret
the sessions you didn't do"



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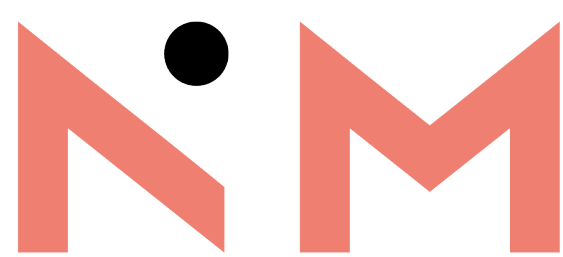
Speed and Fitness Training is more complex than you think. As well as completing your condition sessions you need to also make sure you are completing specific strength training which is going to help build your posterior chain too!

Your **posterior chain** is sometimes referred to as you '**go muscles**'. It basically refers to all of the muscles in the back of your body.

By making them stronger, you will allow your body to **produce more force** when running and sprinting making your **faster**.

This month's focus is all about building a good posterior chain and **challenging** your fitness with some difficult cardio sessions as well as adding in some **injury prevention** for good measure.

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FITNESS TESTING

Get Faster and Fitter

The individual numbers on the test do not matter! What matters is that you can see an improvement at the end of the month.

Perhaps you run one second faster or you feel that little bit better after a long run?

Progress is progress. CELEBRATE IT!

SPEED

Set up 4 markers 10m away from each other in a line.

Time how long it takes to go from start to each marker and back.

Rest and complete x 3 for a best score!

FITNESS

3km time trial. Choose whether you will be running in the gym or outside.

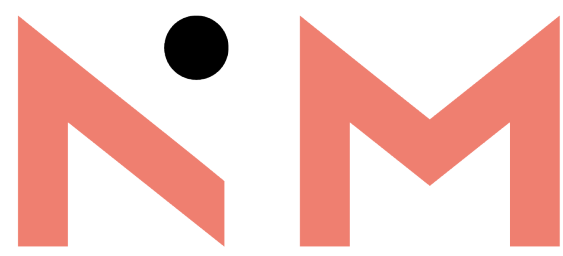
Run 3kms as best as you can.

Record your time and how you feel after and compare.

Complete both of these tests on the **first day of the programme and the last day of the programme**. Keep a note of your score and see if you have improved.

CONGRATULATIONS in advance for all the hard work!
You smashed it!

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WEEK ONE PROGRAMME

Get Faster and Fitter

MONDAY

Upper #3
NETGym

COMPLETE YOUR TESTS

TUESDAY

Cardio #3
NETHome

WEDNESDAY

Lower #3
NETGym

You're going ALL IN this week and starting as you mean to go on!

THURSDAY

Conditioning #2
NETHome

It will be hard but that's what you're here for. Why not keep a training diary with lots of positive self talk to help you through.

Friday

Rest Day

Saturday

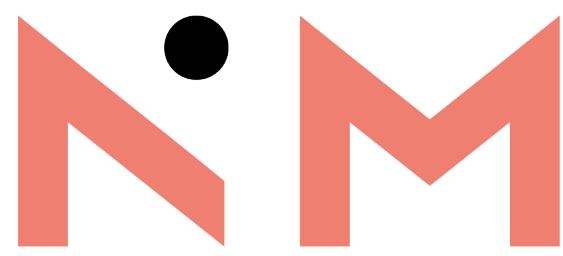
Landing #6
NETHome

Sunday

GAME DAY

Recovery #3
NETHome

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WEEK TWO PROGRAMME Get Faster and Fitter

MONDAY

Upper #4
NETGym

TUESDAY

Landing #7
NETHome

Conditioning #2
NETGym

WEDNESDAY

FAB #1
NETHome

THURSDAY

Lower #4
NETGym

Friday

Rest Day

Saturday

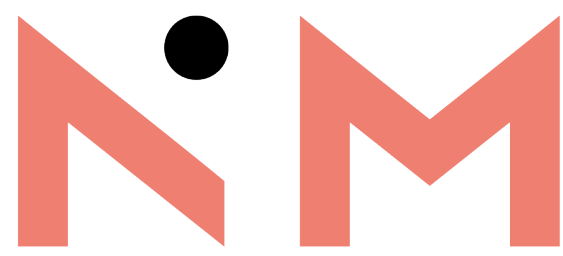
Conditioning #3
NETHome

Sunday

GAME DAY

Some double training days this week mean we are ramping it up to make sure you reach your goals and improve your test results in the final week of the programme!

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WEEK THREE PROGRAMME Get Faster and Fitter

MONDAY

Upper #5
NETGym

TUESDAY

Cardio #4
NETHome

WEDNESDAY

Rest Day

THURSDAY

Lower #5
NETGym

Friday

Conditioning #4
NETHome

Saturday

FAB #2
NETHome

Sunday

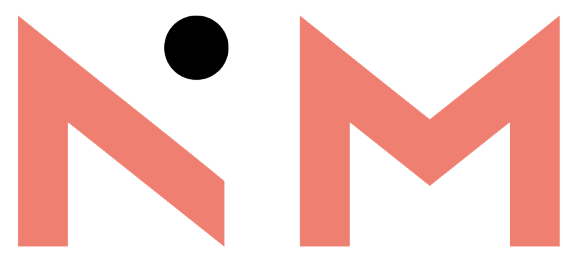
GAME DAY

You're half way through now,
don't give up!

Why not set yourself some
goals for the week for your
training and your games to
keep you motivated!

Landing #8
NETHome

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WEEK FOUR PROGRAMME Get Faster and Fitter

MONDAY

Lower #6
NETGym

TUESDAY

Conditioning #3
NETGym

Landing #9
NETHome

WEDNESDAY

Rest Day

You've made it to the end of the month! Stay focused, retest and get ready to go again with the next programme coming soon!

THURSDAY

Upper #6
NETGym

Friday

Cardio #5
NETHome

Saturday

Stretch and Recover #4
NETHome

COMPLETE YOUR TESTS

Sunday

GAME DAY

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MONTHLY REFLECTION Get Faster and Fitter

Congratulations on completing a full month of programming. Now is a good time to reflect on your progress and improvements this month before you get ready to start the next programme on **March 1st**.

Grab a pen and paper and make some notes on the questions below. These are **private reflections** so remember to be honest!

When you look back on it in a few months time you'll be **motivated** to see how far you've come!

Why did you follow the programme this month? What did you want to achieve?

What day did you really struggle to find motivation? Why? How did you overcome it?

How did you feel when you finished the programme? Have you had any fitness/netball wins this month?

What are you still struggling with in the gym, in your workouts or on the court? What do you still want to improve?

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