

MEMBERSHIP

MONTHLY PROGRAMME

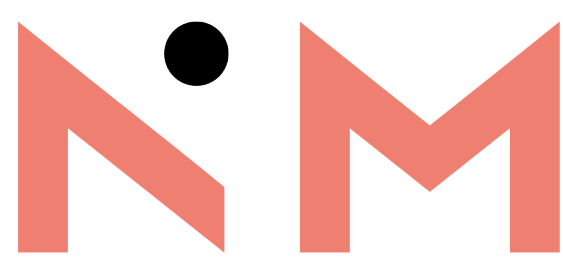
JANUARY 2022

THIS MONTH'S FOCUS:
Build Basic Strength and Fitness

"The secret of getting ahead
is getting started"



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THIS MONTH'S FOCUS: Build Basic Strength and Fitness

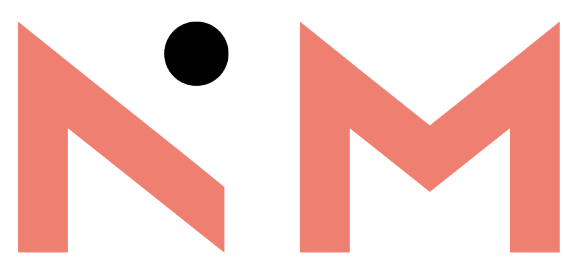
It is important that you work on building a solid base for your fitness before you go ahead and tackle harder, more complex exercises and sessions.

Basic strength will help you to **avoid injury** on the court. It will help to **condition your muscles** for the game and in turn give them a better chance of coping under pressure.

Basic fitness will allow you to improve your game by helping you to keep going for longer. This programme combines **aerobic and anaerobic training** to help you to improve your fitness for the game.

To avoid burnout, make sure you give yourself enough **recovery** between sessions - especially when you are starting out. So **drink plenty** of water, **sleep well** and don't miss out on your **post session stretching!**

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FITNESS TESTING

Build Basic Strength and Fitness

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 can do one more press up, or your run is one second faster?

Progress is progress. CELEBRATE IT!

STRENGTH

Complete as many repetitions of each exercise in one minute. Take rest between exercises to make sure you can test without fatigue.

- Squat
- Press ups
- Sit Ups

FITNESS

Set up two cones/markers 10m apart from each other.

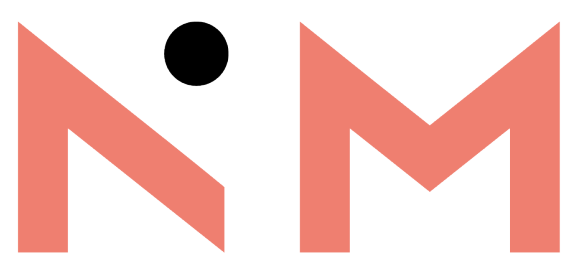
Run from the first cone, to the second cone and back for 1 rep.

Time how long it takes you to run 12 reps without rest.

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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JANUARY 2022

WEEK ONE PROGRAMME

Build Basic Strength and Fitness

MONDAY

Strength #1
NETGym

COMPLETE YOUR TESTS

TUESDAY

FAB #1
NETHome

WEDNESDAY

Landing #1
NETHome

Take it easy this week and focus on your form. It's not about going as fast as possible but about completing each exercise with good form.

THURSDAY

Strength #2
NETGym

Why not head over to the 'Learning Zone' in **NETGym** to find out about some of the fundamental strength moves in your strength programme this week?

Friday

Rest Day

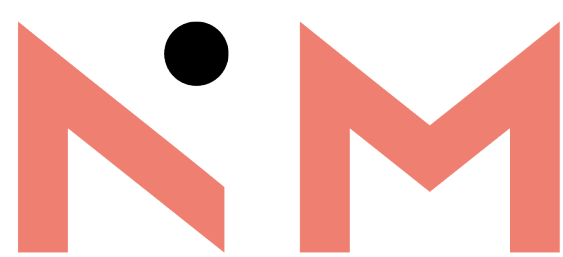
Saturday

Cardio #1
NETHome

Sunday

GAME DAY

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WEEK TWO PROGRAMME

Build Basic Strength and Fitness

MONDAY

Strength #3
NETGym

TUESDAY

Landing #2
NETHome

FAB #2
NETHome

WEDNESDAY

Cardio #2
NETHome

THURSDAY

Strength #4
NETGym

Friday

Rest Day

Saturday

Landing #3
NETHome

Conditioning #1
NETHome

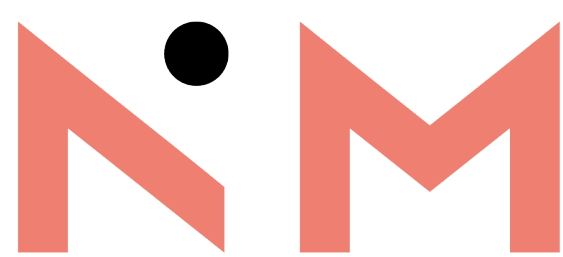
Sunday

GAME DAY

Stretch and Recover #1
NETHome

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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MONTHLY PROGRAMME

JANUARY 2022

WEEK THREE PROGRAMME Build Basic Strength and Fitness

MONDAY

Strength #5
NETGym

TUESDAY

Conditioning #1
NETGym

Landing #4
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

Strength #6
NETGym

Friday

Cardio #2
NETHome

Landing #5
NETHome

Saturday

Stretch and Recover #2
NETHome

Sunday

GAME DAY

COMPLETE YOUR TESTS

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MONTHLY PROGRAMME

JANUARY 2022

MONTHLY REFLECTION Build Basic Strength and Fitness

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 **February 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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