



SEPTEMBER 2026

LEARN. TRAIN. PERFORM.



MONTHLY CHECK-IN VIDEO

TIME TO MAINTAIN THE PRE-SEASON BUILD!
You've worked hard over the summer months and now the season has started we need to look to maintain what we have built in terms of strength and fitness and ensure we can adapt this onto the court! The load might drop, but the effort and intensity doesn't!

STRENGTH

Complete 2 x sessions a week
Progression Goal
Increase weight by 2.5-5kg each week

SESSION #1
Strength
Maintenance
30-40 minutes

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SESSION #2
Strength
Maintenance
30-40 minutes

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You will need:
Weights
Bench
Box

COURT

Complete 1 x Session a week
Progression Goal
Increase Block 1 sets by 1 each week

SESSION #3
Attacking
Movement
30 minutes

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COACHING POINTS

- 2nd move intent
- Take on depth
- Change of pace

You will need:
Timer
Cones x 5/6

CONDITIONING

Complete 1 x session a week
Progression Goal
Increase speed in every block each week

SESSION #4
Maintaining
Speed
30 minutes

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COACHING POINTS

- 3 strides on turn
- Turn Quickly
- Recovery Breaths

You will need:
Timer
Court or Marked Road

RECOVERY

Complete Session 1-2 a week
REFLECT
Take time to relax and recover

SESSION #5
Full Body
Stretch
15 minutes

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REFLECT
What have you done this week to help you move towards your goals?

You will need:
Exercise Mat
Resistance Band/Cord