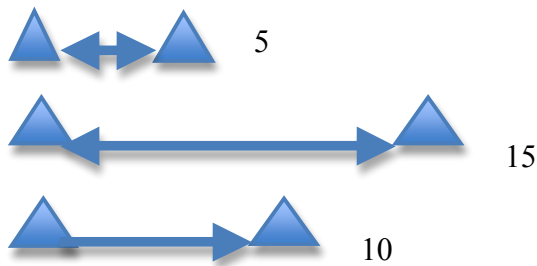


SCOTLAND LX 2013 – 2014

TRAINING

Personal goals for International selection leading to European Cup 2013 and World Cup 2014

SHUTTLE RUN – to improve speed and recovery over short distances
250 metre shuttle run broken down into 5, 15, 10 metre sections.



Target times for one rep shuttle between 60 seconds – 90 seconds
Diagram for reference only, any configuration will work.
Aim to increase reps to 3 times per week
(060,s - Celtic Cup) (065,s - Home internationals)

CORE FITNESS – Sit-ups “crunches”

0,60s – 4 sets of 15 or 3 sets of 20, morning, T time, evening
0,65s – 3 sets of 10
Aim to increase to 5 days per week or an extra set per day
(060,s by Celtic Cup)(065,s by Home Internationals)
You will soon be up to an impressive 300 + sit ups per week
(Balance this with lumbar extensions to stretch out muscles)
I will demonstrate at next training session

1500 metre run/jog – To maintain cardio respiratory fitness

Target times for 060,s – 9 minutes – 7 minutes
065,s – 10 minutes – 8 minutes
Aim to increase to 3 sessions per week
(Celtic Cup / Home Internationals)

BODY COMPOSTION

Calculate bodyweight and body fat % based on age, height , activity levels (send me your weight and Ill do the rest)

> Reduce by 5% if over recommended weight

> Body fat will naturally be reduced through this exercise programme but minor changes in your diet will help too

The training programme is “Objective” by nature and all of the exercises can be tested and compared to the outcomes

ENJOY