

6 week Squash Strength and Conditioning Plan - beginner							
	Aerobic Endurance	Aerobic Threshold	Aerobic Power	Lactic Threshold	Tempo	Bodyweight Gym Session 1	Bodyweight Gym Session 2
Option 1	25-40 mins run 4/10 effort	25mins 8/10 effort	court sprints 30 sec run, 30 sec rest x 15	6 x 30 seconds court sprints 10/10 effort with 30sec rest between reps	10 x 100m sprints	PERFORM THIS CIRCUIT FOR 5 ROUNDS. INCREASE REPS EACH WEEK BY 1-2 REPS PER EXERCISE IF IT IS EASY Push Ups x 3-5 (start low reps) Single Leg Squat to bench x 3-5 reps each side Partner Supine Rows x 5 Prone Hold x 20seconds Side Hold x 15 seconds each side	Complete 1 round of each of the following 50 rep Complex circuits. add 1 rep per exercise each week. Squat Complex: 10 squat jumps, 10 wide out squats, 10 squats, 10 squat pulses, 10 glute bridges Core Complex: 10 dead bugs, 10 double dead bugs, 10 baby rolls, 10 side plank rotations, 10 v sit ups. Shoulder Complex: 10 Push Up Plus, 10 Prone Diamonds, 10 Prone Monkey Arms, 10 Prone Ys, 10 Prone Ts Lunge Complex: 5 fwd lunge each leg, 5 backward lunge each leg, 5 side lunges each leg, 5 diagonal fwd lunges each leg, 5 diagonal backward lunges each leg
Option 2	Long slow run (40-60mins) 3/10 effort	15mins 9/10 effort	1min jog, 1min run hard x 10	10 x hill sprints 10/10 effort with slow walk down recovery			
Option 3	Walk/ run intervals 1min run, 30 sec walk	5 x 5mins 9/10 effort (3mins rest between sets)	8 x 600m track effort with 2min rest between reps	6 x 400m sprints at track 10/10 effort with 90sec rest between			
NOTES	4-5 / 10 effort	7-9 / 10 effort	8-9/ 10 effort	8-10/ 10 intensity	6-8 / 10 effort		
	<i>Able to hold a conversation or sing a song.</i>	<i>Feels very hard for the last 5-10mins of the workout</i>	<i>The last 3 reps should be very hard to complete but you should be able to maintain even speed</i>	<i>Struggling to finish the set and struggling to recover between reps.</i>	<i>Able to fully recover between efforts and hold even intensity and splits.</i>		

WEEK 0	FITNESS TEST	2km time trial on a running track, record your time (5 laps of 400m running track)		6x30sec court sprints (record number of lengths, including half lengths)			
WEEK 1 - Dec 18	Choose 1	Choose 1			Choose 1	Choose 1	Choose 1
WEEK 2 - Dec 25	Choose 1	Choose 1			Choose 1	Choose 1	Choose 1
WEEK 3 - Jan 1	Choose 1		Choose 1	Choose 1		Choose 1	Choose 1
WEEK 4 - Jan 8	Choose 1		Choose 1	Choose 1		Choose 1	Choose 1
WEEK 5 - Jan 15		Choose 1	Choose 1	Choose 1		Choose 1	Choose 1
WEEK 6	FITNESS TEST	6x30sec court sprints (record number of lengths, including half lengths)		2km time trial (record time)			

Summer Squash Training Guidance		
Guidelines	Action	Comments
Warm up and warm down for every session	Allow at least 10 minutes for your warm, but ideally it should be 20-30 mins. You need to do mobility, activation, running/fast feet drills, dynamic stretching and squash specific movements. At the end of your warm up you should feel as if you have already played at least half a game. Warm down should include light jogging or cycling and stretching/mobility exercises.	This is critical for preparing your mind and body to train, recovering after sessions and injury prevention, as well as developing good habits. We will go through how to warm up and cool down properly on the camps.
Now is the time to make changes to your game eg working on technique or movement.	Talk to your coach and make a plan. Decide what you want to improve, how you're going to improve it, and how you're going to measure your improvement.	If you don't have a coach, send us an email and we can give you some suggestions.
Prioritise skill development and technical improvements	Try to solo practice at least twice a week.	Make sure you practice drops and volley drops from different positions on the court. You should move and hit every shot as you would in a match.
Keep the on court intensity low for the first few weeks if you are not used to the amount of physical sessions in the training plan.	Plan your on court sessions around your physical sessions. At this stage of the season, your physical sessions are the most important ones, so do them first.	Allow your body to adjust to the increase training load from the physical training sessions. Slowly increase the intensity of your on court sessions as your body adapts.
Quality is better than quantity	Train with purpose and intensity. Know what you want to improve, how you're going to improve it and why you need to improve it. If you lose focus, rest for a minute, get your focus back and then continue.	If you are not engaged and focussed on what you are practicing, then you are not improving, you're just wasting time.
Notes for Beginners <i>The purpose of these sessions is to get your body used to training.</i> <i>You don't have to complete all of the sessions. Be in tune with your body. Don't run if you are sore or tired.</i> <i>Make sure you have good running shoes which fit you well.</i> <i>Don't run 2 days in a row.</i> <i>Don't do more than the assigned sessions.</i> <i>If you have pain, stop.</i>		