



| 6 week Squash Strength and Conditioning Plan. | | | | | | | |
|---|--|---|--|--|---|--|---|
| | AEROBIC ENDURANCE | AEROBIC THRESHOLD | AEROBIC POWER | LACTIC THRESHOLD | TEMPO | MAXIMUM ANAEROBIC | MUSCLE BALANCE / ROBUSTNESS |
| Option 1 | 25-40min base fitness run with heart rate under 80% max (zone 2) | 5km time trial / hard effort | 30sec run, 30sec rest. Can be court sprints. 10 reps. 2min rest. 2-3 sets total. Target constant speed | 20sec on, 10 sec off x 4min. 2min rest, 4 rounds round 1 and 3- 20m shuttles round 2 and 4 - 2m agility square: fwd, side shuffle, back, side shuffle | 10 x 100m stride outs @ 80-90% max sprinting speed with good sprint technique start rep every 90sec | 7 x 30sec max effort sprint. Rest 3mins between sets. | OPTION 1 3 Rounds of each exercise - Calf Raise Single Leg x 15-20e - Copenhagen bent leg side hold x 20sec e - Side med glute bridge x 10e - Plank circuit x 2min (30sec each of prone, side, side, prone) - Single Leg Hamstring Bridge x 15e - Single Leg RDL x 8-10 - Cyclist Goblet Squat x 10-15 - Band or Cable Face Pull x 20 - Push Up x max reps |
| Option 2 | Long slow distance run. 45-75min at easy nasal breathing or conversational pace with heart rate below 70% max (zone 1 - 2) | 3km time trial / hard effort | 1min jog, 1min hard run x 7-10 rounds (14-20min). Jog should be a jog not a slow shuffle walk. | 2 x 10 reps of hard fast hill or stair sprints with walk down only recovery. 2min rest between sets. Or 2 x 10 reps of 20m sled sprints with 30sec rest | 10 x 100m stride outs @ time trial pace / hard run pace. Start rep every 30sec (approx 10-13sec rest between each rep). 2min between sets. 2-3 sets | 4 corner touch as fast as possible, start center court. 90 sec rest 10 rounds 4 length court sprint as fast as possible x 10, 60sec rest | |
| Option 3 | 15-25min flush run with heart rate under 80% max (zone 2) | 5 x 1km intervals at 5km time trial pace with 3min rest between each rep | 8 x 600m intervals at time hard effort. 90sec full rest between each interval | 6 x 30sec max effort pyramid shuttle efforts with 30sec rest 5,10,15,20,25m shuttle out and back as far as possible each 30sec. Rest 5min, 2sets | 10 x 100m jog + 50m 80-90% max sprint. Non stop. Can be shuttles | 5m, 10m, 20m, 40m sprint with walk back recovery plus 10 seconds between each. Rest 2min after the 40m. Repeat 5 times. | |
| Option 4 | 30-45min base fitness run that includes 2 x long (60sec or greater) hills that are run at a steady controlled effort. Heart rate under 80% on the flats. | 3 x 2km intervals at 85-90% max heart rate with 1km recovery nasal breathing jog between each interval | 2km time trial on track (5 laps of track). Record your time | 6 x 30sec max effort court sprints with 30sec rest between each rep. Record number of lengths and any half lengths completed before 30sec for each rep | | 8-10 x max effort hill sprint. 2min 30sec rest between sets. Hill should take between 15-20 to complete | OPTION 2 3 Rounds of each exercise - Vertical Squat Jump x 5 - Pogo Lump x 10 - Band Woodchops x 10 e 3 Rounds of Each Exercise - Nordic Drop x 4 - Single Arm Supine Row or Partner Single Arm Supine Row or Pull Ups x 5 - Skater Squat x 6 e - Weighted Push Ups or Partner Weighted Push Ups or Bench Press x 5 - Single Leg Calf Raise x 15-20e |
| Option 5 | Walk / Run intervals. 1min run at 6-7/10 effort, 30sec-1min walk or slow jog. | 3-5 x long hill intervals (2min or greater e.g Mt Wellington, Mt Eden) with walk / jog down recovery. Run intervals at a hard pace but not sprinting. | GHOSTING SESSION 60seconds work 60seconds rest x 12 reps or 60 sec work, 60sec rest x 8reps, rest 5min, 2sets. | GHOSTING SESSION 30seconds max effort, 30sec rest x 6 reps. Rest 3min. 2-3 sets | | Band Resisted Court Accelerations (half court) 10 fwd with 30sec rest 10 side shuffle each side with 30sec rest | |
| BIKE OPTION | 30min steady state bike targetting 2 x BW average Watts at approx 80-90 RPM | 4 x 5min ramp intervals. Increase intensity every minute for 5mins then drop back down to start intensity and repeat. | 30 sec on 30sec off x 30 reps aiming for 3-4 x BW Watts | 10 sec hard, 20sec easy x 10min. 2min easy spin. 2 sets | | 5 sec max effort sprint, 55sec very easy pedal x 20 reps | |
| Week 1 | Choose 1 | | Choose 2km time trial | Choose 6x30sec court sprint | Choose 1 | | |
| Week 2 | Choose 1 | Choose 1 | | | Choose 1 | Choose 1 | Choose 2 |
| Week 3 | | Choose 1 | Choose 1 | Choose 1 | | Choose 1 | Choose 2 |
| Week 4 | Choose 1 | Choose 1 | | Choose 1 | | Choose 1 | Choose 2 |
| Week 5 | | Choose 1 | Choose 1 | | Choose 1 | Choose 1 | Choose 2 |
| Week 6 | Choose 1 | Choose 1 | Choose 1 | Choose 1 | | Choose 1 | Choose 2 |

S&C Program Guidelines

Don't do more than 2 running days back to back without having a non running day.
Perform 1 Muscle balance session on a non running day and one on a running day.
For tailored gym programs contact Scott

Use the Weekly table at bottom of page for guidance on what workout options to choose and then choose a workout that you can do in your environment from the above list.

| Summer Squash Training Guidance | | |
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| 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. |