This program has been prepared by: Joshua Milner BSp&ExSc (PE/Health), Grad. Dip. Ed. ESSA Registered Exercise Scientist, Fitness Australia Registered Level 1 Exercise Professional.
WELCOME BY REGION MANAGER

On behalf of myself and my staff I would like to welcome you all to the Gippsland Power Football Club.

The aim of Gippsland Power is to maximize each player’s football and personal development. Our ability to fulfil this aim has established our reputation as being the leading elite football development program in Gippsland.

We the staff are dedicated to assisting in the smooth running of the Club so as to provide the best environment for you the players to succeed.

Below are contact numbers for you to call if you are unable to attend training.

Region Manager: Peter Francis 5134 8133
                  0419 103 177 Mobile

TAC Coach: Leigh Brown 5134 8133
            0432 065 166 Mobile

U16 Coach: Rob Reid 5143 0568
            0409 139 099 Mobile

Secretary: Stan Morgan 5134 8133

Strength & Conditioning Coach: Josh Milner 0428 119 619 Mobile
PARENTS

Support from the Parents is essential if we are to continue to be a competitive force in the TAC Cup U18 program.

The Club and the Staff will do all they can to provide an appropriate environment for the development of the boys as footballers and as growing men.

It is also important to have faith in the Coaching Staff and allow them to carry out their training and match day duties without interference.

The temptation to talk to the boys during matches can be distracting to the players and the Coaching Staff. Certainly discuss football with your boys as often as you wish but trust the Coaches to do the job on match days.

We look forward to meeting you all this year, and should you have any queries please do not hesitate to contact me at any time.

Peter Francis
Talent Manager
INTRODUCTION

This booklet is an introduction to the Gippsland Power Football Club pre-season program for the 2015 TAC Cup competition. It outlines the expectations and requirements needed to participate and successfully complete the pre-season component of the AFL talent pathway program.

165 invitations have been issued to players to attend pre-season so your task of making the final squad of around 40 will be a difficult one. Your pre-season invitation should not be taken lightly as it will be your first opportunity to show us that you really want a place in the final squad.

The pre-season program will be the most critical and toughest period in your preparation for season 2015. A couple of reminders may therefore be pertinent.

You don’t have to choose your parents well to succeed at TAC Cup football. It is one thing to have natural talent but the game has also seen a multitude of self made footballers. Mental fortitude is by far the most important factor and you will need to be strong in heart and mind. If you are not then the strong will prey on you. It’s such a great game at this level because those with the strength of mind have a great chance of success.

So use this time well. Build your mental toughness in all that you do, but in particular during the challenging times when the opportunity to test yourself will present itself constantly.

We will observe your behaviour closely and with great interest. Will you run the daylight when required and take physical risks? Will you get back up quickly after having been knocked down? What will be your response to injustice and seemingly poor decisions? Will you always very keen and enthusiastic? Will you remain disciplined in all you do? Will you answer these questions honestly?

In summary, make the most of every opportunity. Become a “we” and not a “me” player from start to finish. Help build a Gippsland Power culture of selflessness, so you can become a footballer and we can become a team, which in turn is respected and competitive throughout season 2015.
GIPPSLAND POWER FOOTBALL CLUB
TRAINING PROGRAM
SEASON 2014/2015

PRE-CHRISTMAS TRAINING PROGRAM

FOOTBALL SKILLS

Skills training prior to Christmas will be again decentralized and each player will train three nights a week commencing Monday 10th November 2014 at one of the following locations according to where you live. This will allow coaching staff to view all squads more evenly. (The whole squad will train on the final night at MORWELL FOOTBALL GROUND - THE CENTRE OF EXCELLENCE on Friday 19th December 2014 commencing at 5.30pm)

Training Locations and squad coaches for Skills Training are:

Training time 5.00PM – 6.15PM

- Lucknow Football Ground – Paul Anderson (0457 509 510)
- Maffra Football Ground – Nigel Sellings (0417 327 417)
- Mary MacKillop CRC Leongatha- Dean Duursma (0419 744 058)
- Tyers Football Ground - Mannon Johnston (0401 947 094)
- Garfield Recreation Reserve – Scott McDougal (0409 509 809)

PLEASE NOTE: ALL PLAYERS MUST BRING THEIR OWN FOOTBALL, FOOTBALL BOOTS, RUNNERS, GIPPSLAND POWER SHORTS, GIPPSLAND POWER SINGLET AND WATER BOTTLE TO ALL TRAINING SESSIONS.

*PRE SEASON TRAINING WILL RE-COMMENCE ON FRIDAY 30th JANUARY 2015 AT THE MORWELL FOOTBALL GROUND - THE CENTRE OF EXCELLENCE at 5.30pm. TRAINING WILL BE EVERY WEDNESDAY AND FRIDAY NIGHT COMMENCING AT 5.30 PM UNTIL FURTHER NOTICE.
GIPPSLAND POWER U18 FOUNDATION TRAINING PROGRAM 2014-2015

INTRODUCTION

Australian Rules Football requires a blend of many components of fitness (e.g. strength, speed, power, agility, cardiovascular endurance, flexibility and speed endurance). During the preseason period all these fitness components will be developed with a wide variety of training methods.

The main objective of this foundation program is to prepare you to meet the physical demands of TAC Cup football. As with the demands of this level of football, this year’s program demands a “Commitment to Excellence” in terms of physical preparation.

The program is designed to build a strong aerobic base, improve strength, improve core strength, improve flexibility, decrease body fat, improve your ability to recover and provide a basis for further development.

You will train in your satellite groups on the allocated days shown in each zones calendar. The program is 20 weeks in duration and sets out your other 3 sessions per week. The foundation program begins Saturday 8th November and continues for 12 weeks until preseason training commences on the 30th January 2015. The next 8 weeks of the program details the extra sessions required during preseason training on your off nights. The last 4 weeks outline your off night sessions at the start of the season.

The foundation program is a cross training program i.e. a mixture of running, riding, swimming and strength training. This type of program keeps you motivated due to its variety and change of environment. If you wish to have the required endurance for preseason training it is vital that you complete the program in its entirety.

It is important that each training session begins with a warm-up, some form of light exercise (short run, cycle/skip) to raise body temperature and a stretching session must always be completed at the end of each session.

“NO ONE CAN PREDICT TO WHAT HEIGHTS YOU CAN SOAR. EVEN YOU WILL NOT KNOW UNTIL YOU SPREAD YOUR WINGS’
RUNNING PROGRAMS

Dynamic Warm up Program

Duration 10 minutes:

Set two cones 50m apart

Players work up one side of the cones and then return down the other side back to the starting point. E.g. 100m is up one side for 50, then back on the other for 50m.

1. Jog 100m, i.e. 2 x 50m

2. Jog 50m backwards

3. Karioka cross-step for 50m (one in front one behind, 25m facing one way, 25m facing other way)

4. High knee runs for 25m, bum flicks 25m

5. Jog 50m slowly bending to touch the ground every 5m

6. Jog 50m jumping up as to take high mark every 5m

7. Side to side 50m, (25m facing one way, 25m facing other way)

8. 5 walking high kicks each leg, then jog to other end

9. Walking lunges for 50m

10. 5 tuck jumps, 5 squat jumps then stride to other end

11. 50m acceleration run to 75%

12. 50m acceleration run to 85%

13. 50m acceleration run to 95%

14. 100m top end effort
Fartlek Running Session: Perform running on an oval, incorporate change of direction and straight line running (Game like running using the work intervals outlined below)

**Fartlek Running Sets:**

**Set 1**
- 15 seconds running – 70%-85%
- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)
- 15 seconds running – 70%-85%
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- 30 seconds running – 70%-85%
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- 45 seconds running – 70%-85%
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- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)

2 minutes walking (rest)

**Set 2**
- 15 seconds running – 70%-85%
- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)
- 15 seconds running – 70%-85%
- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)

2 minutes walking (rest)

**Set 3**
- 15 seconds running – 70%-85%
- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)
- 15 seconds running – 70%-85%
- 15 seconds walking (rest)
- 30 seconds running – 70%-85%
- 15 seconds walking (rest)
- 45 seconds running – 70%-85%
- 15 seconds walking (rest)

2 minutes walking (rest)
**Trig Running Sessions:**

**60m effort/5 seconds rest**

- 30m Start
- 30m
- 20m Finish
- Stop at this cone

Note: Deceleration into cone with small steps and come to complete stop after 60m
- Recovery is 10 seconds walk to finish cone & 5 seconds rest (standing at cone)

**80m effort/15 seconds rest**

- 30m Finish
- 30m
- 20m Start
- Stop at this cone

Note: Deceleration into cone with small steps and come to complete stop at cone
- Recovery – 15 seconds at finish cone

**Trig session Level 1:**

Set 1:
- 2 – 60m efforts (10 – 12 seconds)
- 2 – 80m efforts (15 – 16.5 seconds)

Set 2:
- 2 – 60m efforts (10 – 12 seconds)
- 2 – 80m efforts (15 – 16.5 seconds)

Note: Set 2 you travel opposite way to achieve equal load on both legs (Flip the diagram)

**Trig session Level 2:**

Set 1:
- 4 – 60m efforts (10 – 12 seconds)
- 4 – 80m efforts (15 – 16.5 seconds)

Set 2:
- 4 – 60m efforts (10 – 12 seconds)
- 4 – 80m efforts (15 – 16.5 seconds)

Note: Set 2 you travel opposite way to achieve equal load on both legs
**Trig session Level 3:**
Set 1:
5 – 60m efforts (10 – 12 seconds)
5 – 80m efforts (15 – 16.5 seconds)
Set 2:
5 – 60m efforts (10 – 12 seconds)
5 – 80m efforts (15 – 16.5 seconds)

*Note: Set 2 you travel opposite way to achieve equal load on both legs*

**Trig session Level 4:**
Set 1:
6 – 60m efforts (10 – 12 seconds)
6 – 80m efforts (15 – 16.5 seconds)
Set 2:
6 – 60m efforts (10 – 12 seconds)
6 – 80m efforts (15 – 16.5 seconds)

*Note: Set 2 you travel opposite way to achieve equal load on both legs*

**Goodwin Running Sessions:** 10 sec Test – Rectangle Layout (at training)

**A Grade** – 60m x 27m – Week 3

Set 1: 5mins – Rest 2mins
Set 2: 4mins – Rest 2 mins
Set 3: 3 mins – Rest 2mins

**B Grade** – 57m x 26m – Week 2

Set 1: 4mins – Rest 2mins
Set 2: 4mins – Rest 2 mins
Set 3: 2 mins – Rest 2mins

**C Grade** – 54m x 24m – Week 1

Set 1: 4mins – Rest 2mins
Set 2: 3mins – Rest 2 mins
Set 3: 2 mins – Rest 2mins
Interval Running Sessions:

PROGRAM A:

To be completed at 85% effort (work to rest ratio 1:1) [175bmp or 28-30bp10sec].
4 x 200m
2 x 400m
1 x 600m

PROGRAM B:

To be completed at 90% effort (work to rest ratio 1:2) [185bmp or 30-32bp10sec]
8 x 50m, 25m decelerate, 80m, 25 m decelerate, 120 m walk back to start.

PROGRAM C:

To be completed at 100% effort (work to rest ratio 1:4) [200bpm or 32-35bp10sec]
8 x 50m
10 x 20m
15 x 10m
10 x 20m
8 x 50m

CIRCUIT TRAINING PROGRAM

This program is to be completed without rest. Players must jog 40m between each exercise i.e. 20m out 20m back.

Exercises:

1. Push Ups X 15
2. Squat jumps X 10
3. Abdominal Crunches X 20
4. 20m Shuttle runs X 10 (up and back count as 1)
5. Oblique Crunches x 15 (each side)
6. Tuck Jumps X 15
7. Tricep Push Ups X 10
8. 20m Shuttle Run X 10 (up and back count as 1)
9. Single Leg Treadmills X 20 (each leg)
10. Burpees with a Jump X 10
11. Back Hyperextensions X 10
12. 20m Shuttle Run X 7 (up and back count as 1)
13. Push Ups with clap X 10
14. Single Leg Squats X 10 (each side)
STRENGTH TRAINING PROGRAMS

In the first six weeks of the program (general prep phase) the upper and lower body performance programs will be used, these programs are designed to build a foundation of muscular endurance, mobility and strength. In the second six week block a combination of the four programs will be used to allow overreaching of the general preparation phase to occur.

The strength component of the program involves four programs:
- Upper Body Performance
- Lower Body Performance
- Upper Body Activation
- Lower Body Activation

Prior to you first gym session: Players need to assess their strength, this is done by completing each exercise within the program and calculating your 8RM. i.e. if you can complete more than 8 reps on the first set the weight is too light. Once you can complete 3 sets of 10 at this weight reset your 8RM. Refer to programs for sets, reps, tempo and rest between each set with each exercise.

STRENGTH TRAINING PROGRAM (if you DON’T have access to a gym)

Brick circuit/dumbbell training program
- 1 x 15 reps per exercise
- 15 sec rest between exercises
- 2 minutes rest between circuits

   BRICK CIRCUIT/DUMBBELL Exercises:

Complete reps as shown on program:

1. Bicep Curls
2. Tricep Extensions
3. Shoulder Press
4. Tackles (Standing Flyes)
5. Squats
6. Boxing
7. Bent Over Flyes
8. Push Ups
9. Lateral raise
10. Front Raise
11. Ab. Crunches
12. Alternate curl and press
13. Push Ups with clap
14. Russian Twists
### Strength - Lower Body Activation Program

**Warm Up**

*10 minutes on spin bike + 5 minutes foam rolling (Gluts, hip flexors, hamstrings, quads, calves, lower back)*

1. **Hip circles 01217**

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2. **Band hip abduction 02165**

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3. **Bridging 00370**

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4. **Supine spine rotation 01193**

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### Main Program - Lower Body Performance

#### 5. Box squat 03561
- **Explosive off the box, pushing through the heels**
- **2min:** Slow  
  - 2min Expl  
  - 3 x 10 kg  
  - Fri  
  - 26/12  
  - 02/01

#### 6. Lateral hopping balance 01257
- **Jump off one leg as high as possible and land and balance holding for 2 seconds (Add weight vest when required)**
- **1min Expl  
  - 1min Expl  
  - 3 x 8 kg  
  - Fri  
  - 26/12  
  - 02/01**

#### 7. Step up band hip flexion 05626
- **Drive knee up as you step up (Add weight vest when required)**
- **2min Expl  
  - 2min Mod  
  - 3 x 8 kg  
  - Fri  
  - 26/12  
  - 02/01**

#### 8. Single leg squat 02058
- **Balanced and controlled**
- **2min Mod  
  - 2min Mod  
  - 3 x 12 kg  
  - Fri  
  - 26/12  
  - 02/01**

#### 9. Single leg bench bridging 03683
- **Explosive - contracting gluts are the top of movement**
- **1min Fast  
  - 1min Expl  
  - 3 x 10 kg  
  - Fri  
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# Cool down exercises/stretches

10. Hip flexor stretch 02633

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11. Quadriceps stretch 02703

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12. Torso rotation gluteal stretch 02634

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13. Calf stretch 02691

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### Strength - Upper Body Activation Program

#### Warm up exercises

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#### Main Session - Upper Body Performance

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### 7. Single arm seated row rotation 03604

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### 9. BB upright row 05991

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**Cool down exercises/stretches**

### 10. Back extension lat dorsi stretch 02799

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11. Posterior shoulder stretch 03013

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30 second hold each arm x 2

12. Triceps stretch 01231

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30 second hold each arm x 2

13. Anterior shoulder chest stretch 03062

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## Strength - Lower Body Performance Program

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### Warm Up

1. **Hip circles 01217**

   - 10 sec Mod
   - 2 x 5
   - B-Wgt
   - Sat
   - 06/11

2. **Band hip abduction 02165**

   - 10 sec Slow
   - 2 x 5
   - B-Wgt
   - Sat
   - 09/11

3. **Bridging 00370**

   - 10 sec Slow
   - 2 x 5
   - B-Wgt
   - Sat
   - 09/11

---

10 minutes on spin bike/Row + 5 minutes foam rolling (Gluts, hip flexors, hamstrings, quads, calves, lower back)
### 4. Supine spine rotation 01193

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### 5. Deadlift 03565

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### 6. Single leg press 00924

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9. **Band bridging 03678**

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10. **Overhead BB lunge walk 03651**

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**Cool down exercises/stretches**

11. **Hip flexor stretch 02633**

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12. **Quadriceps stretch 02703**

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13. **Torso rotation gluteal stretch 02634**

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### 14. Calf stretch 02691

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**30 second hold each leg x 2**
# Strength - Upper Body Performance Program

## Warm up exercises

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## Main Session - Upper Body Performance

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6. Smith rack pull up horizontal 00669

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7. Bench press 00341

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8. Narrow grip seated row 03796

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9. DB lateral raise 02816

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**Cool down exercises/stretch**es

10. Back extension lat dorsi stretch 02709

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<td>11. Posterior shoulder stretch 03013</td>
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SWIMMING PROGRAMS

Program A:
100m freestyle
100m kicking only (use a kickboard)
100m freestyle
6 x 50m kicking only (fast on 2:30 mins)
400m freestyle

*Intensity: 150-160 bpm or 25-27 bpm/10 sec
*Intensity: 160-170 bpm or 26-28 bpm/10 sec
*Intensity: 160-170 bpm or 26-28 bpm/10 sec
*Intensity: 170-180 bpm or 28-30 bpm/10 sec
*Intensity: 160-170 bpm or 26-28 bpm/10 sec

Program B:
300m freestyle
10 x 50m (60 secs rest)
5 x 50m (25m freestyle; 25m sculling on back {no rest})
200m freestyle

*Intensity: 150-160 bpm or 25-27 bpm/10 sec
*Intensity: 170-180 bpm or 28-30 bpm/10 sec
*Intensity: 160-170 bpm or 26-28 bpm/10 sec

Program C:
300m Freestyle
5 x 100m (30 secs rest)
10 x 50m (on 1 minute)
200m Freestyle

*Intensity: 150-160 bpm or 25-27 bpm/10 sec
*Intensity: 170-180 bpm or 28-30 bpm/10 sec
*Intensity: 170-180 bpm or 28-30 bpm/10 sec
*Intensity: 150-160 bpm or 25-27 bpm/10 sec

POOL RECOVERY PROGRAM

- Walk 4 X 15m Forwards
- Walk 4 X 15m Backwards
- Swim 4 X 25m Freestyle
- Swim 4 X 25m Breaststroke
- Dolphin 4 X 15m
- Stretch Hamstrings/ Quads
- Swim 4 X 25m Sidestroke (can use kickboard under arm if want)
- 2 X 25m Lifesaving Backstroke
- Jog 4 X 15m Forwards
- Jog 4 X 15m Backwards
- Swim 4 X 25m Freestyle
- Stretch calves/groins/gluteals
Football Skills Sessions

These need to be completed with a partner and if possible another player who is in the squad training).
Before each session ensure you complete a thorough warm up!

Skill Session A

- 50 Right & Left handballs at top pace
- 25 marks from a kick- 5m away (handball back)
- 25 marks from a kick- 10m away (handball back)
- Roll and pick up & handball back (10 X 2 sets)
- Half volley pick up & handball back (10 X 2 sets)
- Partner kicking (stationary) 15m (10 Right & left) – ‘Driver kicks’
  25m (10 Right & Left) – ‘5 iron kicks’
  30m (10 Right & Left) – ‘9 iron kicks’
- Partner kicking to space 30m (5 minutes)

Skill Session B (2 footballs required)

- 20 laps “Round the world handballs” at top pace
- 20 “Koutas” each hand
- 20 “Tram tracks” each hand at top pace
- 20 “Over & Unders” each hand at top pace
- 20 “half volleys” at top pace
- 20 marks from a kick- 5m away (handball back)
- 20 marks from a kick- 10m away (handball back)
- Partner kicking (stationary) 10m (10 Right & Left) – ‘No Step kicks’
  15m (10 Right & left) – ‘5 iron kicks’
  25m (10 Right & Left) – ‘Driver kicks’
- Partner kicking to space 30m (5 minutes)
- Goal Kicking- set shots- 35m max (5 minutes-each player)
Core Program

(Don’t be scared to do this more often than the program suggests)

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Session 1  3. Kneeling arm-leg raise 04/24

- Tips: Start with the hands under the shoulders, the knees under the hips & neutral curves in the spine. Extend the hip & knee & flex the opposite shoulder then return to the start position. Either continue with the same arm & leg or repeat the movements with both limbs in an alternating fashion. Hold a dumbbell to progress the exercise.
- Cautions: Do not allow the spine to round or sag.

2. Side lying stabilization hip abduction 04/23

- Tips: Start with the forearm flat on the ground & the elbow under the shoulders. The hips & shoulders should face forward with the neck in line with the spine. Keeping the legs together, lift the hip off the ground until the body is straight & balanced then raise the top leg. Either hold the raised position for the prescribed period of time or return the hips to the floor after each repetition.
- Cautions: Do not round the spine or allow the shoulder blades to wing or lift off the ribs.

3. Single leg bridging leg circles 03/13

- Tips: Keep the head & shoulder in contact with the ground raise the hips until the thighs are in line with the torso. Maintain a stable torso & move the unsupported leg in small circles. Vary the position of the hands on the floor depending on the amount of additional balance required.
- Cautions: Do not extend the spine past neutral unless specified otherwise by an exercise professional.
4. Supine arm leg raise 04621

Tips: The head, shoulders & hips should remain on the floor. Flex the shoulders & simultaneously lower the legs towards the ground as far as possible then return to the start position. This time spent in the extended position can vary depending on the requirements of the exercise. Hold weights or place a medicine ball between the feet to progress the exercise.
Cautions: Do not extend the neck or the spine during the exercise. Maintain neutral curves in the spine.

5. Side prone side stabilization 02527

Tips: This exercise should be completed on a smooth & soft surface to avoid contact or friction injury to the elbows. Start with the elbows under the shoulders with the body straight. Keep the torso rigid & the neck should remain in line with the spine. The length of time spent at each position can vary as required.
Cautions: Control each phase of the exercise, maintain balance prior to becoming each movement. Do not allow the spine to sag, particularly while in the prone position.

6. Rotation sit up rotation 04566

Tips: Start with the legs straight & perpendicular. This exercise requires adequate flexibility to keep the legs vertical. Reach up to touch the outside of the opposite foot. Repeat those movements in an alternating fashion to both sides.
Cautions: Keep the neck relaxed & do not jerk the movements. If you have a history of spinal injury or other spinal pathologies, seek professional advice prior to commencing this exercise.

7. Prone hip flexion rotation 04931

Tips: Position the hands under the shoulders with the body straight. Flex the hip to take the knee towards the opposite shoulder. Repeat the movements to the same side or continue in an alternating fashion with both legs.
Cautions: Keep the neck in line with the spine & maintain a rigid torso.
Yoga/Stretching Program
This is to be completed at the completion of each session. (Hold for 10-15 seconds x 3 times)

Yoga 02526

Tips
Lower the hips to the ground & extend the spine by extending the arms. The range of extension may vary depending on the level of flexibility.

Press the arms into the floor & keep the shoulders relaxed.

Extend the neck towards the end of the pose.

Yoga 02562

Tips
Flex the hip & pull the leg straight up while keeping it straight. Slide the hands up the back of the thigh & flex the head forward.

The other leg should remain straight on the floor or flexed with the foot flat on the ground.

Yoga 02553

Tips
The hips & shoulders should be square with the palms beside the feet. Use blocks if the hands cannot reach the ground.

Extend the neck & spine, lift the chest up then lean forward at the hips.
Yoga 02533

Tips
Keep the flexed leg stationary & lean forward at the hips.
Lower the shoulders towards the ground & press the chest towards the floor. From this position, press the hip of the straight leg towards the floor.
Press the arms away from the body to modify the pose.

Groin stretch buttock 02763

Tips
Start with the legs wide apart with the feet facing out. The outward facing direction of the feet should be achieved by externally rotating the hips.
Keep the feet flat on the ground, squat as far as comfortable or until the thighs are parallel to the ground.
The knees should track in line with the centre of the feet & keep the legs stationary during the rotations.

Hip flexor quadriceps stretch 02629

Tips
Start with the hips & shoulders square & facing forwards then lean forward at the hips.
Ensure that the shoulders remain above the hips while leaning forward & do not allow the lower back to extend.
The hips should remain stationary while flexing the back leg & pull the foot straight towards the buttock.
Iliotibial band stretch 02782

Tips
Position the hand on the wall with the feet an arm's length from the wall.
Place one foot behind the other, then lean the hips towards the wall while keeping the hips & shoulders square.
The stretch should be experienced on the outside of the thigh, hip & possibly the torso.
The extent of the stretch is determined by the flexibility of these muscles.

Torso side bend stretch 02798

Tips
Place the hand & the opposite foot flat on the ground.
Slowly extend the arm to elicit the stretch while keeping the hip on the ground.

Posterior shoulder rotation stretch 02807

Tips
Ensure that the surface is smooth & does not inhibit the hand from sliding.
Place both hands together with the back of the hand on the floor. Rotate the spine & press the hands across the body to facilitate the rotation.
The rotation is directed across the body & not down towards the floor.
Tensor fascia lata stretch 02636

**Tips**
Sit with the spine in tall posture with the hands on the floor.

Place one foot on the opposite knee & pull the knee towards the floor. The movement is rotation at the hip joint & do not twist the knee.

A stretch may not be experienced if the hip is not tight.

Calf hip flexor stretch 02623

**Tips**
Take a small step forward with the hips & shoulders square. The rear foot should be slightly turned out & flat on the floor.

Lean forward at the hips & do not allow the lower back to extend while. The shoulders should remain above the hips.

Yoga 02508

**Tips**
Position the hands flat on the floor & shoulder width apart. Lift the hips, straighten the legs & shift the weight onto the legs. Press the palms forward & try to press the heels towards the floor also.

Ensure that the arms remain straight to create an inverted V shape with the upper body & lower body.

If tightness in the back of the legs restricts the pose, bend the knees slightly.
**Shin stretch 02596**

**Tips**
Sit on the heels & lift the foot further towards the buttocks. This stretch may not be experienced if the muscle is not tight.

Sitting on the heels may be adequate to elicit a stretch in some circumstances.

**Hamstrings buttock calf stretch 02608**

**Tips**
Sit on the floor with the legs straight & the spine in a tall position.

Pull the toes back, lean forward at the hips & do not flex the spine to initiate the movement.

While leaning forward grasp the feet & carefully flex the entire spine. The legs should remain relaxed while leaning forward at the hips.

**Back flexion groin stretch 02796**

**Tips**
Sit with the spine in a tall posture with the feet together. Lower the knees to the floor as far as comfortable.

Flex forward at the hips & allow the spine to flex also. Initiate the forward movement at the hips, not the shoulders.

Ensure there is an even curvature of the spine & do not force the stretch.
Eating & Drinking During and After Sport

During most sport your body will steadily burn a fuel mixture of carbohydrate (as glycogen) and fat. If your sport is no longer than an hour, you will perform well without having to replace these fuels until you have finished. Your next meals, if well chosen, will replace all the fuel you have used. On the other hand, you will be sweating and losing fluid very soon after you start any exercise. This fluid must be replaced as soon as possible during exercise, because even minor dehydration can impair your performance. See fact sheet number 1 on Fluids In Sport.

If your sport or training takes longer than an hour then you may benefit from consuming some carbohydrates during sport in addition to fluids eg sports drinks. The decision will depend on the:

- Intensity of the exercise (higher intensity burns glycogen more quickly);
- Duration (the longer the event, the more glycogen burned);
- Ambient temperature (the hotter it is, the quicker glycogen will be burned); and
- How well you have eaten before sport (more pre-event carbohydrate means more available glycogen).

Carbohydrate consumed during an event may improve endurance by:

- a) sparing muscle glycogen. In low intensity exercise the carbohydrates taken during the event can be re-made into glycogen for later use;

- b) keeping blood glucose (sugar) levels normal during moderate to high intensity exercise and providing extra fuel for empty muscles, so delaying fatigue.

Fluids

There is no doubt you need them. Water is good for replacing fluid losses. However, sports drinks have a number of advantages, including a taste that encourages better fluid intake, and the addition of carbohydrates for glycogen fuel replacement. Glycogen replacement is beneficial if the event is an hour or more. Drink before, during and after exercise. Don’t wait until you are thirsty. If you feel thirsty then you are already too dehydrated to perform at your best. (See fact sheet #1)

Sport less than 90 minutes

Most team sports and individual events are completed within 90 minutes of action eg netball, squash, football, soccer, hockey or a 10 km jog. Fluids are always very important in any exercise.

A sports drink provides some carbohydrate as sugars and can help delay fatigue in a short event or team game. It should not be necessary to eat any solid food in sports less than 90 minutes duration, as eating will before the event will have a big impact on sports performance, and a sports drink provides plenty of opportunity to refuel during the event. If you fatigue during the event then you probably haven’t:

- eaten enough carbohydrates beforehand;
- taken enough sports drink;
- trained enough; or
- you have overtrained.

You will perform better by rectifying these problems and refuelling and re-hydrating during the game.

Sport longer than 90 minutes

Generally, these are endurance events. Most fit people can exercise for 90 minutes or more if they are well fuelled with carbohydrates before they start. Unfortunately, there isn’t a never ending supply of glycogen fuel, so in endurance events it is recommended that extra carbohydrate is consumed, usually in the form of a sports drink or easy-to-eat food bar or sugar confectionery.

The sugars found in a sports drink will help delay fatigue and allow you to compete at your optimal pace for a longer time. If you eat solid food to supply additional carbohydrate, then it will need to be a choice that you feel comfortable with. For example, jelly beans, jelly snakes, muesli bars (low fat, of course) and bananas are popular solid foods with long distance cyclists. Studies of athletes show that around 30-60g of carbs per hour should be consumed in an endurance event to delay fatigue. This is the equivalent to 500-1000 mL of sports drink or 10-20 jelly beans. You should experiment to find a fuel replacement schedule that suits your individual needs.

Ultra-endurance events

For events over four hours, the ultra-endurance athlete trains and competes at a lower intensity than short-distance events and most team games. During exercise at less than 70% maximum heart rate dilution can still occur, so the athlete can consume high carbohydrate foods with small amounts of protein and fat eg muesli bar, breakfast bar, sports bar, jam sandwich and hot soups (if the event is held in cool conditions).
Commercial liquid meals are popular with ultra-marathoners. Ultra-endurance athletes should invest the help of an experienced sports dietician due to their very high energy and nutrition requirements. Many will need over 20,000 kcal (83,600 Calories) a day just to maintain their body weight and get enough carbohydrates.

As glycogen stores get low, protein is used as a muscle fuel. Even if glycogen stores are reasonable, a small amount of protein is used as a fuel source near the end of endurance events, therefore endurance athletes need more protein than sedentary people (see fact sheet #6 on protein).

**Why should I eat and drink after exercise?**

When you have completed a training session or an event you will have used:
- Muscle glycogen;
- Body fat (usually a small amount);
- Some protein (mainly in endurance events or weight training); and
- Some fluids.

Most importantly, fluids and carbohydrates need to be replaced soon after exercise. Muscle glycogen is likely to be depleted and these are restored by consuming food or drinks containing carbohydrate. Fluid must be replaced as quickly as possible because being even slightly dehydrated will affect your performance, your recovery and your daily activities, such as thinking and driving a car. Fortunately, even if you are quite lean, you will likely have plenty of body fat stores for endurance work, and these can be replaced at your next meal. Protein is another nutrient that can easily be replaced at your next meal (note that many carbohydrate foods also provide protein e.g. beans, pasta, rice, legumes).

**When should I eat and drink after exercise?**

To take advantage of the body’s desire to replace glycogen stores after exercise, we recommend that a post-event snack be eaten within two hours after exercise, although the first 30 minutes may be the most crucial time. The body replaces glycogen at the quickest rate when carbohydrate foods and drinks are eaten soon after exercise. This becomes very important when an athlete trains or competes two or more times a day and they need to replace glycogen quickly. A larger meal can be consumed later when an athlete has cooled down and feels more comfortable. Muscle glycogen can generally be replaced at 5% per hour, so it takes about 20 hours to replace an empty glycogen fuel tank.

**What should I eat after sport?**

As a guide, your choice of meal or snack should be:
- High in carbohydrate;
- Moderate protein;
- Include plenty of fluids; and
- Food & drinks you enjoy.

Don’t fall for the trap of eating anything you fancy because you deserve it. For most events, the emphasis is on replacing carbohydrates and fluids. Athletes who find it difficult to eat solid food after exercise should try liquid sources of nutrition.

Liquid meals, such as commercial high-carbohydrate drink supplements and home-made fruit smoothies (a blend of milk and fruit), fruit juice and sports drinks help an athlete to both refuel and replace fluids even when they are not as hungry. Try to eat 1-2 g of carbohydrate per kg body weight in the two hours after exercise. This will equate to around 50-150 g carbohydrate for most people. There may be some good reasons for choosing carbohydrate foods that are also good sources of other nutrients such as protein and vitamins or minerals. Speedy intake of these nutrients may assist in a variety of recovery activities, such as rebuilding protein or assisting the immune function. Nutritious carbohydrate foods and meal ideas are provided below.

**Post-exercise snack ideas**

- Sports drinks
- Banana sandwich
- Fresh fruit, canned fruit
- Fruit juice
- Sweet muffins
- Fruit bar
- Breakfast bar, muesli bar
- Sports bar
- Low-fat flavoured yogurt
- Fresh fruit salad with low-fat yoghurt or low-fat dairy dessert
- Smoothies, based on reduced-fat milk, low-fat yoghurt and banana/mango/bananas
- Soy smoothie, based on reduced-fat soy beverage and blended fruit.

**Example high carbohydrate meals & snacks**

- Baked potato (1 medium) + baked beans & mushrooms = 30 g carb
- 200 ml low fat yoghurt + 1/3 dried fruit = 35 g carb
- Fruit smoothie (200 ml low-fat milk + bananas) = 37 g carb
- Breakfast cereal (1 cup) + 150 ml low-fat milk + tinned peach (1 whole) = 40 g carb
- Raisin bread (2 slices) + nectarine cheese + jam = 45 g carb
- Ham & salad roll + fresh fruit = 50 g carb
- Spaghetti or baked beans (1 cup) + 2 slices toast = 65 g carb
- Breakfast cereal (2 cups) + 200 ml low-fat yoghurt + tinned fruit (1/2 cup) = 70 g carb
- Toast (2 slices) with honey, jam or marmalade + fruit juice (1 glass) = 70 g carb
- Steamed rice (1.5 cup) + stir-fried vegetables = 85 g carb

**Summary points**

- During sporting activities, it is important to replace lost fluid as soon as possible.
- In longer activities, both fluids and carbohydrates will need to be replaced to enhance endurance ability.
- Consume 50-60 g carbohydrate per hour during endurance events.
- For the quickest replacement of glycogen stores, eat 1-2 g of carbohydrate per kg body weight soon after finishing exercise.

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Fluids in Sport

Why fluid is important
Water is essential to maintain blood volume, regulate body temperature and allow muscle contractions to take place. During exercise, the main way the body maintains optimal body temperature is by sweating. Heat is removed from the body when beads of sweat on the skin evaporate, resulting in a loss of body fluid. Sweat production, and therefore fluid loss, increases with a rise in ambient temperature and humidity, as well as with an increase in exercise intensity.

Drinking fluid during exercise is necessary to replace lost sweat. This action will reduce the risk of heat stress, maintain normal muscle function, and prevent performance decreases due to dehydration. In most cases during exercise the rates of sweat loss are higher than the rate you can drink, so most athletes get into fluid deficit. Therefore, fluid guidelines promote drinking more fluid to reduce the deficit. However, it is also possible to over-hydrate during exercise, so athletes with low sweat losses need to drink at a more moderate rate.

The dangers of dehydration
- As dehydration increases, there is a gradual reduction in physical and mental performance. There is an increase in heart rate and body temperature, and an increased perception of how hard the exercise feels, especially when exercising in the heat.
- Studies show that loss of fluid equal to 2% of body mass is sufficient to cause a significant decrease in performance (that’s a 1.4 kg loss in a 70 kg athlete).
- Dehydration of greater than 2% loss of body weight increases the risk of nausea, vomiting, dizziness, and other gastro-intestinal problems during exercise.
- Dehydration reduces the rate of fluid absorption from the intestines, making it more difficult to reverse the fluid deficit. You may end up feeling bloated and sick if you delay fluid replacement.
- It is impossible to ‘train’ or ‘toughen’ your body to handle dehydration. Don’t bother trying!

The dangers of over hydration
Drinking more fluid than is comfortable, in any condition interferes with good performance. In cool weather or when the exercise pace is gentle, the rate of sweat loss may be quite low. It is unnecessary and potentially dangerous to drink at rates that are far greater than sweat losses. Such overhydration during exercise can cause a dilution of blood sodium levels (hypoosmolarity). Symptoms include headaches, disorientation, coma, and in severe cases, death.

Estimating your fluid losses
Fluid is lost from the body mainly as sweat and urine. Other minor losses come from breathing, spitting, vomiting and other insignificant sources. Sweat losses can be monitored to give you an idea of how much fluid to replace during training sessions and competition. Weigh yourself before and after the session, using accurate scales. If possible, weigh naked or in minimal clothing, and be sure to towel dry any excess sweat (so you are not weighing sweat lost into your clothing).

- Your weight change during exercise reflects your total fluid loss; i.e. the difference between your sweat losses and fluid intake.
- As a general rule, aim to keep this weight loss less than 1 kg. (1 kg = 1 litre of fluid)

You can also express fluid loss or dehydration as a percentage of your initial weight. This is how to calculate % dehydration:

\[
\% \text{ dehydration} = \left( \frac{\text{pre-exercise wt (kg)} - \text{post-exercise wt (kg)}}{\text{pre-exercise weight (kg)}} \right) \times 100
\]

E.g. If you weigh 80 kg before sport and 78 kg afterwards, then your % dehydration is:

\[
100 \times (80 - 78) / 80 = 0.25 \times 100 = 2.5\%
\]

Aim to keep this well under 2%.

Total sweat loss can be estimated by considering fluid and food consumed, as well as weight change. Total sweat loss (in mL) =

\[
1000 \times (\text{pre-exercise wt (kg)} - \text{post-exercise wt (kg)}) + \text{fluid intake (mL)} + \text{solid food eaten (g)}
\]

E.g. If you weigh 80 kg before sport and 78 kg afterwards, drank 700 mL fluid and ate 50 g jelly beans, then your total sweat loss is:

\[
(1000 \times 2) + 700 - 50 = 2750 \text{ mL}
\]
• Knowing your rate of sweat loss helps you develop a general fluid intake plan. You should aim to drink at the maximum amount that is comfortable and practical for your sport, but a bit less than your sweat losses.
• Remember that weight loss during exercise is primarily fluid loss (not fat loss), and needs to be replaced soon after finishing exercise.

How Much Fluid & When?
Drinking fluid during exercise helps to prevent a drop in performance caused by dehydration, and fluid after exercise will re-hydrate you. The amount of fluid and the timing of drinks depend on the individual and the sport. Here are some tips:
• Always start exercise well hydrated; this will lower the risk of becoming dehydrated during sport. There is minimal performance benefit to being over-hydrated as drinking excessive amounts of fluid before exercise causes increased urination and feelings of bloatedness.
• Develop a plan for drinking during exercise based on your own sweat rates.
• Immediately after exercise, monitor your weight change to estimate your final fluid deficit. During recovery, you will continue to lose fluids through sweating and urine losses, so plan to replace 100% of this fluid deficit over the next 2-6 hours. For example, if you lost 1 kg (1000 mL), you will need to drink 1000 mL to fully re-hydrate. Drink fluids with your recovery snacks and the following meal to achieve this goal.
• Different sports pose different challenges and opportunities for optimal hydration. For team and racquet sports there are formal breaks between play, with substitutions and time-outs, all offering an opportunity to drink. Some individual sports require you to drink on the move. Be smart and practice strategies to get maximum benefit from fluid intake with minimal fuss and discomfort. Try special squeeze bottles, or small sports drink pouches if practical.
• There is not an effective indicator of hydration status while exercising. There is usually a significant fluid loss before you feel thirsty. When drinking, your thirst will be satisfied well before these losses have been fully replaced.
• Sweat rates vary between people - even people exercising side by side. In general, however, sweat rates increase with the intensity of exercise, and in a hot, humid exercise environment. Aerobic training and acclimatization to a hot climate both help an athlete to sweat earlier and at higher rates during exercise. Being able to sweat enables your body to get rid of the heat that your muscles produce during exercise.
• Athletes who undertake high intensity exercise in hot conditions can lose 2-3 litres of sweat each hour. Typically, though, most exercisers can expect to lose around a litre of sweat per hour.
• Children and the elderly have lower sweat rates, and are therefore less able to regulate their body temperature when they are hot.

What is the best fluid to drink?
As there are many drink options available you now need to think about which is best for you.

Plan water alone is an effective drink for fluid replacement, especially in low intensity and short duration sports. However, if carbohydrate and electrolytes are added to water, as in a sports drink, performance can be enhanced, especially in high intensity and endurance sports. If a drink tastes good, athletes will consume more of it, therefore promoting re-hydration. Carbohydrate in fluid provides a muscle energy source as well as enhancing flavour. This can be one advantage of a sports drink over plain water.
Electrolytes such as sodium are lost in sweat and need to be replaced during and after prolonged exercise. Sodium in fluid improves hydration as it stimulates the thirst mechanism, promotes both carbohydrate and water uptake in the intestines and reduces the volume of urine produced post-exercise.

For more information please see the SDA fact sheet #19 on Sports Drinks.

Caffeine
Caffeine is a diuretic, meaning it increases the volume of urine produced (fluid lost) by the body. Recent research has shown, however, that caffeine-containing fluids can be used as a re-hydration beverage. The increase in fluid lost as urine is not greater than the amount of fluid that is consumed from drinks such as tea and coffee. Non-caffehinated fluids (e.g. water, sports drinks, luce, cordial) are more effective for hydrating, and are therefore still the preferred choice, but the regular caffeine drinker does not need to avoid caffeine-containing drinks completely.

Alcohol
Alcohol will act as a diuretic and interfere with re-hydration and other recovery processes. If you choose to drink alcohol after exercise, look after your recovery needs first (i.e. replacing fluids and energy) and then enjoy an alcoholic beverage in sensible amounts (maximum four standard drinks for men and two for women).

Fluid Guidelines Summary
Dehydration impairs performance and mental skills, especially in hot weather:
• Monitor your typical sweat losses during exercise and develop a hydration plan for before, during and after exercise that replaces these losses.
• Aim to have minimal weight (fluid) loss during exercise, preferably less than 2 kg.
• During exercise, drink at a rate that is comfortable and practical to replace most of your sweat losses.
• Do not drink at a rate that exceeds sweat losses.
• Be aware of greater fluid losses in hot and humid environments.
• Water is an excellent fluid for low intensity and short duration sports.
• Sports drinks are ideally suited to high intensity and endurance sports.
• Tea and coffee are helpful in replacing lost fluids.
• Drink alcohol sensibly.

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Recovery methods can be passive or active. Passive recovery is the most basic form of recovery and includes sleeping, and basically ‘doing nothing’. This method has its place but is proven not to be as effective as active recovery methods. Avoid any intensive exercise within 24 hours hard training session. For strength training allow for 48 hours rest for exercises using similar muscles.

**Passive recovery – Sleep**
Sleep is the most beneficial form of recovery. Athletes should follow these guidelines:

i. Sleep 8-10 hours every day (80-90% at night, 10-20% during ‘day naps’ between sessions)

ii. Try to go to bed and get up at regular times

iii. Start to relax and ‘wind down’ 20-30mins before bed

iv. Don’t force sleep – go to bed when ready

**Active recovery – various methods**

i. Cool down: EVERY session should have cool down component lasting 5-10mins.

ii. Water immersion (pool/ocean recovery): A minimum of 10minutes is required to achieve the effect from water pressure. Recommended time for a session is 15-20minutes immersion with light activity (i.e. leg swings, walking, swimming etc)

iii. Cryotherapy (ice/ice baths): most commonly used method for recovery – Some tips:

   a) Ice baths: 10-15minutes of ‘exposure’ i.e. underwater

   b) Ice baths: temperature between 10\(^\circ\)C-15\(^\circ\)C NO LESS – buy a thermometer and check

   c) Ice: follow protocol of 15minutes ‘on’, 30minutes ‘off’ *5reps

iv. Contrast therapy (hot-colds): involves a combination of hot and cold techniques, which possibly creates a ‘pumping action’ of fluid and nutrients to improve recovery. Some tips and benefits of contrast therapy:

   a) Faster recovery of strength and power factors

   b) Decreased stiffness and pain, fast removal of wastes

   c) Ratio of 3:1 (hot:cold) i.e. 3mins hot:1min cold

   d) 15-20minutes. ‘Hot’ temp = 37-44\(^\circ\)C ‘Cold’ temp = 10-20\(^\circ\)C

   e) Can be easily done in shower. ALWAYS start with hot and end with cold.

   f) Remember no hot water if you have a corky or muscle damage.

v. Massage: Massage can have several benefits both physiologically and psychologically.

   Tips and benefits of massage:

   a) Has been shown to significantly reduce soreness and improve strength and power performance

   b) Reduces anxiety, stress, tension

   c) Should last at least 20-30minutes

   d) Ideally should be massaged within 1-2hours of a highly fatiguing session

   e) ‘Relaxation’ massage should be considered as well as ‘sports’ massage
vi. **Compression Garments**

Compression garments and bandages may aid recovery by reducing swelling. They also act as a pump, squeezing blood flow out of muscles during normal activities.

*Different recovery techniques will work better for each individual. Try all and see which one works best for you*

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**INFORMATION SHEET – HYDRATION & NUTRITION**

**Hydration** is one of the most important factors for high quality training and high performance. Particularly when the weather is warm, hydration can dictate how comfortable you are during a session and how well you perform. Some rules about hydration:

1. Start drinking EARLY IN THE DAY (soon after you wake up) and drink **REGULARLY**
2. Aim to drink at least 2-3 litres of water per day, more on running days
3. Drink a variety of fluids that you enjoy the taste of
4. Drink fluids that are cold instead of room temperature
5. On training days consume fluids with carbohydrates (i.e. Gatorade, Powerade)
6. If you have lost 1kg of body weight you need to consume 1.5L of water to replace the fluids lost within 4-6 hours post exercise.

Alternative **hydration** methods are being explored in the hot weather, such as the use of slushies/slurpees before and after training sessions. On days where the temperature is 32°C or above, some useful advice:

a) Consume 500ml-1 litre of slushie/slurpee 30-45 mins before a session
b) Consume 500ml-1 litre of slushie/slurpee immediately after a session in conjunction with normal fluids

*If possible try to avoid caffeinated and sugary drinks on a regular basis as they dehydrate you.
**NUTRITION FOR RECOVERY**

Nutrition is equally as important as recovery sessions. The food taken in following a heavy session will impact on how quickly an athlete grows and repairs.

i. Before a session – aim to leave at least an hour between food and a session. The food should be a *snack only* that has carbohydrates and protein that is also low fat.

ii. After a session – aim to intake carbohydrates and proteins immediately (within 15mins) in food and liquid

**INFORMATION SHEET - HEALTHY EATING CHOICES:**

| 1. Eat smaller meals, more frequently | ✓ Keeps your metabolism at constant rate  
| | ✓ Large meals cause sharp rise then fall in metabolic rate  
| | ✓ Burns energy more efficiently  
| | ✓ Helps to maintain blood sugar more effectively therefore feelings of energy throughout the day |

| 2. Drink 2-3 litres of fluid daily | ✓ Also keeps metabolism more constant  
| | ✓ Helps digestion including bloating  
| | ✓ Assists training capabilities |

| 3. Avoid fried foods | ✓ Contain large amounts of oil and butter  
| | ✓ Worse at take away where you don’t know portions used  
| | ✓ Choose grilled or even pan-fried options where possible |

| 4. NO chips/fried potatoes | ✓ Extremely high in fats and carbohydrates (i.e. extremely energy dense food)  
| | ✓ Little nutritional value  
| | ✓ Wasted energy |

| 5. Avoid white flour products | ✓ Examples include: **white bread (the devil)**, pastries (i.e. pies, sausage rolls, muffins)  
| | ✓ Poor nutritional content for amount of energy  
| | ✓ Difficult to digest  
| | ✓ Absorb other macronutrients such as fat easily |

| 6. Limit starchy carbohydrates after 4pm | ✓ ‘Starchy carbohydrates’ = pastas, potatoes, pastries, breads  
| | ✓ Significant energy consumed before bed when metabolism will be almost shutting down – difficult to burn energy |

| 7. NO soft drink/juice/cordial | ✓ Sugarless options are OK  
| | ✓ Sugar contains significant amounts of energy and can be stored as adipose tissue (fat) eventually if not utilised |

| 8. Choose sugary treats over fatty ones | ✓ Treats like lollies, biscuits (except shortbreads)  
| | ✓ Have high sugar but little fat  
| | ✓ Fat contains **double the energy per gram** than sugar  
| | ✓ Not to be eaten as a meal! Treat/snack only |

| 9. Aim for Low-GI foods and foods high in protein | ✓ Protein helps build lean mass which helps to maintain body composition  
| | ✓ Low-GI examples = Basmati rice, vegetables (not potato), legumes (i.e. beans), meats, dairy (choose low fat)  
| | ✓ May help energy levels for longer |
General Notes:

i. Get into a routine with eating and training
ii. Aim to do strength training in the mornings – drastically increases metabolism throughout the day compared to training later on
iii. Eat foods you enjoy
iv. Eat meals that are rich in nutrients and will keep you fuller longer. Example: Spaghetti with Napoli sauce vs. Spaghetti with Napoli sauce + tuna or minced meat + beans

WHAT TO DO IF YOU SUSTAIN AN INJURY OVER THE BREAK

In the unfortunate circumstance where you get injured over the break, you should cease all training immediately and contact your coach when you are aware of the specific injury sustained.

LISTEN TO YOUR BODY, SCHEDULE HARD EXERCISE, RELAXATION AND SLEEP.

POOR PREPARATION = POOR PERFORMANCE