

PRE CHRISTMAS KB GIANTS TRAINING CALENDAR

To all prospective players, Pre-Christmas Training will commence with a **BBQ** night on Friday **December 1st**. Training will commence at 6 pm at the Korumburra Bena home ground.

All coaches, new recruits, and new committee will be in attendance and **WELCOMED TO THE GIANTS**.

The session will be light but informative with all key player calendar dates for the 2018 season to be distributed.

We want to give you plenty of time so you can get to this evening.

From there the pre- season schedule will be three sessions a week. Two will be skill based at Korumburra-Bena. The other will be an autonomous running session that can be done in a focus group or individually.

Below are 4 running sessions that I would like you to commence starting next week in preparation for Friday December 1st.

Personal diligence and personal preparation separates good players from average ones

SEE THE PHOTO FOR THE TRAINING DATES.

Would love to see guys sharing their running data or instagramming your session.

GO GIANTS!

KB GIANTS NOVEMBER RUNNING PROGRAM

**** Gents would be great to do these in small care groups to support each other**

Phase 1

FOCUS is VOLUME

Stopwatches required (Preferred surface should be GRASS)

Warm Up should be a 7 min jog with some intermittent surges and strides. Warm down with 10 mins of stretching/walking

Session 1

2 km Time Trial (self-administered or care group)

Target should be 6 min 30 secs. Anything below is great.

All players expected to break 7 min

3 x 5 mins with 3 min rest in between

(should be done at a good click)

Rest days should be limited to 2 /3 days

Session 2

3 x 7 mins with 3 min rest in between

(Good strong click outside of comfort zone)

Rest days should be limited to 2 /3 days

Session 3

2 x 10 mins plus 1 x 5 min with 3 min rest btw steady pace)

Rest days should be limited to 2 /3 days

Session 4

3 x 10 mins with 4 min recovery btw each