



Training Plans

Here are just a few example of exercises that you can do every week during the summer. They should help you to remain fit. It should help you to be ready for the coming season.

Light Intensity Training Week 1:

Monday	Walk for 30 minutes.
Tuesday	Day off, but remember to help out and try and do some activities at home.
Wednesday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.
Thursday	Play football or another activity for 30 minutes.
Friday	Do some strength training at home for 20 minutes. Do each exercise 2 to 3 times. (See Strength Training document)
Saturday	Cycle or walk for 30 minutes.
Sunday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.

Light Intensity Training Week 2:

Monday	Walk for 30 minutes.
Tuesday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.
Wednesday	Do some strength training at home for 20 minutes. Do each exercise 2 to 3 times.
Thursday	Go swimming in your local pool or walk for 30 minutes.
Friday	Day off, but remember to help out and try and do some activities at home.
Saturday	Do some strength training at home for 20 minutes. Do each exercise 2 to 3 times.
Sunday	Walk for 30 minutes.

Moderate Intensity Training Week 1:

Monday	Do some strength training at home for 30 minutes. Do each exercise 2 to 3 times.
Tuesday	Walk for 45 minutes.
Wednesday	Stretch all of your major muscles. Do each stretch twice.
Thursday	Cycle or walk for 45 minutes.
Friday	Do some strength training at home for 30 minutes. Do each exercise 2 or 3 times.
Saturday	Stretch all of your major muscles. Do each stretch twice.
Sunday	Go for a swim or walk for 45 minutes.

Moderate Intensity Training Week 2:

Monday	Do some strength training at home for 30 minutes. Do each exercise 2 to 3 times.
Tuesday	Jog for 30 minutes or walk for 45 minutes.
Wednesday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.
Thursday	Cycle for 45 minutes or walk for 45 minutes.
Friday	Do some strength training at home for 30 minutes. Do each exercise 2 to 3 times.
Saturday	Jog for 30 minutes or walk for 45 minutes.
Sunday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.

Top Tip:

To move on from walking to jogging, try out the following programme:



- 5 minute walk to warm up
- 1 minute jog
- 2 minute walk
- As your fitness improves you will be able to jog for longer and walk for a shorter period.

High Intensity Training Week 1:

Monday	Cycle for 60 minutes around your local park or area.
Tuesday	Do some strength training at home for 40 minutes. Do each exercise 3 times.
Wednesday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.
Thursday	Jog for 45 minutes around your local park or area.
Friday	Do some strength training at home for 40 minutes. Do each exercise 3 times.
Saturday	Swim for 50 minutes at your local pool.
Sunday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice. Walk for 20 minutes to your local shop and back.

High Intensity Training Week 2:

Monday	Go lane swimming at your local pool for 45 minutes.
Tuesday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice. Walk for 20 minutes to your local shop and back.
Wednesday	Do some strength training at home for 40 minutes. Do each exercise 3 times.
Thursday	Cycle for 60 minutes around your local park or area.
Friday	Stretch all of your major muscles for 20 to 30 seconds. Do each stretch twice.
Saturday	Do some strength training at home for 45 minutes. Do each exercise 3 times.
Sunday	Jog for 45 minutes in your local park.

Top Tip:

Moderate intensity exercise means you will feel some effort, your heart rate will increase and you will feel warmer all over, just like a brisk walk. You will be breathing faster but not out of breath. You should be able to talk but not sing!

Sample Stretches



Calf Stretch



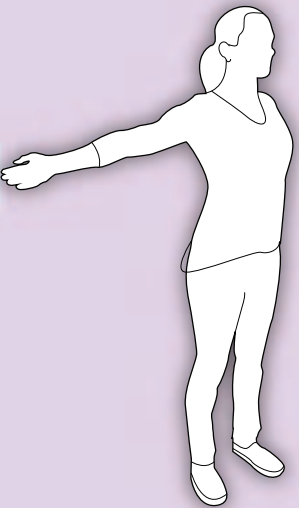
Quads Stretch



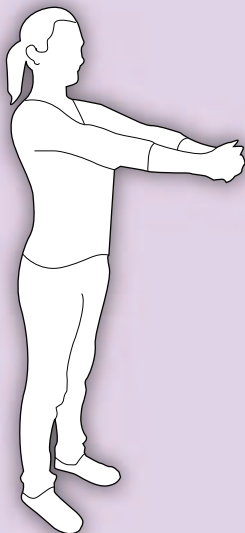
Hamstring Stretch



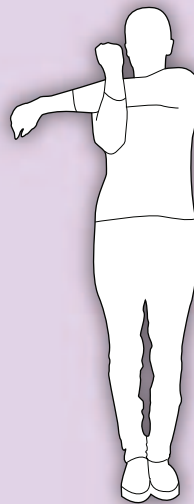
Groin Stretch



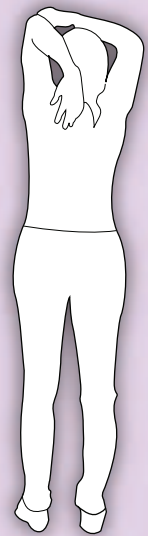
Chest Stretch



Back Stretch



Shoulder Stretch



Tricep Stretch