

Programme Type: 10 Week Cricket Batsmen Pre-Season Programme

Training Level: Intermediate - Advanced

This Programme is designed for those with an intermediate to advanced level of strength and fitness training experience.

Introduction

Welcome to Gyms.co.nz fitness programmes. We hope you find the 10 week training programme range useful in assisting you in achieving your health and fitness or sporting goals. If you have any questions about any of the details in any of our programmes then please contact us on gyms@slingshot.co.nz

Please note: All Gyms.co.nz exercise programmes are to be used as a guideline only and it is recommended that any training should not be commenced without first receiving the correct instruction from a qualified professional. All of Gyms.co.nz training programmes are utilised completely at your own risk. You should discontinue training immediately if you feel faint, dizzy or experience pain during your workout. If you are not used to the volume or intensity of any of the Gyms.co.nz programmes you should look to work up to the required training levels over a number of weeks. When using heavy weights or training to fatigue you should always exercise with a 'spotter'. A 'Spotter' is someone who can assist with the weight you should you require it during the latter repetitions.

Programme Explained:

This programme is designed to develop your general strength and power, as well as general aerobic conditioning during the pre-season build up phase prior to cricket season.

Terms Explained:

The following terms and keys are used in this and other Gyms.co.nz programmes. You may wish to familiarise yourself with these terms before proceeding.

Reps:

Repetitions. The number of times you are to complete the described exercise within each set.

Sets:

Are made up of a number / group of repetitions.

Intensity:

How hard you are looking to push yourself during a certain exercise.

Rest Between Sets:

The amount of recovery time you are aiming to have between every group of exercises you complete.

Rest Between Reps:

The amount of recovery time you are aiming to have between each repetition. Only applicable to fitness / aerobic training.

Programme Type: 10 Week Cricket Batsmen's Pre-Season Programme

Phase 1: 6 Weeks

Monday

Am
Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	6-8	2	90 seconds+
Dumbbell Flys	6-8	2	90 seconds+
Seated Row	6-8	2	90 seconds+
Lat Pulldown	6-8	2	90 seconds+
Triceps Cable Press	6-8	2	90 seconds+
Weighted Sit Ups	10-15	2	90 seconds+
Oblique Sit Ups	10-15	2	90 seconds+

Warm Down

Easy cycle 5 minutes. Stretch major muscles trained.

Pm
Rest

Tuesday

Am
30 minute easy run

Pm
Cricket specific training

Wednesday

Am
Short Speed Session

Warm Up

5 minutes easy jogging.

Speed Drills: High knees 2 x 20m, butt kicks 2 x 20m, high skips 2 x 20m, ladder runs 2 x 20m

Exercise	Reps	Sets	Rest Between Sets
20m straight sprints	3	1	3 minutes
40m change direction sprints (Use bat if desired)	3	1	3 minutes

Warm Down

5 minutes easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals.

Pm
Rest

Thursday

Am Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Frontal Raise	6-8	2	90 seconds+
Dumbbell Lateral Raise	6-8	2	90 seconds+
Barbell Biceps Curl	6-8	2	90 seconds+
Barbell Squats	6-8	2	90 seconds+
Dumbbell Lunges	6-8	2	90 seconds+
Weighted Sit Ups	10-15	2	90 seconds+

Warm Down

Easy cycle 5 minutes. Stretch major muscles trained.

Pm Cricket specific training

Friday

Am 30 minute Cardio Split

Pm Rest

Saturday

Am Short Interval Session

Warm Up

10 minutes jogging.

Exercise	Reps	Intensity	Rest Between Reps	Sets
Short shuttles (40m)	10	90%	100m jogging recovery	1

Warm Down

5 minutes easy jogging recovery.
Stretching: Quadriceps, hamstrings, calves, gluteals.

Pm Rest / Practice / Cricket specific training

Sunday

Am Rest

Pm Rest

Programme Type: 10 Week Cricket Batsmen's Pre-Season Programme

Phase 2: 4 Weeks

Monday

Am
Weight Training Programme

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Dumbbell Bench Press	6-8	2	90 seconds+
Seated Row	6-8	2	90 seconds+
DB Frontal Raise	6-8	2	90 seconds+
Triceps Cable Press	6-8	2	90 seconds+
Barbell Biceps Curl	6-8	2	90 seconds+
Barbell Squats	6-8	2	90 seconds+
Dumbbell Lunges	6-8	2	90 seconds+
Weighted Sit Ups	10-15	2	90 seconds+
Oblique Sit Ups	10-15	2	90 seconds+

Warm Down

Easy cycle 5 minutes. Stretch major muscles trained.

Pm
Rest

Tuesday

Am
30 minute easy run

Pm
Cricket specific training

Wednesday

Am
Short Speed Session

Warm Up

5 minutes easy jogging.

Speed Drills: High knees 2 x 20m, butt kicks 2 x 20m, high skips 2 x 20m, ladder runs 2 x 20m

Exercise	Reps	Sets	Rest Between Sets
20m straight sprints	3	1	3 minutes
40m change direction sprints (Use bat if desired)	3	1	3 minutes

Warm Down

5 minutes easy jog

Stretches: Quadriceps, hamstrings, calves, gluteals.

Pm
Rest

Thursday

Am Weight Training Programme

Focus: Power

Warm Up

5 minutes easy rowing. One set of each exercise with a light weight.

Exercise	Reps	Sets	Rest Between Sets
Barbell Bench Press	4	3	3-4 minutes
Seated Row	4	3	3-4 minutes
Machine Biceps Curl	4	3	3-4 minutes
Triceps Cable Press	4	3	3-4 minutes
Barbell Squats	4	3	3-4 minutes

Warm Down

Easy cycle 5 minutes. Stretch major muscles trained.

Pm Cricket specific training

Friday

Am 30 minute Cardio Split

Pm Rest

Saturday

Am Short Interval Session

Warm Up

10 minutes jogging.

Exercise	Reps	Intensity	Rest Between Reps	Sets
Short shuttles (40m)	10	90%	100m jogging recovery	1

Warm Down

5 minutes easy jogging recovery.
Stretching: Quadriceps, hamstrings, calves, gluteals.

Pm Rest / Practice / Cricket specific training

Sunday

Am Rest

Pm Rest