



NetballSmart

UmpireSmart

Home-based programme

For more information visit www.netballsmart.co.nz

ACC SportSmart

We live this game.



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

Home-based Programme

This 4-6 week home-based Programme will increase your fitness levels, improve movement capability, and decrease your risk of injury.

Programme design

The two activity levels provide options based on your current fitness level, time available and motivation. Level 1 programme is the minimum amount of training and type of exercises/movements you should be doing as a community umpire. If you are fitter and motivated to increase your umpiring ability, use the level 2 programme. This programme will increase your fitness levels, improve movement capability, and decrease your risk of injury. We strongly encourage you to aim for at least 30 minutes of exercise per day, incorporating running / biking and bodyweight circuits into your training.

For more information visit: netballsmart.co.nz

Good Luck!!

Level 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit 1 or 2	Medium interval (run or bike)	Core and stability	Circuit 1 or 2	Long walk (20 - 40 min)	Medium interval (run or bike) or umpire a game	REST/ Long walk (40 - 60 min)

Level 2						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit 2	Long interval (run or bike)	Circuit 3	Core and stability	Circuit 4	Medium interval (run or bike) or umpire a game	REST
		Short interval (run / bike)	Continuous running		Core and stability	

Warm Up and Cool Down Activities

Start each session with warm up activities and finish with cool down activities.

Repeat each activity x5 (or x5 each side where applicable)

Warm Up

SQUATS WITH CALF RAISE AND BODY EXTENSION



- Bend at hips and knees, pushing back through your hips.
- Stand back up and push up onto your toes reaching arms overhead as high as possible.

x 5

LUNGE WITH CALF RAISE AND BODY EXTENSION



- Lunge forward onto one leg.
- Make sure knee is line with foot and shin upright.
- Stand back up on two feet and push up onto your toes reaching with the arms overhead as high as possible.

x 5 each side

LATERAL LUNGE WITH CALF RAISE AND BODY EXTENSION



- Lunge sideways.
- Bend in the knee and push back through the hip.
- Ensure knee is in line with the foot.
- Shifting weight onto the leg you stepped out on, stand up and push up onto your toes reaching arms overhead as high as possible.

x 5 each side

Cool Down - Start with smaller range of motions and aim to increase with each repetition.

THORACIC ROTATION



- Lie on side with arms, hips and knees at 90 degrees.
- Keeping the pelvis and knees still, rotate the top arm and shoulder to the opposite side.
- Eyes looking to the ceiling.
- Ideally the shoulder touches the floor on the opposite side.

2 x 3 each side (hold for 20 – 30 sec)

CALF STRETCHES



- Keeping the heel on the floor, with a straight knee stretch the calf for 10 secs.
- Bend the back knee and stretch the deep calf for 10 secs.
- Make sure that the knee stays in line with the 2nd & 3rd toes

2 x 3 each side (hold for 20 – 30 sec)

Circuit 1 – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 1: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets

A) SQUATS TO SINGLE LEG BALANCE



- Bend at the hips and knees.
- Push back through the hips.
- Keep knees in line with 2nd and 3rd toe.
- Shift your weight to 1 leg, and lift other leg and bend hip and knee to 90°
- Drop back into a squat.
- Alternate between legs during the 30 seconds (maintain balance for 1 second).

B) LUNGE TO SINGLE LEG BALANCE



- Lunge forward onto 1 leg.
- Ensure knee is in line with 2nd and 3rd toe
- Step forward and lift leg up and bend hip to 90°
- From this position drop into the next lunge
- Alternate between legs during the 30 seconds (maintain balance for 1 second).

ACTIVITY 2: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets

A) DOUBLE LEG BRIDGE



- Lay on back with feet hip width apart.
- Hips knees and feet in line.
- Arms to the side.
- Lift hips off the ground, and lower back down for 30 seconds.

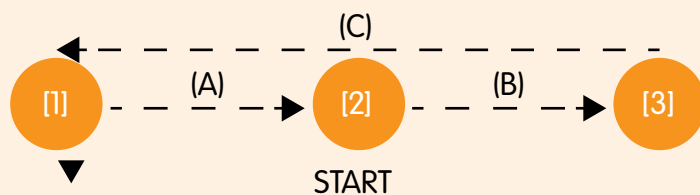
B) MOUNTAIN CLIMBERS



- Make sure you are in a good press up position.
- Hands under the shoulders.
- Alternately bend the knees to the chest.

ACTIVITY 3: Work for 30 seconds, rest for 30 seconds; repeat 4 sets

A) UMPIRE SPECIFIC DRILL



Aim to repeat the same number of shuttles each set.

- Put 3 markers 5m apart. Or if you have access to a court, work from the centre circle to the transverse lines.
- Start at [1] --> Side slip [1] to [2] (A) --> Stop in a stable body position
- Side slip [2] to [3] (B) --> Stop in a stable body position
- Side slip [3] to [1] (C) --> Stop in a stable body position
- Repeat in the other direction.

ACTIVITY 4: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets

A) REVERSE LUNGE



- Lunge backwards with one leg.
- Keep front knee in line 2nd and 3rd toes.
- Alternate between legs during the 30 seconds

B) LEG SWINGS



- Balance on one leg.
- Swing the other leg from side to side behind and in front of the leg you are balancing on.
- Keep core strong and pelvis stable.
- Do 15 seconds each leg.

Circuit 1 continued – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 5: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets

A) STEP UPS



- Step onto a box or chair follow through with the other leg.
- Alternate leading leg for 30 seconds.

B) HAMSTRING BRIDGE

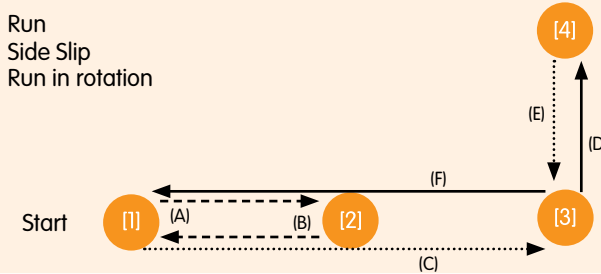


- Lie down in front of a box or chair.
- Place both heels on the box or chair.
- Hips, knees, and ankles in line.
- Raise the hips off the ground and lower back down.

ACTIVITY 6: Work for 30 seconds, rest for 30 seconds; repeat 4 sets

A) UMPIRE SPECIFIC DRILL

- Run
- - -> Side Slip
-> Run in rotation



- Put 4 markers in an L shape, 5m apart. Or if you have access to a court, work from the centre circle to the transverse line, to goal line, to the goal post.
- Standing side-on .
- Start at [1] --> Side slip [1] to [2] (A) --> Stop in a stable body position
- Side slip [2] to [1] (B) --> Stop in a stable body position
- Run in rotation [1] to [3] (C) -->
- Run [3] to [4] -->
- Run in rotation [4] to [3] -->
- Run [3] to [1].

ACTIVITY 7: 10 - 15 each leg: 2 sets each leg

A) STRAIGHT LEG CALF RAISE



- Standing on one leg.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.
- Body weight or add light loading as you improve (e.g. dumbbell /filled bottle in one hand).

B) BENT KNEE CALF RAISE



- Lean against wall in a squat position.
- Lift the heels and raise as high as you can onto the toes, and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.

ACTIVITY 8: 10 - 15 each leg: 2 sets each leg

A) ANKLE INVERSION



- Place the band around the ball of the foot so that it adds resistance to the inside of the foot.
- Twist the foot inwards.
- Do not allow the shin to rotate.

B) ANKLE EVERSION



- Place the band around the ball of the foot so that it adds resistance to the outside of the foot.
- Twist the foot outwards.

Circuit 2 – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 1: Do A for 45 seconds, then B for 45 seconds, rest for 15 seconds; repeat 4 sets

A) SINGLE LEG SQUATS



- Balance on one leg.
- Push back through the hip.
- Keep knee in line with 2nd and 3rd toes.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

B) LATERAL HOPS



- Hop from side to side on one leg.
- Aim to increase the height and speed of the hops.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

ACTIVITY 2: Do A for 45 seconds, then B for 45 seconds, rest for 15 seconds; repeat 4 sets

A) SINGLE LEG BRIDGE



- Extend one leg out straight.
- Lift and lower the hips whilst keeping pelvis level.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

B) ARM LIFTS

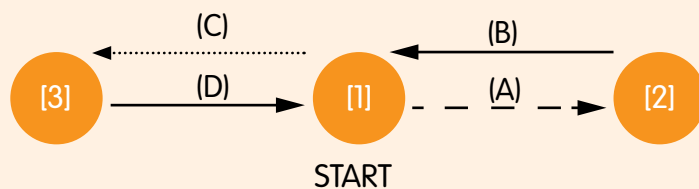


- Maintain a good a press up position.
- Lift hand off the ground and lower whilst keeping core and pelvis stable.
- Alternate between lifting the hands for 45 seconds.

ACTIVITY 3: Work for 45 seconds, rest for 15 seconds; repeat 4 sets

A) UMPIRE SPECIFIC DRILL

- Run
- - → Side Slip
- → Run in rotation



Aim to repeat the same number of shuttles each set.

- Put 3 markers 5m apart. Or if you have access to a court, work from the centre circle to the transverse lines.
- Start at [1] --> Side slip [1] to [2] (A) -->
- Turn to face [1] and sprint [2] to [1] (B) -->
- Run in rotation [1] to [3] (C) -->
- Turn to face [1] and sprint [3] to [2] (D).

ACTIVITY 4: Do A for 45 seconds, then B for 45 seconds, rest for 15 seconds; repeat 4 sets

A) MULTI-DIRECTION LUNGE



- Start in a stable body position.
- Lunge forward, return to starting position.
- Lunge sideways, return to starting position.
- Ensure knee in line with foot.
- Complete a lunge in all 3 directions before swapping legs and continue for 45 seconds.

B SINGLE LEG HOPS



- Hop on one leg.
- Aim to increase the height and speed of the hops.
- Land well on last hop.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

Circuit 2 continued – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 5: Do A for 45 seconds, then B for 45 seconds, rest for 15 seconds; repeat 4 sets

A) BULGARIAN SQUAT



- Stand in front of a box or chair, facing away from the chair/box.
- Place foot on the chair/box.
- Lower down into a lunge position.
- Keeping the toes behind the knee and knee in line with 2nd and 3rd toes.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

B) ROMANIAN DEADLIFT

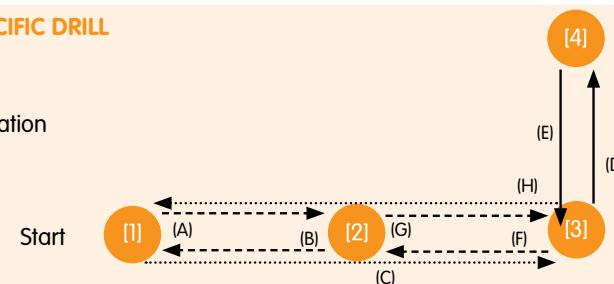


- Balance on one leg, with a small knee bend in the supporting leg.
- Lift rear leg up and trunk lowers.
- Keeping the trunk strong and hips level, bend forward through the hip.
- Do x5 each leg, swap to other leg and continue for 45 seconds.

ACTIVITY 6: Work for 45 seconds, rest for 15 seconds; repeat 4 sets

A) UMPIRE SPECIFIC DRILL

- Run
- - -> Side Slip
-> Run in rotation



Aim to repeat the same number of shuttles each set.

- Put 4 markers in a L shape, 3m apart.
- Standing side-on.
- Start at [1] --> Side slip [1] to [2] (A) -->
- Side slip [2] to [1] (B) -->
- Run in rotation [1] to [3] (C) -->
- Run [3] to [4] (D) --> Stop in a stable body position
- Run [4] to [3] (E) -->
- Side slip [3] to [2] (F) -->
- Side slip [2] to [3] (G) --> Run in rotation [3] to [1] (H).

ACTIVITY 7: 10 - 15 each leg: 2 sets each leg

A) STRAIGHT LEG CALF RAISE



- Standing on one leg.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.
- Body weight or add light loading as you improve (e.g. dumbbell /filled bottle in one hand).

B) BENT KNEE CALF RAISE



- Lean against wall in a squat position.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.

ACTIVITY 8: 10 - 15 each leg: 2 sets each leg

A) ANKLE INVERSION







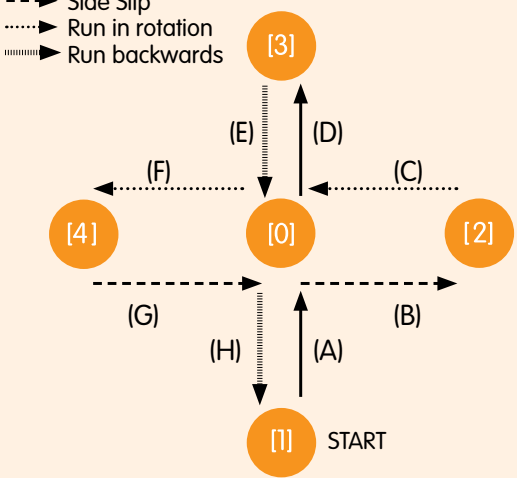


- Place the band around the ball of the foot so that it adds resistance to the inside of the foot.
- Twist the foot inwards.
- Do not allow the shin to rotate.

B) ANKLE EVERSION



- Place the band around the ball of the foot so that it adds resistance to the outside of the foot.
- Twist the foot outwards.

Circuit 3 – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 1: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets		ACTIVITY 2: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets			
A) MULTI-DIRECTIONAL LUNGE 	B) BROOM HOPS 	A) SINGLE LEG BRIDGE 	B) PRESS UP 		
<ul style="list-style-type: none"> Start in a stable body position. Lunge forward, return to starting position. Lunge sideways, return to starting position. Ensure knee in line with foot. Complete a lunge in all 3 directions before swapping legs and continue for 45 seconds. 	<ul style="list-style-type: none"> Use a broom or stick to hold above your head. Control the trunk while hopping on the spot. Do x5 hops, swap to other leg and continue for 30 seconds. 	<ul style="list-style-type: none"> Extend one leg out straight. Lift and lower the hips whilst keeping pelvis level. Do x5 each leg, swap to other leg and continue for 30 seconds. 	<ul style="list-style-type: none"> Place the hands under the shoulders. Maintain a strong and stable line through shoulders, core, hips, and knees. Do a press up on the floor, bench, or chair. 		
ACTIVITY 3: Work for 30 seconds, rest for 30 seconds; repeat 4 sets		ACTIVITY 4: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets			
A) UMPIRE SPECIFIC DRILL <ul style="list-style-type: none"> Put 4 markers, 5m apart, in a square, with a marker in the middle of the square. Start at [1] --> Run [1] to [0] (A) --> Side slip [0] to [2] (B) --> Run in rotation [2] to [0] (C) --> Run [0] to [3] (D) --> Run backward [3] to [0] (E) --> Run in rotation [0] to [4] (F) --> Side slip [4] to [0] (G) --> Run backward [0] to [1] (H). 	 <p> —→ Run - - → Side Slip → Run in rotation ▨▨▨▨▨▨→ Run backwards </p> <p>Aim to repeat the same number of shuttles each set.</p>			A) RUSSIAN TWIST  <ul style="list-style-type: none"> In a v-shape sit up position. Hold onto a weighted object (medicine ball, filled water bottle). Move the object from side to side, touching the floor either side. Move ball from side to side for 30 seconds. 	B) STEP UPS  <ul style="list-style-type: none"> Step onto a box or chair. Knee in line with 2nd and 3rd toes. Follow through with the other leg. Alternate leading leg for 30 seconds.

Circuit 3 continued – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 5: Do A for 30 seconds, then B for 30 seconds, repeat 4 sets

A) PRONE HOLD WITH LEG OUT



- In a prone hold position, move one leg out to the side.
- Return to starting position.
- Keep strong through core. Don't let your back sag.
- Alternate leg out to side for 30 seconds.

B) LATERAL HOP

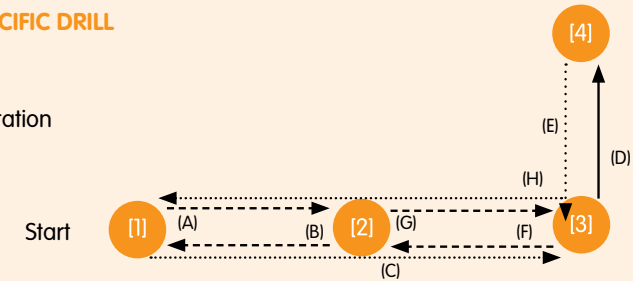


- Hop on one leg.
- Aim to increase the height and speed of the hops.
- Land well on last hop.
- Do x5 each leg, swap to other leg and continue for 30 seconds.

ACTIVITY 6: Work for 30 seconds, rest for 30 seconds, repeat 4 sets

A) UMPIRE SPECIFIC DRILL

- Run
- - -> Side Slip
-> Run in rotation



Aim to repeat the same number of shuttles each set.

- Put 4 markers in a L shape, 3m apart.
- Standing side-on.
- Start at [1] --> Side slip [1] to [2] (A) -->
- Side slip [2] to [1] (B) -->
- Run in rotation [1] to [3] (C) -->
- Run [3] to [4] (D) --> Stop in a stable body position
- Run in rotation [4] to [3] (E) -->
- Side slip [3] to [2] (F) -->
- Side slip [2] to [3] (G) --> Run in rotation [3] to [1] (H).

ACTIVITY 7: 10 - 15 each leg: 2 sets each leg

A) STRAIGHT LEG CALF RAISE



- Standing on one leg.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.
- Body weight or add light loading as you improve (e.g. dumbbell /filled bottle in one hand).

B) BENT KNEE CALF RAISE



- Lean against wall in a squat position.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.

ACTIVITY 8: 10 - 15 each leg: 2 sets each leg

A) ANKLE INVERSION



- Place the band around the ball of the foot so that it adds resistance to the inside of the foot.
- Twist the foot inwards.
- Do not allow the shin to rotate.

B) ANKLE EVERSION



- Place the band around the ball of the foot so that it adds resistance to the outside of the foot.
- Twist the foot outwards.

Circuit 4 - Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 1: Do A for 20 seconds, then B for 20 seconds, repeat 6 sets

A) SIDEWAY LUNGE TO HOP



- Step to the side with one leg.
- Bend in the knee and sit back through the hip. Ensure knee in line with foot.
- Shift your weight onto the leg you stepped out on.
- Hop and land softly.
- Swap between legs continuing for 20 seconds.

B) MOUNTAIN CLIMBER



- Make sure you maintain a good press up position.
- Alternately bend knees to the chest for 20 seconds.

ACTIVITY 2: Do A for 20 seconds, then B for 20 seconds, repeat 6 sets

A) SINGLE LEG SQUATS



- Balance on one leg.
- Push back through the hip.
- Keep knee in line with 2nd and 3rd toes.
- Do x5 each leg, swap to other leg and continue for 20 seconds.

B) PRESS UP



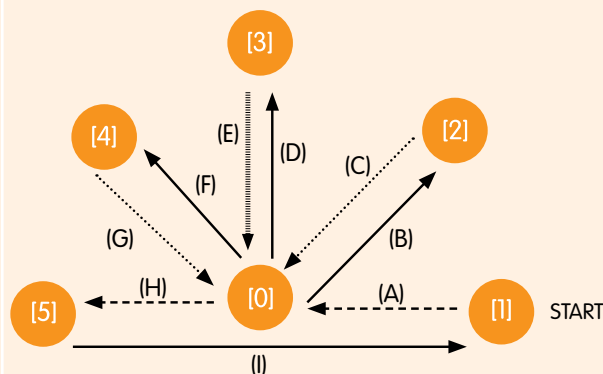
- Place the hands under the shoulders.
- Maintain a strong and stable line through the shoulders, hips, and knees.
- Don't let back sag.
- Do a press up on the floor, bench, or chair.

ACTIVITY 3: Work for 20 seconds, rest for 20 seconds; repeat 6 sets

A) UMPIRE SPECIFIC DRILL

- Put 5 markers, 3 - 5m apart, as in the illustration.
- Start at [1] --> Side slip [1] to [0] (A) -->
- Run [0] to [2] (B) -->
- Run in rotation [2] to [0] (C) -->
- Run [0] to [3] (D) -->
- Run backward [3] to [0] (E) -->
- Run [0] to 4] (F) -->
- Run in rotation [4] to [0] (G) -->
- Side slip [0] to [5] (H) --> Sprint [5] to [1] (I).

- Run
- > Side Slip
-> Run in rotation
- |||||> Run backwards



Aim to repeat the same number of shuttles each set.

ACTIVITY 4: Do A for 20 seconds, then B for 20 seconds, repeat 6 sets

A) BULGARIAN SQUAT



- Stand in front of a box/chair, facing away from the box/chair.
- Place foot on the box/chair.
- Lower down into a lunge position.
- Keeping the toes behind the knee and knee in line with 2nd and 3rd toes.
- X5 each leg, swap to other leg and continue for 20 seconds.

B) BURPEES



- Move from a press up position to a small vertical jump.
- Make sure you control your trunk and don't let back sag.

Circuit 4 continued – Rest for 60 seconds between each activity and aim to repeat the same number of repetitions each set.

ACTIVITY 5: Do A for 20 seconds, then B for 20 seconds, repeat 6 sets

A) MULTI DIRECTIONAL LUNGE



- Start in a stable body position.
- Lunge forward, return to starting position.
- Lunge sideways, return to starting position.
- Ensure knee in line with foot.
- Complete a lunge in all 3 directions before swapping legs and continue for 45 seconds.

B) LATERAL PROP

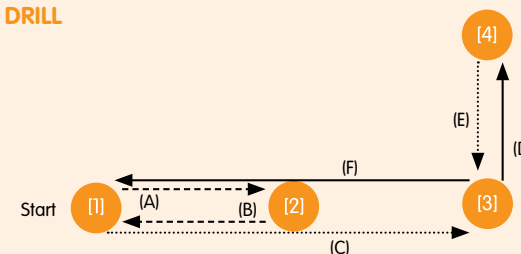


- Prop from one foot to the other.
- Land softly and knee in line with foot.
- Control trunk and pelvis level.

ACTIVITY 6: Work for 20 seconds, rest for 20 seconds, repeat 6 sets

A) UMPIRE SPECIFIC DRILL

- Run
- - -> Side Slip
-> Run in rotation



Aim to repeat the same number of shuttles each set.

- Put 4 markers in a L shape, 5m apart. Or if you have access to a court, work from the centre circle to the transverse line, to goal line, to the goal post. Standing side-on and facing away from [1].
- Standing side on and facing away from [1].
- Start at [1] --> Side slip [1] to [2] (A) -->
- Side slip [2] to [1] (B) -->
- Run in rotation [1] to [3] (C) -->
- Run [3] to [4] (D) --> Stop in a Stable Body Position.
- Run in rotation [4] to [3] (E) -->
- Run [3] to [1] (F)

ACTIVITY 7: 10 - 15 each leg: 2 sets each leg

A) STRAIGHT LEG CALF RAISE



- Standing on one leg.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.
- Body weight or add light loading as you improve (e.g. dumbbell /filled bottle in one hand).

B) BENT KNEE CALF RAISE



- Lean against wall in a squat position.
- Lift the heel and raise as high as you can onto the toes and lower back to the floor.
- Keep the heel in line with the 2nd and 3rd toe.

ACTIVITY 8: 10 - 15 each leg: 2 sets each leg

A) ANKLE INVERSION



- Place the band around the ball of the foot so that it adds resistance to the inside of the foot.
- Twist the foot inwards.
- Do not allow the shin to rotate.

B) ANKLE EVERSION



- Place the band around the ball of the foot so that it adds resistance to the outside of the foot.
- Twist the foot outwards.

Intervals Running

* Running options can also be done on a treadmill.

ACTIVITY	DESCRIPTION		COMMENTS
Long Intervals	3 mins running 2 mins slow jog for recovery	Repeat: x2 Progression: increase number of repeats (not exceeding x6)	<ul style="list-style-type: none"> This is beyond a jog - (i.e. at the end of the 3 mins you should feel like you must stop, and you are puffing quite a bit).
Medium Intervals	90 sec running, 90 sec slow jog for recovery	Repeat: x5 (90 sec run: 90 sec jog) Repeat Set: x2 Rest between set of 5 runs: 2 mins Progression: increase number of repeats/sets (not exceeding x6)	<ul style="list-style-type: none"> This is a fast run – (i.e. at the end of the 90 seconds you should feel that you’ve worked rather hard and start to experience a ‘heavy’ feeling in the legs)
Short Intervals	15 sec running 15 sec rest	Repeat: 5 minutes (continuous 15 sec run: 15 sec rest). Repeat Set: x2 Rest between Set: 2 mins Progression: Increase the number of repeats/sets (not exceeding x4)	<ul style="list-style-type: none"> This is a high intensity stride-out – (i.e. you should feel as if you would not be able to run any faster towards the end of the 15 seconds stride out).
Continuous Running (Level 2 programme)	Limited training base: 10 – 15 mins Some training base: 20 – 30 mins Good training base: 30 – 40 mins		<ul style="list-style-type: none"> What you do depends on your base. If you have been running previously then this will not mean a significant change If you have not done any training previously then you will start at the lower end of the scale. A game is 40 – 60 mins long so you should be able to run for 30 – 40 mins (whether it be continuous or intervals-based running)

Use this table as a guide to complete a certain distance for the given time according to your Yo-Yo level score. Aim to complete the same distance for each run.

YO-YO LEVEL	LONG INTERVALS Distance you should cover per 3 min run	MEDIUM INTERVALS Distance you should cover per 90 secs run	SHORT INTERVALS Distance you should cover in 15 secs
< 12	670m	380m	75m
12 - 13	700 - 730m	380 - 400m	75 - 80m
13 - 14	730 - 750m	400 - 415m	80 - 83m
14 - 15	750 - 800m	415 - 430m	83 - 86m
15 - 16	800 - 820m	430 - 450m	86 - 90m
16 +	820 - 1000m	450 - 550m	90 - 110m

Intervals Cycling

* These can be a stationary exercycle/watt bike or outside on a standard bike.

ACTIVITY	DESCRIPTION	COMMENTS
Long Intervals	4 mins hard pedal (high gear/resistance) 4 mins easy pedal (low gear/resistance) for recovery	<p>Repeat: x3</p> <p>Progression: increase number of repeats (not exceeding x6)</p> <ul style="list-style-type: none"> By the time 4 mins is reached you should be tired and ready to stop. Aim to cover the same distance with each hard intensity bike interval.
Medium Intervals	30 sec hard pedal (high gear/resistance) 30 sec easy pedal (low gear/resistance) for recovery	<p>Repeat: for 20 minutes (continuous 30 sec hard: 30 sec easy).</p> <p>Progression: Increase time by 5-minutes increments (not exceeding 40 minutes)</p> <ul style="list-style-type: none"> This is a high intensity workout- (i.e. at the end of the 30 sec you should feel like you must stop and are puffing quite a bit). Aim to cover the same distance with each hard intensity bike interval.
Short Intervals	30 sec hard 30 sec easy pedal 20 sec hard 20 sec easy pedal 15 sec hard 15 sec easy pedal 10 sec hard 10 sec easy pedal 10 sec hard 10 sec easy pedal 15 sec hard 15 sec easy pedal 20 sec hard 20 sec easy pedal 30 sec hard 30 sec easy pedal Each pyramid takes 5 minutes	<p>Repeat: for 15 minutes (continuous hard-easy pedal)</p> <p>Progression: Increase time by 5-minutes increments (not exceeding 25 minutes)</p> <ul style="list-style-type: none"> This is a high intensity work out. Get up on pedals and off seat during the "hard" pedal sections if you are able to.
Continuous Biking (Level 2 programme)	Limited training base: 20 – 30 mins Some training base: 30 – 45 mins Good training base: 40 – 60 mins	<ul style="list-style-type: none"> Aim to increase the distance travelled (i.e. travelling at a higher average speed) each time you repeat this session.

Core and Stability Exercises

Choose 2 exercises from each group

GROUP 1:

SIDE BENCH



- Start with the elbow under the shoulder.
 - Lift the pelvis off the floor.
 - Keep the pelvis level and in line with the shoulder and knee.
 - Control the rotation of the hips and trunk.
 - Hold 10 – 30 seconds
- Do x5 each side**

BENCH AND LIFT LEG OUT TO THE SIDE



- Keep pelvis stable and back stable.
 - Control rotation of the body
- Do x8 each side**

V-SIT WITH TWIST



- In V-sit position rotate ball from left to right.
 - Maintain a good position with a straight back.
 - The chest and shoulders should face the direction of rotation.
- Do x10 each side**

GROUP 2:

PLANK / PRONE HOLD



- With elbows under the shoulders.
 - Keep a straight line (side view) between the shoulders, hips, knees, and ankles.
 - Keep the pelvis and back stable.
 - Hold the plank position for 10 – 30 seconds.
- Do x5 times**

PRESS WITH ARM LIFT



- Starting with the wrists under the shoulders.
 - Keep a straight line (side view) between the shoulders, hips, knees, and ankles.
 - Do a press up.
 - Maintain a good press up position lift one hand off the ground and then the other.
 - Repeat on both sides.
- Do x5 each side**

MOUNTAIN CLIMBER



- In a push up position.
 - Bring one knee to the chest.
 - Keep a stable trunk position.
- Do x10 each leg**

Core and Stability Exercises

GROUP 3:

LEG SWINGS



- Balance on one leg, keeping the knee slightly bent.
- Swing the other leg out to the side, across the front of the body, out to the side and then behind the body.

Do 10 swings each leg.

LEG SWINGS TO LANDING



- Stand on one foot.
- Swing the free leg forward and hop, land on the same leg.
- Land softly and bend in hip and knee.
- Ensure knee in line with 2nd and 3rd toes.

Do x5 hops each leg

ROTATE BALL/OBJECT AROUND HEAD



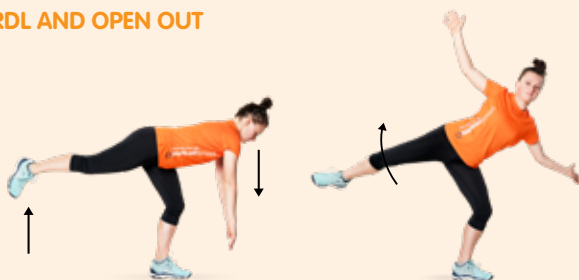
- On both legs.
- Keeping the trunk stable and the arms above the head.
- Rotate ball above head.
- Keep trunk stable.

Do x6 rotations each side.

Progress to doing on 1 leg.

GROUP 4: (ADVANCED – OPTIONAL)

RDL AND OPEN OUT



- Do RDL and then open out.
- Keep stable. Return to RDL position and then stand up.

Do x8 each leg

PROP AND FORWARD LAND WITH BALL/OBJECT



- Prop forward and land on a line on court.
- Land with ball out to side (landing leg).
- Ensure trunk is strong and straight. Knee is in line with foot.
- Keep the knee slightly bent.

Do x8 hops each leg

SIDEWAYS BENCH AND KNEE TO CHEST



- Lift pelvis off ground.
- Keep pelvis stable and control rotation of the body.
- Bent knee to chest.

Do x5 each side

The logo features a stylized orange netball icon on the left, composed of curved lines representing the ball's panels. To its right, the text "NetballSmart" is written in a clean, white, sans-serif font.

NetballSmart

ACC SportSmart



NETBALL
NEW ZEALAND
POITARAWHITI AOTEAROA

PO Box 99710, Newmarket, Auckland 1149 | Level 1, Windsor Court, 128 Parnell Road, Parnell, Auckland 1052
Telephone: +64 9 623 3200 | Email: info@Netballnz.co.nz | NetballNZ.co.nz