

TRANSFORM YOUR BODY

SPEED ● POWER ● CONFIDENCE

1. TRAINING PROGRAM LEVEL (CIRCLE):

BEGINNER

INTERMEDIATE

ADVANCED

2. YOUR FIRST TESTING RESULT. HEAD TO 'GET STARTED FITNESS GUIDE' #MYNETFITNUMBER

3. An idea! Create an Instagram account to record and share your journey. TAG @mynetfittrainer

THE WEEKLY PLAN:

2 x CONDITIONING SESSIONS

2 x SPEED/RUN SESSIONS

RECOMMENDED RECOVERY AND OFF LEG CONDITIONING

IN GOOD HANDS:



SIMONE FREEMAN - ATHLETIC PERFORMANCE SPECIALIST

- AFLW & GIANTS NETBALL

Kim and Sarah asked Simone to come onboard in 2017 to lead the design and implementation of NETFIT Netballs Strength and Conditioning program for the newly established online NETFIT trainer.

Kim and Sarah have been trained by Simone at Giants Netball and together they wanted to share all the information with a worldwide netball community. Simone has an excellent understanding of what it means to be an elite athlete, having represented Australia in Softball over recent years.

Together we have built this program so you have the best resource at hand to smash any fitness goal. In 2017, Sim was awarded the title of ASCA Female Strength Coach of the Year.

BEGINNER LEVEL

NETFIT TRAINER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	WALK CORE /PREP	MY NETFIT SESSION	WALK	MY NETFIT SESSION	RUNNING CONDITIONING	RECOVERY	OFF
2	WALK CORE/PREP	MY NETFIT SESSION	WALK	MY NETFIT SESSION	RUNNING CONDITIONING	RECOVERY	OFF
3	WALK CORE/PREP	MY NETFIT SESSION	WALK	MY NETFIT SESSION	RUNNING CONDITIONING	RECOVERY	OFF
4	RUNNING	MY NETFIT SESSION	WALK STRENGTH	MY NETFIT SESSION	WALK CORE	RECOVERY	OFF
5	RUNNING	MY NETFIT SESSION	WALK STRENGTH	MY NETFIT SESSION	WALK CORE	RECOVERY	OFF
6	RUNNING	MY NETFIT SESSION	WALK STRENGTH	MY NETFIT SESSION	WALK CORE	RECOVERY	OFF

INTERMEDIATE LEVEL

NETFIT TRAINER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	MY NETFIT SESSION	RUNNING	OFF	MY NETFIT SESSION	OFF	RUNNING	RECOVERY
2	MY NETFIT SESSION	RUNNING	OFF	MY NETFIT SESSION	OFF	RUNNING	RECOVERY
3	MY NETFIT SESSION	RUNNING	OFF	MY NETFIT SESSION	OFF	RUNNING	RECOVERY
4	RUNNING CORE	MY NETFIT SESSION	RUNNING STRENGTH	MY NETFIT SESSION	OFF	MIXED CONDITIONING	RECOVERY
5	RUNNING CORE	MY NETFIT SESSION	RUNNING STRENGTH	MY NETFIT SESSION	OFF	MIXED CONDITIONING	RECOVERY
6	RUNNING CORE	MY NETFIT SESSION	RUNNING STRENGTH	MY NETFIT SESSION	OFF	MIXED CONDITIONING	RECOVERY

ADVANCED LEVEL

NETFIT TRAINER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	RUNNING STRENGTH	MY NETFIT SESSION	RUNNING CORE	MY NETFIT SESSION	OFF	CONDITIONING	RECOVERY
2	RUNNING STRENGTH	MY NETFIT SESSION	RUNNING CORE	MY NETFIT SESSION	OFF	CONDITIONING	RECOVERY
3	RUNNING STRENGTH	MY NETFIT SESSION	RUNNING CORE	MY NETFIT SESSION	OFF	CONDITIONING	RECOVERY
4	RUNNING STRENGTH	MY NETFIT SESSION	WALK	MY NETFIT SESSION	OFF	CONDITIONING CORE	RECOVERY
5	RUNNING STRENGTH	MY NETFIT SESSION	WALK	MY NETFIT SESSION	OFF	CONDITIONING CORE	RECOVERY
6	RUNNING STRENGTH	MY NETFIT SESSION	WALK	MY NETFIT SESSION	OFF	CONDITIONING CORE	RECOVERY

WEEK 1: TRAINING PLAN

BEGINNER LEVEL

WELCOME TO THE NETFIT FAM!

MONDAY

WALK = 30MINS

CORE

1. Sit up x 20
2. Toe Touches - Laying down x 20
3. Russian Twist (add a netball) x 20

REST x 30sec between each exercise
Complete (all) x3

(2mins off between activities)

PREP (STRENGTH- BODY WEIGHT)

1. Body weight squats x 20
2. Scissor kicks x 20 each leg
3. Plank Prone (hold) - 30sec
4. Hip bridge - double legs 12
5. Dips (bent legs) 10
6. Push up on knees x 10

REST x 30sec between each SET
Complete (all) x 3

TUESDAY

HIIT TRAINING: MY NETFIT (15MIN WORKOUT)
X 1 *SEE MY NETFIT VIDEO

WEDNESDAY

WALK = 40 MIN

CORE

1. Sit up x 20
2. Toe Touches - Laying down x 20
3. Russian Twist (add a netball) x 20
4. Leg Raises x 10 toe touches

REST x 30sec between each exercise
Complete (all) x3

THURSDAY

HIIT TRAINING:

WORK/ REST RATIO = 20sec work / 40 sec rest

MY NETFIT (15MIN WORKOUT)
X 1 *SEE MY NETFIT VIDEO

FRIDAY

RUNNING (20 MINS)

ACTIVATIONS + WARM UP (5MINS)

*SEE MY NETFIT VIDEO

2 mins off between exercises

RUN SESSION (TIMED SESSION)

Run 100m

REST= walk back 100m

X 5

START

100m

Sprints or stride 15m (Half court)

REST= walk back 15m

x 10

START

15m

SATURDAY

RECOVERY DAY

*OPTIONAL YOGA

SUNDAY

WALK = 30 MIN

 Sarah + KIM

WEEK 1: TRAINING PLAN

INTERMEDIATE LEVEL

WELCOME TO THE NETFIT FAM!

MONDAY

HIIT TRAINING: MY NETFIT (15MIN WORKOUT)
WORK/ REST RATIO = 30sec work / 30 sec rest
X 2

**SEE MY NETFIT VIDEO*

TUESDAY

RUNNING (20 MINS)

ACTIVATIONS + WARM UP (5MINS)

**SEE MY NETFIT VIDEO*

2 mins off between exercises

EXERCISE 1) ACCELERATION

Sprint 30m up and back (full lengths of the netball court)

On the 30sec timer
x 10

START **30m**

EXERCISE 2) SHUTTLES 100% effort

5m -10m -15m

START **5m** **10m** **15m**

REST x 30sec between each SET
x 3

EXERCISE 3) ACCELERATION

Sprint 30m up and back (full lengths of the netball court)

On the 30sec timer
x 10

START **30m**

EXERCISE 4) STRENGTH (7 MINS)

Squats - Body Weight pulse at bottom (2 sec) 2 x15

Walking Lunges 2 x 10 each leg

Push up (on knees) - 2 x10

Dips (bent knee) 2 x 10

Double leg glute raisers 2 x 10

*Mini band walks - Straight legs lateral 2 x 10

WEDNESDAY RECOVERY DAY

THURSDAY

HIIT TRAINING: MY NETFIT (15MIN WORKOUT)
WORK/ REST RATIO = 30sec work / 30 sec rest
X 2

**SEE MY NETFIT VIDEO*

FRIDAY RECOVERY DAY

SATURDAY

RUNNING / MIXED METABOLIC (20 MINS)

ACTIVATIONS + WARM UP (5MINS)

**SEE MY NETFIT VIDEO*

EXERCISE 1) RUN SESSION (TIMED SESSION)

100m Shuttles

Hard run for 100m - Goal time 25sec

Jog 100m back to start.

NOTE: You have 35 secs to jog back to the start. If you get back faster you can rest.

START **100m**

x 6

REST= 30sec between sets

EXERCISE 2) STRENGTH

Squats - Body Weight pulse at bottom (2 sec) 2 x15

Single leg squat 2 x 10 each leg

Walking Lunges 2 x 10 each leg

Push up (on knees) - 2 x10

Double leg glute raisers 2 x 10

SUNDAY

RECOVERY DAY (40MIN WALK)
***OPTIONAL YOGA**

 Sarah + KIM

WEEK 1: TRAINING PLAN

ADVANCE LEVEL

WELCOME TO THE NETFIT FAM!

MONDAY

RUNNING (20 MINS)

ACTIVATIONS + WARM UP VIDEO (5MINS)

2 mins off between exercises

EXERCISE 1) ACCELERATION

Sprint 10m (transvers line) jog 10m (2nd transvers line) Sprint 10m (transvers to base)

x 6
START 10m 20m 30m

REST=30sec between each SET

x 3

EXERCISE 2) SHUTTLES 100% effort

5m -10m -15m - 5m -10m -15m

START 5m 10m 15m

REST x 30sec between each SET

X 3

EXERCISE 3) AGILITY

Sprint 10m (to transvers line) backpedal back.

Sprint 15m (to half court) backpedal back.

x 6
START 10m 15m

REST x 30sec between SETS

x 3

EXERCISE 4) STRENGTH (9 MINS)

Single Leg squats 3 x 10

Squat - Body Weight pulse at bottom (2 sec) 3 x15

Walking Lunges 3 x 10 each leg

Push up (off knees) - 3 x10

Dips (straight leg) 3 x 10

Single leg glute raisers 3 x 10

*Mini band walks - Straight legs lateral 3 x 10

Chin ups 3 X 4 (Can be assisted with a band)

TUESDAY

HIIT TRAINING: MY NETFIT (15MIN WORKOUT)

WORK/ REST RATIO = 45sec work / 15 sec rest

X 3

*SEE MY NETFIT VIDEO

WEDNESDAY

CORE

Scissor kicks x 50

Leg Raises with 10 toe touches

Russian Twist- (add a netball) x 50

Repeat x 3

RUNNING

ACTIVATIONS + WARM UP VIDEO (5MINS)

2 mins off between exercises

EXERCISE 1) ACCELERATION

Sprint 30m up and back (full lengths of the netball court)

On the 20sec timer

x 10

START 30m

EXERCISE 2) SPEED

High knees through speed LADDER (or 10 cones)

10 STEPS

x 6

REST x 30sec between each SET

x 3

START 10m

EXERCISE 3) ACCELERATION

Sprint 30m up and back (full lengths of the netball court)

On the 20sec timer

x 10

START 30m

THURSDAY

HIIT TRAINING: MY NETFIT (15MIN WORKOUT)

WORK/ REST RATIO = 45sec work / 15 sec rest

X 3

*SEE MY NETFIT VIDEO

FRIDAY

RECOVERY DAY (YOGA)

SATURDAY

RUNNING / MIXED METABOLIC (20 MINS)

ACTIVATIONS + WARM UP (5MINS)

5 mins off between exercises

RUN SESSION

EXERCISE 1) Run 100m

Push Up x 10

Run 100m

Sit ups x 20

x 5 START 100m

EXERCISE 2) Run 50m

Squat with fly kicks x 20

Runs 50m

Lunges x10 each

x 5 START 50m

SUNDAY

RECOVERY DAY