

RESISTANCE TRAINING REGIMES

4a

** Note ** RM = Repetition Maximum i.e. the maximum no. of reps you can do at that weight

Purpose	Weight	Repetitions	Sets	Exercise Speed	Rests between sets
Aerobic Conditioning	Light / Medium 40% - 60% RM	12 - 30	Sets not important here Number of exercises counts	Fast	Minimal
Body Bulk	Heavy 70% - 90% RM	6 - 12	3 - 10	Slow	Unlimited
Strength	Very Heavy 90% - 100% RM	1 - 5	3 - 5	Slow / Medium	30 secs - 2 mins
Power	Heavy 80% - 90% RM	2 - 6	3 - 5	Fast	30 secs - 2 mins
Specific Event Endurance	Duplicate event movements with some resistance added.				
Speed	None				
Pure Speed	None				

(see also – the folder in the gym - for exercise descriptions and pictures showing correct techniques and specific progressions for individual exercises).

Other Exercise For Relative Conditioning

4b

Purpose	
Aerobic Conditioning	<p>Fitball, floorwork, yoga, pilates etc performed gently with correct technique.</p> <p>Core conditioning. Abdominals, back, buttocks, balance, posture, flexibility</p> <p>Long runs/walks on grass, road or beach at steady speed.</p> <p>Long paddles, swims/ rides etc Steady speed keeping heart rate up.</p> <p>Heart rate at 60% - 80% of MHR for 30 minutes. (Fat burning exercise)</p>
Body Bulk	
Strength	<p>Circuits with weight or machines. Push ups, squats, chin ups, dips, rows, etc</p> <p>For Juniors & late developers u/15, only exercises against own body weight.</p>
Power	<p>Circuit training.. Jumping exercises.. bounding.. depth jumps.. uphill sprints</p> <p>upstairs sprints, performed explosively (Be careful to not make it endurance)</p> <p>Endurance has little value for athletes whose aim is specifically for power.</p>
Specific Event Endurance	<p>Interval training ie. high speeds, short recoveries. (anaerobic)</p> <p>Sand hill and up hill running in fast interval form and short bursts of interval paddling, rowing etc. (Speed is less than maximum).</p>
Speed	<p>Accelerations.. sprints.. starts from various positions.. Leg speed drills</p> <p>Reaction exercises (for flags).. throwing with light balls (develops arm speed)</p>
Pure Speed	<p>Sprints of shorter than race dist at <u>max +</u> speed with <u>full</u> recovery</p> <p>between to reduce lactic acid level in muscles. (High intensity, low volume).</p>

Common Progressions - These are ways to increase intensity for all body movements.

- 1) **Slow reps** :- the slower your movements the greater the force needed to sustain the movement.
- 2) **Pause reps** :- by stopping and holding a repetition at a certain stage of the movement, again the intensity is increased.
- 3) **Partial Reps** :- restricting the range of movement of repetitions will increase the degree of difficulty.
- 4) **Combination** :- any combination of the slow, pause and partial reps will further increase the load under which you can place your muscles.

