



## Inishowen Athletics Club Strength & Conditioning and Plyometric Exercises

Upper Body/Shoulders/Chest/Upper Back	Abdominal/ and Lower Back	Lower Body/Legs	Plyometrics i.e. Jumping Exercises
<ul style="list-style-type: none"> <li>• Standard Push Up/Press-Up.</li> <li>• Diamond Press-Up</li> <li>• T. Press-Ups</li> <li>• Triceps Dips</li> <li>• Around the clock Press-Ups</li> <li>• Inch-Worm Press-Ups</li> <li>• Lateral press-Ups</li> <li>• Elevated press-ups (feet raised on a box 1-6 inches for the ground)</li> </ul>	<ul style="list-style-type: none"> <li>• The Plank – static position</li> <li>• The Plank – moving the legs out to the left and rights sides</li> <li>• Side Plank</li> <li>• Side Plank with rotation</li> <li>• The Bridge/Table</li> <li>• Stomach crunches</li> <li>• Reverse curls</li> </ul>	<ul style="list-style-type: none"> <li>• Squats</li> <li>• Static Lunges</li> <li>• Walking Lunges</li> <li>• Reverse Lunges</li> <li>• Two Leg Calf Raises</li> <li>• One Leg Calf Raises</li> <li>• Mountain Climbers (Don't do on a main pitch as the foot movement of this exercise will severely damage the grass. Do in the area behind the goals).</li> </ul>	<ul style="list-style-type: none"> <li>• Ankle Hops</li> <li>• Star Jumps/Jumping Jacks</li> <li>• High Knees</li> <li>• Single Leg Hops</li> <li>• Squat Jumps</li> <li>• Burpees</li> </ul>

Notes.

The above exercises should only be carried out after a thorough dynamic warm-up. This is by no means an exhaustive list of exercises.

This warm-up should consist of the following:

- 5-10 minutes jogging @ 50-65%.
- Dynamic stretching of all major muscle groups.
- The exercises can be selected from the top of each column and from left to right across. See the table below as an example.

Round	Upper Body	Abdominal/Core	Lower Body	Plyometrics
1	Standard Press-Ups	30 second Plank - Static	8-20 x squats,	10-50 Ankle Hops
2	8-20 x Diamond Press-Up	30 seconds Plank – moving legs from side to side	8-20 x Walking Lunges	6-12 x Single Leg Hops
3	10-50 x Triceps Dips	15-30 seconds of Side Plank with rotations	10-20 x 2 leg Calf Raises	8-20 X High Knees
4	6-20 x T Press Ups	30 seconds Plank – moving legs from side to side	10-20 Single Calf Raises	8-20 x Single Leg Hops
5	6-20 x Inch Worms	30 second Plank - Static	8-20 x Squats	6-12 Squat Jumps
6	6-12 x Around the Clock Press-Ups	30 seconds to two minutes on The Bridge/Table with either both feet on the ground or alternating one foot in the air	8-20 x Walking Lunges	6-20 Burpees

This is only a sample. The exercises, volumes and intensities should be modified to suit individual needs. Remember, proper technique in each exercise is more important than speed and volume.

The above is only a sample routine. Spend a maximum of 10 minutes prior to the running session, ensuring that you cover four main areas - upper body, core, lower body and plyometrics. To help keep this part of the session focused, coaches could do 2 x 5 minutes at moderate-high intensity with a 30-60 seconds rest between each 5 minute segment. Time can be used in conjunction with or instead of reps. So, for example, you could do 30 seconds on press-ups, 30 seconds on the plank and 30 seconds on lunges. From a coaching perspective, time is probably better with large groups. Time based exercises will ensure that all athletes in your group start and finish each exercise at the same time.

After this routine, do 4 x 40m pure speed sprints. These sprints should have a 10m acceleration, 40 m at top speed, 10 m deceleration. Focus on good running technique, including arms driving to the side of the body, head up, looking straight ahead and running right through the finish line. Ensure athletes are fully recovered before doing the next one.

Athletes can then proceed to the interval session as scheduled on our Club training plan.

Niall McGee

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