

Old Ignatians Football Club Pre-Season 2011-2012

Training sessions will start at **6:00pm** sharp. Plan to arrive by **5:45pm**.
If you cannot attend training, please let one of the coaches know.

A Grade

Julian Wait : 0408 593 354
Joe Pedler : 0429 597 701
Ant Sheehan : 0438 895 193

B Grade

Adrian Frinsdorf : 0419 747 680
Jeremy Cini : 0415 610 082

C Grade

Scott Colegate : 0438 825 258

SCHEDULE

Monday 14th November – Railways Oval
Thursday 17th November – Railways Oval

Monday 21st November – Montefiore Hill (Pennington Tce Nth Adelaide)
Thursday 24th November – Railways Oval

Monday 28th November – Montefiore Hill
Thursday 1st December – Railways Oval

Monday 5th December – Snake Pit (Cnr Lady Gowrie Drv & Strathfield Tce Largs North)
Thursday 8th December – Railways Oval

Monday 12th December – Grange Beach (Beach end of Grange Road – Meet in carpark)
Thursday 15th December – Railways Oval

Monday 19th December – Railways Oval – BBQ/Beers after

Endurance (15 min target)

Objective:

To enhance endurance with a moderate/high intensity interval running approach. The main focus will be on players maintaining good form per 15 minute block, thereby ensuring a consistent output and minimising the risk of unnecessary injury.

Approach:

- Interval running will be the mode of aerobic work, focussing on moderate/high intensity efforts, interspersed with jog recovery. Occasionally there will be a walk recovery but generally, the recovery will be active to simulate match conditions.
- This approach is tailored toward players developing a “high cruising speed” which should be transferable to match conditions..
- Initial sessions will focus on moderate/high intensity efforts lasting 2 min, eventually decreasing to ~ 20 s efforts at a high intensity. This predominantly has an aerobic focus but there is good anaerobic overlap with the lower duration/high intensity efforts.
- As we get closer to trial games, an increasing amount of maximum intensity efforts will be introduced. These repeated efforts will be < 10 s and focus on speed/power off the mark.

Strength (15 min target)

Objective:

To enhance core strength with a high reps/low weight/aerobic approach and as a consequence, improve overall body strength. The main focus will be on maintaining form to ensure maximum physiological gain while minimising the risk of injury.

Approach:

- Use body weight as the main form of resistance for improving upper body strength & core strength (ie various push ups and core exercises).
- Incorporate the use of light dumbbells to build muscular endurance and to test the mind.
- Combinations of leg squats & lunges for lower body strength.

Typical session:

A 15 min session will typically involve:

- push ups
- bridging
- partner assisted core work
- light weight upper body circuits
- single/double leg squats & lunges