



Training Program – Seam Bowlers

Indicative pre-season week

Monday	Tuesday	Wednesday	Thursday
Rest / gym strength	Road run	Sprints	Rest /
		Star runs	gym strength
		Single leg squats	
Friday	Saturday	Sunday	
Single leg squats	Rest	NSDCC session	
Core			
Optional running – beep test			

Road Run – 5km minimum

2 options:

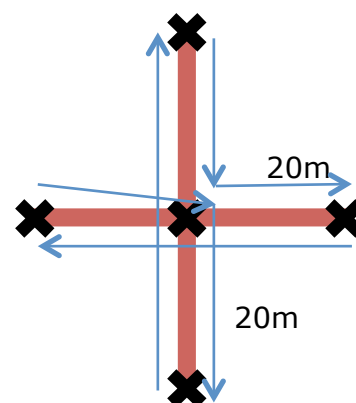
- 12 laps around most ovals \approx 5km
- Plot run around local area – www.mapmyrun.com

Sprints

1. Use stop-watch – best if training partner calls times
2. Set up markers 20m apart
3. Sprint 2s (40m) in sets of 10 lowering run and/or rest time each set.
4. Suggested start – 15s run, 15s rest
5. 3 sets recommended, last set is the standard setter – e.g. the three sets should be 15s/15s then 10s/15s then the standard setter, e.g. 10s/10s

Star Runs

1. Set up 5 cones (marked with crosses) with 20m between each
2. Start at the bottom cone
3. All at full pace:
 - a. Run from the bottom cone to the top,
 - b. turn 180°, back to the centre,
 - c. turn left, run to the cone,
 - d. turn 180°, run to the far cone,
 - e. turn 180°, run to the centre cone,
 - f. turn right, run to the start.





Rest 15s then repeat for sets of 5. Complete 2 sets

Using the same set-up do 2 sets of 5 but facing forwards all the time. You will need to run backwards from the top cone and sideways between the left and right cones. Concentrate on fast foot movement.

Single Leg Squats

Standing upright lift one leg, keep hips square and bend your squatting knee. As your weight lowers, your rear should push backwards as you fold at the hips - do not roll your back though (see fig on left). Alternate legs.



Start with sets of 5 on each leg and build up to 10. Do three sets in a session - they can be broken up by other exercises (e.g. a set of sprints or planks).

Work towards adding a hamstring lean as you come up out of each squat. This entails straightening the squatting leg and leaning forward with a straight back so

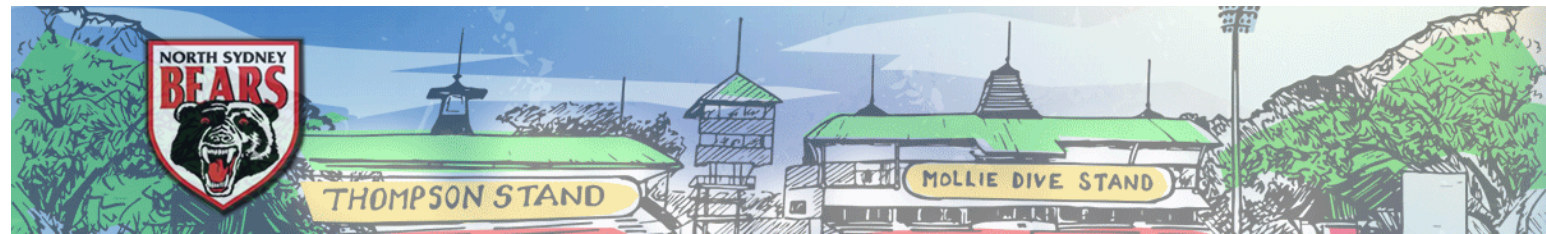
your torso ends up parallel to the ground (see fig on right).



The squat develops quadracep control and the lean, hamstring control. This will give you greater strength at and through the crease.

Core

A set should consist of a front plank, a side plank on each side and 10 sit-ups. Build up holding tims for the planks and reps for the sit-ups. Sets can be interspersed with other exercises, e.g. squats or sprints.



Front Plank

- Keep body straight – don't sag or lift posterior
- Easiest if you keep your head up
- Elbows about shoulder width
- Use a soft surface – e.g. grass or mat

World record – 4 hours 28 minutes



Side



- Keep body straight, don't kink at hips
- Keep body 90 degrees to ground, don't roll up or down

Beep Test

1. Download onto phone from <http://www.beepacademy.com/beep-test-download/>
2. Set up 2 markers 20m apart
3. Start on tri tone
4. Reach each cone on the beep
5. 3 missed cones, test is finished

AFL combine record – Billy Hartung 16.06

UK Royal Marines – 13.01

Australian Special Forces entry – 10.00

Gym Strength

Focus should be on core, legs and back strength. Consider step ups, lunges, box jumps. lat pull downs, shoulder press, seated rows, hamstring curls and squats.

Bicep curls are for show you conceited bastard.



NSDCC Fitness Standards

Test	A Standard	B Standard	C Standard
Road Run	4 m 15 s/km	4m 45s/km	5m 30s/km
Beep	14.00	13.00	11.00
Sprint (Time / Rest)	8s / 10s	10s / 10s	12s / 10s
Plank sets of 3 (Front / Side)	3 min / 2 min	2 min / 1 min	1 min / 45 sec

Tips

- Ensure explosive running strength is the focus. Road runs are an element but are less essential than fast acceleration and control.
- Schedule rest days carefully and don't be in the gym the day before, or on the day of, an important session.
- Build up slowly – don't expect superhuman efforts immediately
- Focus on weaknesses
- Warm-up properly!