

# Fitness Regime

By T. Gopi Chand

## WarmUp:

Warmup includes Stretching exercises and drills:

1a. 3 Rounds of 400m slow jog

1b. Stretching includes

- Ankle rotation street
- Standing heel back calf Stretch
- Sitting wide leg Inner thigh stretch
- Sitting knee to chest buttocks stretch
- Sitting single leg Hamstring stretch
- Standing quad stretch
- All Neck stretches
- Reaching Lateral Side stretch
- Reverse Chest and Shoulder Stretch
- Parallel arm shoulder stretch

( Note: All stretches 20 seconds Hold )

1c. Small activation jumps and Free Running strides

- Toe jumps
- Single Leg Raise jumps
- Side leg Raise jumps
- Hip Rotation Jumps

1d. Mobility drills

- Ankle Mobility (includes Ankle Rotation,Ankle Front and Back Movement)
- Hip Opener
- Spine windmills
- Moving Jumping Jacks
- Karaoke drills

1e. Balancing Exercises:

- Single leg Raise Hold: Player raises Leg at 90 degrees and holds for 30secs
- Superman Hold: Balancing on One foot, raising both hands forward and one foot raised backwards for balancing.
- Variation - Single Leg Raise hold : Same hold with eyes closed (increases difficulty in balancing)
- Knee Drive balance Exercise : Where the player stands on one leg, with slight bend in knee brings the other leg backwards slowly and drives it forward into 90 degrees position.
- Heel Walking
- Body Raised Toe Walking

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## Endurance

Beginner:

For endurance, players who just started will be going through basic level training

### Workout:

Workout includes

- 25min continuous running of 5-6km pace
- 100m x 10reps with free strides
- Core strength and cool down

Intermediate:

For Intermediate players we include the same warmup routine, balance and mobility drills

With different workout

### Workout:

15min running at 4km phase x 2 sets (per each set-15min run)

200m x10 free strides

Core Strength Exercises and Cool down

Advance:

Warmup Routine followed by Mobility and balancing drills

Advanced Workout

### Workout:

- 10min running at 3.5km phase x 3 sets
- 150m x 10 free 25 sec phase
- Core strengthening followed by Cool Down

**Note:** This workout can be modified according to the players body by observing their reaction to the workout routine. Depending on the player, if they are able to manage the pace of the workout more reps would be added and in case they are not able to, then necessary changes will be applied according to the player.

## **Speed endurance**

In Speed endurance, to develop the players speed we include specific muscle activation drills

With same warmup and mobility which we did for endurance

Beginner:

Beginner start with Exercises such as gulte activation walks, skips and warm up jumps and balancing drills

Workout:

1min fast running 1min slow running x 10 reps

2min fast 2min slow x5 reps 100x10 free sprints

Core strength

Cool down exercise

Intermediate:

Workout:

400 m x 10 reps 3 min rest between reps

After that 120m x 10 walk back rest

Core strength and Cool down

Advance:

Workout:

600mx8reps 3min rest

5 min rest

300m x 8 reps

Core strength and Cool down

## Speed

For speed I include specific drills with small hurdles and ladder starting with

- ❖ High knees over the hurdles x 5 reps  
Side high knees each side 5 reps
- ❖ Moving zig zag between hurdles 5 reps
- ❖ Small hurdle cut : this exercise where the player puts the front leg and jumps with free leg to other hurdle with coordinating arms
- ❖ Ladder: one step in one box high knees two steps high knees  
zig zag and In and out drills
- ❖ Drag run 60m sprints 30m sprints
- ❖ Triangle shuttle run : where three cones are placed in a triangle shape and player has the run taking speed turn
- ❖ Reaction runs with whistle etc

**Note: distance between hurdles 4 steps**

## Agility:

For agility, I include cone drills and different shuttle runs

Cone circulation exercise

1. Two cones are placed on the either side the player moving in circular motion around cone switching in between
2. Round cone touch where the cones are placed around the player he is going react to the whistle and touch the cone
3. T cone drill :  
Where the cones are placed in t shape and the runs from the end to center first touches the left and the centre then right cone  
Side by side cone jumps With leg variation

## Strength exercises

For strength development of the player, I make sure they work on both Upper and Lower

### Upper body :

Cable exercises Includes:

- Single hand rise where the player pulls the cable from 0 to shoulder level on each side
- Delt raise where player holds cable with both hands and pulls with leaning forward
- Front raise where player pull the cable from 0 to face level
- Front and back press for total shoulder and trap health

Note: each exercise includes 8 reps 2 sets each

For forearm :

- Forearm curls front and reverse curls
- Bicep curls
- Bench press incline and decline
- Lateral pulls with lat machine
- Front and back dumbbell press push ups and pull ups

### Lower body :

- Single leg squat ; full squat half squat
- Dead lifts single leg deadlifts ; romanian deadlifts for hamstrings
- Front squats lunges step up with weight leg press loop band
- Wall chair 1min 3 sets with weight on knees
- Loop band walks where loop band is around their knees and player moves side in squat position Leg raises with machine and half raises
- Hamstring curls ; hamstring bridges ; glute bridge with weights
- Ankle strength where 5 kg weight is placed on toes and toe pushing upwards

## **Power and explosive exercises :**

- Power clean : where player take the bar from the ground at squat position and hitting his legs with a jumps twist the bar towards his shoulders with a slight arch
- Split stance : Where player takes the bar throws upward coming into split lunge position
- Jump squat With dumbbells
- Pushing step ups where player puts one leg on board and pushes up with other leg
- Burpees single leg hops
- Box jumps with variation
- Reaction jumps
- Holding jumps
- Hanuman jumps
- Squat jumps with rotation
- Tuck jumps
- Toe touch jumps over hurdle jumps
- Small hurdles jumps front side jumps
- Hopes over small hurdles
- Side jumps with holding position
- Explosive forward jumps
- Frog jumps
- Crocodile walks
- Medicine ball throws front side and back

## **Reaction :**

To increase reaction time of the players, players will be going through reaction drills such as

### **Resting to whistle drill :**

Where players moves forward, backward, sides and jumps by following trainers indicating directions through head

### **Indicating cone drill :**

Where trainer points the cone player should react and touch

### **Ball drill :**

Where trainer holds the balls and drops one and player should react and catch it

## **Core strength and Stability :**

### **Core Strength**

- Crunches - Different types of Crunches
- Air planks
- Planks
- Hill climbers
- Knee drive - Hill climbers
- Hip rotations
- Abdominal cycles

### **Core Stability**

- Where trainer throws ball towards the player and catch it with a v shaped position
- Hyper exercise for back and lower back
- Alternative hand and leg raises for back and shoulder mobility
- Single leg hold where player points the leg in 90 degree angle and hold for 30 sec
- Single leg knee drive same exc with movement
- The T shape hold or superman hold heel walk toe walks

## **Cool Down :**

Cool down varies depending on the intensity of the workout

Slow Jog

Alternate floor touches

T Hamstring stretches (with Alternate legs)

Knee Chest Holds

Reverse jog

Holding Stretches, partner stretching and Foam Roll Muscle Relaxation depending on the workout.

## Jump Circuit :

1 set : 1 min each exercise

2 Set : 45 secs each exercise

3 set : 30 secs each exercise

Rest: 4 mins rest between each set

### Exercises

1. Jump Squats
2. Step Up
3. Split Lunges
4. Single leg Pushovers
5. Jumping Jacks
6. Alternate Sides Balancing Jumps
7. Knee Drive Jumps
8. Rotation Squat Jumps
9. Burpees
10. High Knees

## 6 Week Schedule for Sub Junior Player :

The 6 week Schedule program is in the table below:

The same Schedule is going to be followed for 4 weeks after which, if the player is having a competition, the last two weeks are going to be in terms of **High intensity - Low Repetition** to activate **Fast-twitch muscle fibers** to be in optimum condition to be able to perform their Best.

I do not recommend Weight training for Sub Junior Players

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Monday</b>	200m x10 reps x 2min rest between reps 60m free strides	200m x10 reps x 2min rest between reps 60m free strides	200m x10 reps x 2min rest between reps 60m free strides	200m x10 reps x 2min rest between reps 60m free strides	150m x10 reps walk back rest 60m sprints x5 cooldown	150m x10 reps walk back rest 60m sprints x5 cooldown
<b>Tuesday</b>	Jumps All body circuit Crunches abs work	Jumps All body circuit Crunches abs work	Jumps All body circuit Crunches abs work	Jumps All body circuit Crunches abs work	Jumps Circuit in less time with speed movement	Jumps Circuit in less time with speed movement
<b>Wednesday</b>	20 min continue with reaction drills and low intensity ladder drills	20 min continue with reaction drills and low intensity ladder drills	20 min continue with reaction drills and low intensity ladder drills	20 min continue with reaction drills and low intensity ladder drills	15 min speed continue reaction drills speed drills	15 min speed continue reaction drills speed drills
<b>Thursday</b>	1min fast run and 2 min jog x 10 reps Hurdle and polyjumps Pushups and pull ups Core workout	1min fast run and 2 min jog x 10 reps Hurdle and polyjumps Pushups and pull ups Core workout	1min fast run and 2 min jog x 10 reps Hurdle and polyjumps Pushups and pull ups Core workout	1min fast run and 2 min jog x 10 reps Hurdle and polyjumps Pushups and pull ups Core workout	30 sec fast 30 sec jog x 10 reps Poly jumps Crocodile walks Push ups Core	30 sec fast 30 sec jog x 10 reps Poly jumps Crocodile walks Push ups Core
<b>Friday</b>	Own Body exercise Full squats 15x3 sets Single leg squats 10 x 3 sets Small box jumps step ups Frog jumps Single leg hops 100m sprints x 10 x 2 sets	Own Body exercise Full squats 15x3 sets Single leg squats 10 x 3 sets Small box jumps step ups Frog jumps Single leg hops 100m sprints x 10 x 2 sets	Own Body exercise Full squats 15x3 sets Single leg squats 10 x 3 sets Small box jumps step ups Frog jumps Single leg hops 100m sprints x 10 x 2 sets	Own Body exercise Full squats 15x3 sets Single leg squats 10 x 3 sets Small box jumps step ups Frog jumps Single leg hops 100m sprints x 10 x 2 sets	60m sprints x 10 with own body exercise with medicine ball core	60m sprints x 10 with own body exercise with medicine ball core
<b>Saturday</b>	Jumps circuit with core and hyper exercise and cool down	Jumps circuit with core and hyper exercise and cool down	Jumps circuit with core and hyper exercise and cool down	Jumps circuit with core and hyper exercise and cool down	Jump circuit with hyper Exercise and cool down	Jump circuit with hyper Exercise and cool down

