

Updated training schedule for week beginning 30/03/2020

Training schedule for next week

Important points

We are all aware that all GAA facilities are out of bounds until **April 19th**.

You are expected to do 3 running sessions (**below**), 2 gym sessions (**below**) and 2 ball wall sessions during the training week ahead.

All you need for these sessions is a green field, a gable end of a house and some basic gym equipment.

Hopefully the past few weeks have helped you as players to stay grounded and appreciate what you have. It may give you a sense of what it was like in the past when players had no gym facilities, no dressing rooms, poor training surfaces and they didn't blink an eye at it, they just got on with it.

In times of uncertainty your habits can ground you. When the world seems uncontrollable focus on what you can control. For the week ahead put your energy and focus on the things you can control – sleep, morning and night routines, nutrition, conditioning, your mentality and attitude.

We are still going to keep the same groups as last week for the week ahead while also keeping that competitive element.

Obviously, a lot of players do not have access to the GAA field. This will test your creativity and it will be interesting to see the GPS results at the end of next week.

TEAMS FOR WEEK 30/03/20 - 05/04/20				
GROUPS				
1	2	3	4	5
D.REIDY	A.CUNN	C.GUIFOYLE	A.McCARTY	D.RYAN
J.McCARTY	S.MOREY	S.O.DONNELL	C.CLEARY	G.COONEY
D.McMAHON	C.McINERNEY	A.SHAN	L.CORRY	E.QUIRKE
D.FITZ	C.MALONE	T.KELLY	D.McINERNEY	P.O.CONNOR
P.FITZ	P.COLLINS	J.BROWNE	R.TAYLOR	S.O.HALL
S.McMAHON	K.HEHIR	I.GALVIN	N.DEASY	

REHAB GROUP
R.HAYES
J.CONLON
C.GALVIN
S.GOLDEN
GOALKEEPERS
D.TUOHY
E.QUILLIGAN

Weekly training schedule

		Mon	Tues	Wed	Thur	Fri	Sat	Sun
		30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
AM	Time	Rec	Run session 1	Individual gym (lower body)	Rec	Individual gym (upper body) & Run session 2	Rec	Run Session 3 & wall ball session
	Venue							
	Activity							
PM	Time	Rec	Individual ball wall session		Rec	Individual ball wall session		
	Venue							
	Activity							

Run session 1

1. Warm up
2. 10x100m – 20 secs on/40 secs off
3. 2 min recovery
4. 10x100m – 20 secs on/40 secs off
5. 2 min recovery
6. 5x100m – 20 secs on/40 secs off

Total distance = 2500 HSR (m)

Run session 2

1. Warm up
2. 15x50m – 10 secs on/10secs off
3. 2 min recovery
4. 10x100m - 20 secs on/40 secs off

Total distance = 1750 HSR (m)

Run session 3

1. Warm up
2. 20x25m – 5 secs on/10 secs off
3. 2 min recovery
4. 5x100m - 20 secs on/40 secs off

Total distance = 1000 HSR (m)

Gym sessions

Lads these are two simple gym sessions for the next few weeks. They are generic sessions. Adjust your weight accordingly so you can complete the relevant sets and reps comfortably. For lower body exercise A1, if you are conducting a deadlift with a normal barbell be careful due to the extra stress that this exercise puts on the lower back. Better to do this with a band if you don't have access to a trap bar.

Equipment required

(Any player that needs bands etc let me know asap so I can have them sorted for Sunday)

- Speed bands
- Green resistance band
- Red resistance band
- Blue resistance band
- 5-10 kg d-bells
- Med ball

Lower body (Wednesday)

A1. Trap bar dead lift or band resisted deadlift	4x10 reps
A2. Band assisted sissy squat isometric hold (5 sec on bottom each rep)	4x10 reps
A3. Reactive jump	4x10 reps
B1. Rear elevated foot split squat with 5kg over head	4x10 reps e/s
B2. Band resisted good morning with light D-Bells	4x10 reps
B3. Speed band RDL to single leg jump	4x10 e/s
C1. Lateral skater jumps	4x8 e/s
C2. D-leg elevated glute bridge	4x10 reps
C3. Band resisted pogo jumps	4x10 reps
D1. Band resisted kettlebell/d-bell swing	4x10 reps
D2. Resisted broad jump	4x6 rep

Core	Hammers	Finishers
Russian med ball twists 3x20 reps e/s	Glute bridge walk outs 3x10	Resisted green band 4x30secs sprint on the spot
Back extensions 3x20 reps	Long leg isometric holds (5 secs holds) 3x6 e/s	Mini bands various positions 3x40 secs
	Prone band resisted leg curls 3x10	

Upper body (Friday)

A1. Bench press or band resisted D-Bell floor press	4x10 reps
A2. Feet elevated plyo push ups	4x5 reps
A3. D-bell row	4x10 reps
B1. Barbell/D-bell clean and press	4x10 reps
B2. 5kg lateral raise into frontal raise	4x10 reps
B3. D-Bell reverse fly's	4x10 reps
C1. Single arm d-bell press to explosive step up	4x6 e/s
C2. Tricep close grip press up	4x10 reps
C3. Band resisted bicep curl to 5 secs isometric hold	4x10

Plyometrics	Core
On knees med ball explosive chest throw 3x10 reps	Long arm plank to V position 3x20 reps
Standing lateral explosive med ball throw 3x6 reps e/s	On forearms plank rotation 3x10 reps e/s

Individual flex & mobility

High power output programme starting on **April 15th**