




South East Queensland Football




Fitness Session 1

- 1 session per week combined with a skills session. Choose an appropriate sized field to match your fitness.

DISTANCE	SPEED	DRILLS / NOTES
1 x Lap	LIGHT RUN PACE	WARMUP & STRETCH
1 x Lap	JOG / RUN / FAST	PACE YOURSELF
2 x Laps	JOG / RUN / FAST	DO DRILL WITH FOOTBALL
1 x Lap	RUN PACE	HIGH KNEE , SIDE STEP, HEEL TO BUM, SIDE STEP
1 x Lap	FAST RUN	EACH CORNER – LEG CIRCUIT
1 x Lap	FAST RUN	EACH CORNER – AS ABOVE PLUS UPPER BODY CIRCUIT
1 x Lap	FAST RUN	EACH CORNER – AS ABOVE PLUS ABDOMINAL CIRCUIT
2 x Laps	SPRINT / JOG	SPRINT THE WIDTH / JOG THE LENGTHS BACKWARDS
2 x Laps	FAST AS POSSIBLE	DO DRILL WITH FOOTBALL
3 x Laps	FAST RUN	LEG CIRCUIT AFTER EACH LAP
1 x Lap	LIGHT RUN PACE	FINISH WITH A COOL DOWN STRETCH

- Perform 10-15 of each exercise as fast as possible: 1. Leg circuit only 2. Leg and upper body circuit 3. All 3 circuits

LEG CIRCUIT		
		
Two footed squat thrusts; aim for a 30cm jump	Walking lunge forward changing lead leg	Alternate leg squat thrusts; count reps on 1 leg only

UPPER BODY CIRCUIT		
		
Wide arm press-up. Take elbows out to your sides	Normal press ups; aim to keep a straight line through your back	Close Hand - Aim to keep your thumbs touching each other

ABDOMINAL CIRCUIT		
		
Normal sit ups; keep your chin off your chest	Alternate elbows to knees; count reps on one side only	Alternate hand to foot ; count reps one side