

## Squash Season Training - From Start of Sept to End of competitions

### CV Training

#### 3 High quality squash sessions or games.

Does the game take less than 50 minutes and do you still have the energy?

If you are able run or top up with ghosting to make training time 50-60 minutes.

Aim to build up your speed and quality of the run or ghosting

#### Speed Training - Do 1x a week

Always do a thorough warm up

Sprint time	Speed/Effort	Rest
<b>30 seconds</b>	<b>As fast as you can - Flat out 100%</b>	<b>1 min 30</b>
<b>U13 and 15 do 5 sprints, U17 do 7 sprints, U19 do 10 sprints</b>		
Take full rest period to ensure. Maximum effort on next sprint.		
Cool down		

#### Power Programme - Lunges - Do 1x a week

Always do a thorough warm up, Feet on edge of service box.

Run, lunge and touch edge of other service box. Recover back to service box.

**20 times**, Alternating each leg. **Maximum speed and power with good technique.**

**Do 3 sets. Rest for 3 minutes between sets.**

Take this rest fully so can get maximum speed and power next set.

Cool Down

#### Strength 2 x a week

#### Weight

Leg Press or Lunges	15 Repetitions at your best weight	
Lat Pull down	15 Repetitions at your best weight	
Chest press	15 Repetitions at your best weight	
Seated row	15 Repetitions at your best weight	
Shoulder press	15 Repetitions at your best weight	

Rest for 30 seconds between each exercise

Do this twice per session. Rest for 1 min between each set

**If you cannot use a gym. Do a circuit training class.**

#### 2 or 3 x a week - For 10 mins - Injury prevention

Calf raise and drop - On step slow and controlled.	2 sets of 20
Opp back extension and leg raise.	2 sets of 20
Ball squeeze	2 sets of 20
Rotator cuff - Push in and out against wall	2 sets of 10
Plank	Build up to 1 min

**2 or 3 x a week Flexibility exercises for 15 mins**