

Month (1):

Pre-season Fitness and Squash Plan

Day/Time	Routines	Solos	Fitness	Weights	Notes
am Mon	am or pm			am or pm	
pm	S1 B/H 45min	S1 15min			
am Tue	am or pm		Run 30 min		
pm	S2 B/H 45min	S1 15min			
am Wed					
pm			Run 30min		
am Thu	am or pm			am or pm	
pm	S1 45min	S3 15min			
am Fri	Active Rest Day				
pm					
am Sat	am or pm		Run 40 mins		
pm	S2 45min	S3 15min			
am Sun			1:1 intervals x 10		
pm					
am Mon	am or pm			am or pm	
pm	S1 45min	S2 15min			
am Tue	am or pm		Run 35min		
pm	Game 45min	S6 15min			
am Wed	am or pm		1:1 intervals x 12		
pm	S2 45min	S2 15min			
am Thu	am or pm				
pm	S1 45min	S4 15min			
am Fri	am or pm		Run 35min	am or pm	
pm	S2 45min	S4 15min			
am Sat	Active Rest day				
pm					
am Sun	am or pm		Run 45min or Bike 75min		
pm	S3 45mins	S5 15min			
am Mon			Run 30min		
pm					
am Tue	am or pm			am or pm	
pm	S3 45mins	S5 15min			
am Wed	Active Rest Day				
pm					
am Thu	am or pm				
pm	Game 45min	S6 15min			
am Fri	am or pm		Run 30min	am or pm	
pm	S2 45min	S3 15min			
am Sat			1:1 intervals x 15		
pm					
am Sun	am or pm		Run 40min or Bike 80min		
pm	S4 45mins	S5 15min			
am Mon	Active Rest Day				
pm					
am Tue	am or pm		Run 30min		
pm	S5 45min	S6 15min			
am Wed	am or pm			am or pm	
pm	Game 45min	S1 15min			
am Thu			1:1 intervals x 20		
pm					
am Fri	am or pm		Run 30min		
pm	S4 45min	S2 15min			
am Sat	am or pm			am or pm	
pm	S5 45min	S1 15min			
am Sun	am or pm		Run 55min or Bike 85min		
pm					
	Warm up pre training session for 15-20mins				
	Cool down after each session for 5-10mins then stretch for 15-20mins				
	Drink plenty of fluids before, during and after training				
	Active Rest Day may include any physical or leisure activity				

Month (2):

Pre-season Fitness and Squash Plan

Day/Time	Routines	Solos	Fitness	Weights	Notes
am Mon	am or pm			am or pm	
pm	S1 B/H 45min	S3 15min			
am Tue	am or pm		Run 35 min		
pm	S2 B/H 45min	S4 15min			
am Wed			Run 35min		
pm	Game 45min				
am Thu	am or pm			am or pm	
pm	S1 B/H 45min	S3 15min			
am Fri	Active Rest Day				
pm					
am Sat	am or pm		Run 45min		
pm	S2 B/H 45min	S5 15min			
am Sun			1:1 intervals x 22		
pm	Game 45min				
am Mon	am or pm			am or pm	
pm	S1 F/H 45min	S4 15min			
am Tue	am or pm		Run 30min		
pm	Game 45min	S6 15min			
am Wed	am or pm		1:1 intervals x 24		
pm	S2 F/H 45min	S5 15min			
am Thu	am or pm		Run 30min		
pm	S1 F/H 45min	S6 15min			
am Fri	am or pm			am or pm	
pm	S2 F/H 45min	S1 15min			
am Sat	Active Rest Day				
pm					
am Sun	am or pm		Run 50min or Bike 80min		
pm	S3 45mins	S3 15min			
am Mon			1:1 intervals x 26		
pm		S2 15min			
am Tue	am or pm				
pm	S3 45mins		Run 45mins		
am Wed	am or pm			am or pm	
pm	Game 45min	S1 15min			
am Thu	Active Rest Day				
pm					
am Fri	am or pm		1:1 intervals x 28		
pm	S2 B/H 45min	S3 15min			
am Sat			Run 30mins	am or pm	
pm					
am Sun	am or pm		Run 55min or Bike 85min		
pm	S4 45mins	S2 15min			
am Mon	am or pm		Run 30min		
pm	Game 45min	S4 15min			
am Tue	Active Rest Day				
pm					
am Wed	am or pm		1:1 Intervals x 30		
pm	S5 45min	S6 15min			
am Thu	am or pm			am or pm	
pm	Game 45min				
am Fri	am or pm		Run 45min		
pm	S4 45min	S5 15min			
am Sat	am or pm			am or pm	
pm	S5 45min				
am Sun	am or pm	S6 15min	Run 60min or Bike 95min		
pm	S5 45min				
	Warm up pre training session for 15-20mins				
	Cool down after each session for 5-10mins then stretch for 15-20mins				
	Drink plenty of fluids before, during and after training				
	Active Rest Day may include any physical or leisure activity				

Month (3):

Pre-season Fitness and Squash Plan

Day/Time	Routines	Solos	Fitness	Weights	Notes
am Mon	am or pm			am or pm	
pm	S1 B/H 45min	S3 15min			
am Tue	am or pm		Run 35min		
pm	S2 B/H 45min	S4 15min			
am Wed					
pm			Run 35min		
am Thu	am or pm			am or pm	
pm	S1 B/H 45min	S3 15min			
am Fri	Active Rest Day				
pm					
am Sat	am or pm		Run 45min		
pm	S2 B/H 45min	S5 15min			
am Sun			1:1 intervals x 22		
pm	Game 45mins				
am Mon	am or pm			am or pm	
pm	S1 F/H 45min	S5 15min			
am Tue	am or pm		Run 35min		
pm	Game 45min	S1 15min			
am Wed	am or pm		1:1 intervals x 24		
pm	S2 F/H 45min	S3 15min			
am Thu	am or pm				
pm	S1 F/H 45min	S2 15min			
am Fri	am or pm		Run 35min	am or pm	
pm	S2 F/H 45min	S1 15min			
am Sat	Game 45mins				
pm			Run 50min or Bike 80min		
am Sun	am or pm				
pm	S3 45mins	S3 15min			
am Mon			1:1 intervals x 26		
pm	Game 45mins				
am Tue	am or pm		Run 35mn	am or pm	
pm	S3 45mins	S2 15min			
am Wed	Active Rest Day				
pm					
am Thu	am or pm				
pm	Game 45min	S4 15min			
am Fri	am or pm		Run 35min	am or pm	
pm	S2 B/H 45min	S5 15min			
am Sat			1:1 intervals x 28		
pm					
am Sun	am or pm		Run 55min or Bike 85min		
pm	S4 45mins	S6 15min			
am Mon	Active Rest Day				
pm					
am Tue	am or pm		Run 35min		
pm	Game 45min	S4 15min			
am Wed	am or pm			am or pm	
pm	S5 45min	S6 15min			
am Thu			1:1 intervals x 30		
pm	Game 45mins				
am Fri	am or pm		Run 35min		
pm	S4 45min	S5 15min			
am Sat	am or pm			am or pm	
pm	S5 45min	S1 15min			
am Sun	am or pm	S2 15min	Run 60min or Bike 95min		
pm	S5 45mins				
	Warm up pre training session for 15-20mins				
	Cool down after each session for 5-10mins then stretch for 15-20mins				
	Drink plenty of fluids before, during and after training				
	Active Rest Day may include any physical or leisure activity				

Fitness and Conditioning

Warm up & Cool down: *ALL sessions are preceded by a progressive warm-up and ended with a cool down and stretch*

Weights: *See a trainer or gym instructor to set a program for squash conditioning*

Fitness: *The objective of this phase is to build on the base fitness work you have done and start to peak your fitness*

*Each session should begin with a light 5 min jog gradually increasing intensity
Always STRETCH each muscle group for 30sec AFTER exercising-make it a HABIT
Wear running shoes and avoid running on concrete
Keep a record of your training in a diary
There is a general pattern of 2 weeks hard, 1 week unload recovery.*

Run: Check your heart rate every few mins for the first couple of runs until you know how hard to go. Your heart rate should be around 150-160 beats per minutes of 25-27 per 10 seconds

Intervals: One minute sustained fast pace followed by an easy minute walk. Repeat by no.

Pyramids Find an area about the size of a rugby field (or large indoor stadium)
1 lap = 1 length of field or floor
Slow run 8 laps, walk 1 lap
Medium run 6 laps, walk 2 laps
Medium sprint 4 laps, walk 2 laps
Fast sprint 2 laps, walk 2 laps
Then go back up - 4, 6, 8 laps

800's Sprint about 80% max speed, walk slowly
Sprint 50m, walk 50m x 8
Rest 5min
Repeat x 3 times

Skipping Start slowly for 2 minutes then increase speed of skip
1 min medium pace, 1 min slow pace for first 5min
1 min fast pace, 1 min slow pace
Vary pace and vary skip eg single alternate skipping, double alt skipping, etc.

Squash: *Be construct with your time concentrating on one aspect in your solos so that you can make good progress in that area.
Organise early to get quality hits and opponents.
Listen to your coach / mentor / parent, there is much to learn.*

Games: Ensure quality opponent

Routines: Are to be taken from the sheet provided, they are to encourage players to hit, good tight length, hunt the ball on the volley and make a huge effort to get onto the T, not behind it.

Solos: Are to be taken from the sheet provided, please ensure you match the no. of sessions

- Warm up:**
- 1 Jog slowly up and down the court 20 times or approx 1 min 30secs
 - 2 Jog backwards carefully up and down the court 10 times or approx 45secs
 - 3 Move side to side up and down the court 6 times leading with left leg then right leg
 - 4 Walk up and down slowly in the lunge position 4 times
 - 5 Jump up and down on the spot with feet together for 30 secs
 - 6 Feet out in front 30 secs
 - 7 Feet out to the sides for 30 secs
 - 8 Walking lunge with a step out 4 times
 - 9 Run up and down at 60% pace without touch the walls with your hands 6 times
 - 10 Accelerate from back wall and slow down 6 times
 - 11 Lunge out in full stretching mode 4 lengths
 - 12 8 x 1 corner full speed acceleration with a walking rest in between of approx 50secs
 - 13 Walk out 2mins
Stretch 8-10mins

Solos:

1	Continuous driving	FH	BH
2	Continuous volleying	FH	BH
3	Around the corner (floor)	FH	BH
4	Around the corner (volleys)	FH	BH
5	Reaction volleying	FH	BH
6	Figure 8 volleying	FH	BH

- Routines:**
- 1 Length/volley Long
Players to hit length into target area designated, single feed first and rotate
Players to play co-operative rally down the wall, no volleys
Introduce one player with the option to volley long
Give the other player the option to volley long
Emphasise returning to the T and hunting the volley along with tight length
 - 2 Length/volley drop/straight drop
Begin as in S1 and build on it giving one player ONLY the option to volley short and long
ie using the straight drop and emphasising the correct times to play it after a good shot and maintaining good position on the T.
Swap players
Then allow both players to hit short or long
 - 3 Length/volley drop/volley boast
Start where you left off and build on with both players allowed to hit short or long,
then introduce the volley boast
Then allow one player ONLY, the option to drop off the boast or volley drop
Swap players
Allow both players all options
 - 4 Start session where we left off and build on allowing both players all 3 options
Then allow one player ONLY, the option to drop off of the boast or volley drop
Swap players
Allow both players all options
 - 5 FH and BH volley drop off a cross court feed
Ball should be set up as:
C/court feed from FH service box to BH service box
C/court feed from BH service box to FH service box
C/court feed to front wall and side wall FH to BH
C/court feed to front wall and side wall BH to FH
Players will be moving from side to side setting up balls as they go 1 feed 1 shot
 - 6 Ball control
Ball should be set up as:
High BH volley feed continuous x 15 to high FH volley feed continuous x 15 to
Alternation BH and FH volley feed from T position x 15 to
Figure 8 volley control from T position x 15

Why Stretch for Squash?

- Required for better coverage of court = Get to more shots!
- Injury prevention = Play more!

When to Stretch for Squash?

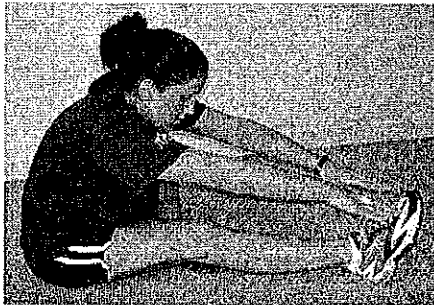
- ALWAYS stretch after a game and training
- Stretching before a game or training is not considered to be so important (but a thorough warm-up is)
- NOTE: Establishing the habit of stretching from early teens = more flexible muscles for life!



How to Stretch for Squash?

- AFTER exercise. 30 sec each. Push into stretch – feel tension

Hamstrings



OR



- Do 2 stretches –
- 1 with a straight leg
 - 1 with a bent leg

Quadriceps



Adductors



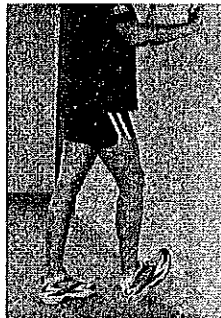
Do both of these

Hip Flexors



Progress to knee off ground and front foot further forward (like a front split)

Calves



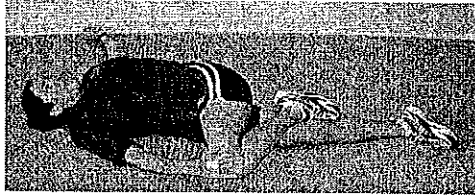
Do 2 calf stretches –

1 with a bent leg

1 with a straight leg



Gluteals/Lower Back



These are particularly important for squash players

Upper Body



Food for Life

Eat Many Different Kinds of Food Each Day

Fruit and Vegetables – choose at LEAST 3 servings of vegetables and 2 servings of fruit every day. (5+ a day)

Bread and Cereals - choose at LEAST 6 servings each day. (7-11 serves for athletes)

Milk and Milk Products – choose at LEAST 3 servings every day

Lean Meats, Chicken, Seafood, Eggs, Dried Beans, Peas and Lentils – choose 2 servings each day

Eat Enough for Growth and Activity

Choose from the 4 food groups to meet extra energy needs.

Those who are very active need to eat more than most.

Choose Foods Low in Fat, Sugar and Salt

Many fast foods, takeaways and snack foods are high in fat, salt and/or sugar.

Choose Snacks Well

Active teenagers need to snacks to provide the extra calories needed

Choose fruit, breads and cereals as snacks.

Drink Plenty Every Day

Drink at LEAST 8 glasses (2litres) of fluid every day.

Water is best.

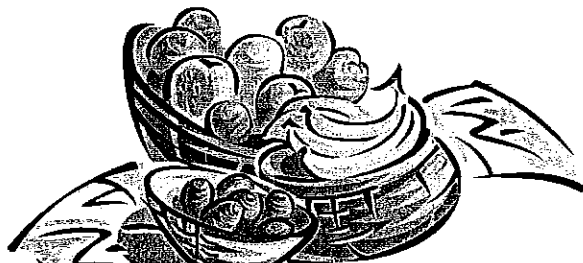
Milk is a good snack (use low fat milks)

Fruit juice should be diluted and limited to mealtimes to minimise tooth decay.

Sports drinks are useful for recovery after training or during a long training session.

Alcohol is Not Recommended

Alcohol provides unnecessary calories and almost no other nutrients



Snack Meal Ideas

Bread, rolls, bagels, pita bread, crumpets and English muffins, crispbreads, crackers and rice crackers/wafers.

Toppings/fillings - jam, honey, relish/gherkins and cottage cheese, peanut butter, marmite/vegemite, banana, baked beans, spaghetti, creamed corn, fish (tuna/salmon), lean meat, shaved meats, egg, reduced fat cheese, tomato/salad vegetables.

Pasta or rice salad, Tabouleh, bean salad, potato salad and cole slaw or green salad with bread/pita or crispbread. Use low fat or no dressings

Fruit bread/buns, hot cross buns, scones (especially fruit), muffins (low fat, fruit with no butter), Iced buns – Sally Lunn, Boston Bun, Pikelets and jam. Use little or no butter/margarine.

Toasties - use thick bread. No butter or margarine.

Fillings - sweet corn, spaghetti, baked beans, leftovers etc.

Fruit and nut pack – raisins, sultanas, prunes, peanuts, pumpkin seeds, currant, sunflower seeds, dates, crystallised ginger, dried apricots and other dried fruit. Select a mixture of your favourites. Small packs of raisins or sultanas

Fruit smoothie, yoghurt smoothie, fresh and flavoured milk (low fat varieties), yoghurt and yoghurt drinks, dairy food.

Soup – canned, fresh and home made – and bread, Cup ‘o Soup and bread, noodle soups,

Cereal bars – Mother Earth, Uncle Tobys, Fruity Bix. “Twists”, “Twins” and K Time bars – “Sustain”, “Just Right” and “Crunchy Nut” and others - look for less than 10g fat/100g.

Breakfast cereal and milk. Canned creamed rice, custard and fruit.

Fresh fruit or canned fruit (individual pots)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<u>Week 1</u>							
<u>Week 2</u>							
<u>Week 3</u>							
<u>Week 4</u>							
<u>Record:</u>	Date / time and what training you have done						
	Nutrition - meals & snacks						
	Hydration - water & sports drinks						
<u>Extras:</u>	Activities						
<u>Rest day:</u>	What did you do on your rest day?						

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<u>Week 5</u>							
<u>Week 6</u>							
<u>Week 7</u>							
<u>Week 8</u>							
<u>Record:</u>	Date / time and what training you have done						
	Nutrition - meals & snacks						
	Hydration - water & sports drinks						
<u>Extras:</u>	Activities						
<u>Rest day:</u>	What did you do on your rest day?						

Pre Season Training Contact and Player List

	Name	Grade	Address	Home Phone	Mob Phone	Work Phone	E Mail
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
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22							
24							
25							
26							
27							
28							
29							
30							

Squash Bay of Plenty Junior Calendar 2008

Date	Event	Venue
23-25 January	National Development Squad Selection Camp	National Squash Centre - Auckland
30 January - 1 February	Elite Development Squad Camp	National Squash Centre - Auckland
22-24 February	Te Puke D-J Grade Tournament	Te Puke Squash Club
22-24 February	Elite Development Squad Camp	National Squash Centre - Auckland
1-4 March	National Development Squad Camp	National Squash Centre - Auckland
14-16 March	BOP/Auckland/Waikato Junior Triangular	Waikato
28-30 March	Elite Development Squad Camp	National Squash Centre - Auckland
4-6 April	National Development Squad Camp	National Squash Centre - Auckland
4-6 April	Junior Series #1	Geyser City Squash Club
18-20 April	BOP/CD/WGTN Junior Triangular	Masterton Squash Club
23-24 April	Elite Development Squad Camp	National Squash Centre - Auckland
25-27 April	NZ Junior Open	North Shore Squash Club
2-4 May	Junior Series #2	Tauranga Squash Club
9-11 May	National Development Squad Camp	National Squash Centre - Auckland
14-May	BOP Secondary Schools Individuals Zone Qualifying Tournament	TBC (various)
23-May	BOP Intermediate School Individual Championships	Geyser City Squash Club
30 May	BOP Secondary Schools Individuals Finals	Geyser City Squash Club
6 June	BOP Primary Schools Squash Tournament Yr4-6	Tauranga Squash Club
6-8 June	Junior Series #3	Te Puke Squash Club
27-29 June	Elite Development Squad Camp	National Squash Centre - Auckland
2-3 July	BOP Secondary Schools Teams Tournament	Tauranga Squash Club
4-6 July	Junior Series #4	Tokoroa Squash Club
5-7 July	South Island Junior Age Groups	Burnside Christchurch
11-13 July	North Island Junior Age Groups	Henderson Auckland
27 July - 9 August	World Junior Boys Championships	Switzerland
8-10 August	Junior Series #5	Taupo Squash Club
15-17 August	NZ Secondary Schools Championships	Kawaroa Park - New Plymouth
29-31 August	BOP Junior Age Groups	Whakatane Squash Club
5-7 September	Junior Series #6	Edgecumbe Squash Club
5-7 September	National Development Squad Camp	National Squash Centre - Auckland
19-21 September	Whakatane D-J	Whakatane
26-28 September	Waikite Valley D-J	Waikite Valley
2-8 October	NZ Junior Nationals	Palmerston North

Please note: BOP Development Squad Camps are not listed here.