CLIFFE DEACON PHYSIOTHERAPY

CLIFFE DEACON
BSc PHYSIOTHERAPY
REGISTERED PHYSIOTHERAPIST
PR NO. : 0492132

Mobile: +27 83 410 9089
Tel: +27 11 477 5866
Email: cliffedeacon@cdphysio.co.za
Web: www.cdphysio.co.za

NORTH WEST DRAGONS
WINTER TRAINING PROGRAM

To all North West and aspirant North West players...

CLIFFE DEACON
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1. INTRODUCTION:

During this winter, all cricket players in any squad representing the province will have to make sure that a very specific degree of fitness is maintained. This, as we all know, is the base of any good sportsman and for us to compete for higher honours; we have to be better than those whose places we want to take from them!!

Like in any other sport, a lot of emphasis is placed on the individual and in our case, it is also very true. This is a guideline to help with your base for a great season... if you want to use it, is entirely up to you!!

2. GOALS:

During the off-season, goals are normally set out for the coming season by means of reflection on previous seasons, as well as by planning for future seasons. During this winter, i would like each individual to formulate a set of rules for the team consisting of the following aspects:

- GENERAL
- TRAINING SESSIONS
- CLOTHING
- TRAVEL
- GAME-DAYS
- PENALTIES

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3. STANDARDS:

As in any other professional discipline, standards must be set in order to maintain a certain order as well as a professional environment. This ensures the effective and optimal performance of a professional setup.

Goals for the North West Cricket Association – Players:

- The fittest team in SA amateur cricket
- The most professional team in SA amateur cricket
- The most prepared team in SA amateur cricket
- Mentally the strongest team in SA amateur cricket
- The team with the most self-responsibility in SA amateur cricket

Looking at the above-mentioned standards, to compete on franchise level the minimum fitness levels required is as follows:

- Level 12 on the bleep
- 450m on the anaerobic shuttle
- Bench-pressing 75% of your body weight 15 times
- Stability-hold for a minimum of 3 minutes
- Total sum of skin folds of less than 64mm

Above-mentioned standards are minimum requirements and as in any part of cricket, if you want to compete for higher honours and replace players, you need to be better than they are in all aspects. Be warned that if these requirements are not met when pre-season commences, there will be serious repercussions!!

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4. TRAINING:

As in skills, fitness consists of different components as can be seen by the different minimum requirements.

4.1 COMPONENTS:

Fitness can be categorised as follows:

- Muscle Strength: Power
  Strength
  Stamina/Endurance
- Cardiovascular Fitness: Aerobic Fitness
  Anaerobic Fitness
- Flexibility
- Core Strength

4.2 PERIODIZATION

Starting 1 May 2008 and finishing 14 September 2008, there is a total of 20 weeks in which the different aspects of fitness will be addressed. In these 20 weeks, there will be 2 resting weeks, where relative rest will be allowed and then a full fitness test will be conducted on the 15th September 2008.

In this period, emphasis will be put on the different aspects of fitness and is explained by means of the following table:

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DATE	AMOUNT OF WEEKS	DESCRIPTION OF WORK-OUTS
1 May – 4 May	4 days	Cardiovascular
5 May – 1 June	4 Weeks	Aerobic Cardiovascular, Muscle Power and Muscle Strength training
2 June – 8 June	1 Week	Aerobic, Anaerobic Cardiovascular and Muscle Endurance training
9 June – 15 June	1 Week	Relative Rest
16 June – 13 July	4 Weeks	Aerobic Cardiovascular, Anaerobic Cardiovascular and Muscle Endurance training
14 July – 27 July	2 Weeks	Aerobic Cardiovascular, Anaerobic Cardiovascular and Plyometric training
28 July – 3 August	1 Week	Relative Rest
4 August – 17 August	2 Weeks	Aerobic Cardiovascular, Anaerobic Cardiovascular and Plyometric training
18 August – 14 September	4 Weeks	Anaerobic Cardiovascular and Sport Specific training

4.3 LOGBOOK

As will be put out below, this is the outline for the winter program:

TABLE FOR OUTLINE OF WINTER PROGRAM

AMOUNT OF WEEKS	DESCRIPTION
5 Weeks	Aerobic Cardiovascular, Muscle Power and Muscle Strength training
4 Weeks	Aerobic, Anaerobic Cardiovascular and Muscle Endurance training
4 Weeks	Aerobic Cardiovascular, Anaerobic Cardiovascular and Plyometric training
4 Weeks	Anaerobic Cardiovascular and Sport Specific training

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During every one of these cycles, the following aspects must be adhered to, concerning the amounts of training sessions to be done weekly:

TABLE FOR OUTLINE OF WEEKLY SESSIONS

SESSION DESCRIPTION	FIRST TWO WEEKS	SECOND HALVE OF CYCLE
Aerobic sessions	2	2
Anaerobic sessions	1	2
Weight sessions	2	3
Core stab. sessions	2	3
Flexibility sessions	1	1

Every week a logbook must be kept and mailed back to me, or to the NWCA to ensure the amount of training done by individuals are well documented. Please ensure that the following details are clearly visible on the logbook:

- Name and Surname
- Cycle you are busy with
- Dates
- A detailed description of the amount of sessions of every department of the particular cycle that you have done on a **daily basis**

5. ACTIVITIES

During the course of this program, you will have to do a certain amount of sessions during each week. These sessions will consist out

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of a certain amount of activities. This header will explain the activities better, so that no confusion is allowed.

5.1 CARDIOVASCULAR TRAINING

Cardiovascular training consists out of aerobic and anaerobic training. During aerobic training, an athlete trains for no less than 35 minutes to ensure that his lung/heart capacity increases so that more oxygen can be carried by circulating blood.

Anaerobic training consists out of short and sharp sprints where very little oxygen is used. This can be better described as sprinting and betters the athlete's explosive power over short distances.

5.2 WEIGHT TRAINING

Weight training also can be divided into groups:

Power/Strength training is done where the athlete starts of with a weight of 65% of his body weight, increases the weight with 10% every set for four sets and thus finishing of with a set 95% of his body weight. Four sets are done and the repetitions are as follows: 12-10-8-6.

Endurance training is where the muscles are put under a lighter strain, but for a longer period of time. This is called superset-training. The athlete starts of with a weight 70% of his body mass and does as many repetitions as possible. The next set is a weight 65% of his body weight. This is repeated 4-5 times with the weight dropping with 5% every time.

Plyometric or Explosive training is done where the athlete uses the same weight (normally 50% his body weight) for 4 sets. All exercises are done at pace and the athlete normally jumps while lifting the weights.

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1.1 CORE STABILITY TRAINING

This is a very essential part of training, as this ensures the stability of the inner part/core of the body. Without the strength of the core, the stability of the body as a frame will be vulnerable and will be at danger to torque or twisting forces when big muscles move.

These exercises are done as slow and controlled as possible as the muscles under training are what is known as *slow twitch muscles*.

Six different exercises consisting out of two sets of 20 repetitions is optimal.

1.2 FLEXIBILTY TRAINING

Flexibility is a very crucial part of an athlete's armour. This ensures the athlete of optimal strength through the full ranges of every joint's movement. Optimal stretching is done when a stretch is held for at least 30 seconds and repeated three times for every stretch.

2. EXERCISES

Here follows a list of exercises that can be used during the course of this winter program. Below follows a list of what constitutes a session under each category:

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TABLE FOR DESCRIPTION OF SESSIONS

CATEGORIES	AMOUNT OF EXERCISES	SETS AND REPETITIONS
WEIGHTS	6	12/10/8/6 max/max/max/max 12/12/12/12
CARDIOVASCULAR	Anything amounting to a minimum of 45 minutes constant training	
CORE STABILITY	6	2 sets of 20
FLEXIBILITY	At least the muscle groups trained in weight session	2 sets of 30 seconds per muscle

5.3 WEIGHT TRAING EXERCISES

PROGRAMME 1	PROGRAMME 2	PROGRAMME 3
• Normal bench press • Incline dumbbell press • Decline dumbbell press • Fly's • Pulley cross-over's • Peck-deck • Triceps' pushdowns • Triceps' burnouts • Standing barbell biceps' curls • Individual biceps' curls • Biceps' burnouts	• Intermitting pull-up's and dips • Seated wide-grip rows • Seated hammer-grip rows • Lats' pull downs • Triceps' pushdowns • Shoulder presses • Standing lateral raises • Standing frontal raises • Scarecrow's • Standing barbell biceps' curls • Individual biceps' curls • Biceps' burnouts • Triceps' burnouts	• Squats • Lunges • Reverse lunges • One legged squats • Side squats • Step ups • Physio ball bridges • One legged bridges • Hamstring curls • Leg extensions • Calve raises • Explosive jumps

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5.4 CARDIOVASCULAR TRAINING

The following four sets of cardiovascular training must be done by alternating the four groups in between the days on which aerobic or anaerobic cardiovascular training must be done...

• 15 minutes of constant running • 15 minutes of cross-training • 15 minutes of cycling	• 20 minutes of constant running • 20 minutes of interval training – run for a minute and rest for 40 seconds	• 30 minutes of constant running	• 20 minutes constant running • 20 minutes cycling • 15 minutes interval running

5.5 CORE STABILITY TRAINING

Here follows two groups of core stability exercises that can be used during core stability training. Note that you may use exercises from the first group only for the first 3-4 weeks of training, but thereafter only exercises from the advanced group can be used.

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TABLE FOR CORE STABILITY TRAINING

ADVANCED EXERCISES	STANDARD EXERCISES
SB – single leg bridges	Double leg bridges
SB – single leg bridges, shoulders on ball	Single bridges
Static hold on bench	Alternate arm/leg raise
SB – lying ball hold	Alternate arm/leg raise on knees
Single leg static hold	T-stand
SB – hamstring curls	Wall push-ups
SB – reverse back extensions	T-raises
SB –kneeling on ball	Static hold
SB –standing on ball	SB – hip flexions
SB –single leg squats	SB –straight leg bridges
SB –feet on ball push-ups	SB –bridges
SB –kneeling wood chops	SB –bridges (knees at 90 degrees)
SB –mcbridges	SB –kneeling roll-out
SB –push-ups	SB –standing ball hold
SB –static hold and hip extensions	SB –hip extensions
SB –static hold with counter	SB –seated leg extensions
	SB –lying leg extensions
	SB –alternate arm/leg raises
	SB –back extensions
	SB –side to side roll
	SB –walk-out
	SB –overhead raises
	SB –side crunches
	SB –trunk rotations

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5.6 FUNCTIONAL OR SPORT SPESIFIC TRAINING

Here follows a list of exercises that can be used in the last cycle of training to ensure the readiness of players for the coming season.

- SB – shoulder press with rotation
- SB – pull-overs
- SB – rear deltoid raise
- SB – push-up
- SB – squat and squeeze
- SB – chest press
- Squats
- Step-up's
- MB – kneeling overhead throws
- MB – kneeling oblique throw
- MB – side throw
- MB – pull-over pass
- MB – overhead throw
- MB – superman toss
- Hamstring pendulum
- Single leg push-up
- Graded core sit-up
- Super slow cycle
- Pulley machine wood chop
- Reverse wood chop
- Kneeling backhand
- Push press
- Power clean
- Twisties
- Single leg dead lift
- Oblique snatch
- Dumbbell Snatch

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- Half ball squat (squat and twist)
- Dumbbell single and double leg lateral raises
- Good mornings

6. DIET

The following guidelines are there to help with controlled weight loss/gain, depending on your specific body composition and goals. The more accurately you follow the guidelines, the better your results will be – it is all in your hands!!

- No visible fats!!!
- No red meat during the week, except if you need to gain muscle weight. Only then you are allowed one portion of red meat during the week.
- You are allowed to have two portions of white meat daily.
- There is no limit on daily intake of fruit and vegetables.
- Vegetables and white meat may not be pan fried, or deep fried – only grilled.
- Only 'LIGHT' soft drinks are allowed.
- For every unit of soft drinks, you have to take in a unit of water.
- The lower the amount of your alcohol intake, the better.
- If you need to put on muscle mass, you are allowed a two-egg omelette every morning.
- Limit your intake of sugars, unsaturated fats and carbo-hydrates.
- Make sure that you eat more regularly – at least five meals daily.
- Low fat yoghurts are allowed during breakfast.
- After training sessions, it is advised that you take in water first to refill energy sources before drinking anything else.

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7. REMARKS

Please, if there is anything you want to know, find out more about, or want to let me know... feel free to contact me by phone or e-mail. My contact details are as follows:

- ***Mobile number: +2783 410 9089***
- ***E-mail address: buff055@yahoo.com***