



S&C PROGRAMME

SUMMER: NETBALL 26/27



Overview

Program Structure (8-10 weeks)

Phase 1: Base Development (Weeks 1-3)

Phase 2: Build Phase (Weeks 4-7)

Phase 3: Pre-Season Prep (Weeks 8-10)

This off-season plan:

- Builds aerobic base → anaerobic capacity → speed & match fitness
- Maintains your Royal Russell identity (court-based + adaptable)
- Allows flexibility for:
 - Weather
 - Injury
 - Squad variations

Phase 1: Base Development

Focus: Aerobic capacity, movement quality, low-load speed exposure

Sessions per week: 4–5

- 2 × Aerobic (steady/Fartlek)
- 1 × Speed (low volume, high quality)
- 1 × Anaerobic (intro level)
- 1 × Optional cross-training / recovery

Day	Focus
Mon	Aerobic + Lower Gym
Tue	Speed + Upper Gym
Wed	Recovery
Thu	Anaerobic + Prehab Gym
Fri	Speed / Court
Sat	Optional recovery / aerobic
Sun	Rest

Day 1: Lower + Plyos

Exercise	Sets x Reps	Rest	Intensity
Pogo Jumps	3x15	60s	Intense
Back Squat	4 × 6	2–3 min	Moderate (60–70% 1RM)
Romanian Deadlift	3 × 8	2 min	Moderate
Walking Lunges	3 × 10 each leg	90s	Moderate
Standing Calf Raises	3 × 12	60s	Controlled tempo
Plank Hold	3 × 30–45s	45s	

Day 2: Uppers + Core

Exercise	Sets x Reps	Rest	Intensity
DB Bench Press	3 × 8	90s	Moderate
Assisted Pull Ups / Pull Ups	3 × 6–8	90s	Moderate
DB Shoulder Press	3 × 8	90s	Moderate
Seated Row	3 × 10	90s	Moderate
Dead Bugs	3 × 10 each side	45s	Controlled
Side Plank	3 × 20–30s	45s	Controlled

Day 1: Speed Conditioning

Exercise	Sets x Reps	Rest	Intensity
ABC Sprint Drills	2x20m Each Drill		Technical Focus
Acceleration Sprints (20m)	8-10 reps	60-90s	85-90% (controlled fast)
Build-Up Runs (40m)	4-6 reps	Walk back	70-85% (progressive speed)
Top Up Volume: Pitch/Court Runs	10x10	Equal rest to equal work	Moderate (70-85%)

Day 2: Anaerobic Conditioning

Exercise	Sets x Reps	Rest	Intensity
Sprint Mechanics Warm Up	1 set x 10m		low to high
10m Shuttle (5 reps per set)	4-5 sets	90s between sets	80-85% (controlled intensity)
15m Shuttle (Week 2 progression)	5 sets	90s	80-85%
Tempo Court Runs	6 x court lengths	Walk recovery	~75% (rhythm running)

Phase 2: Build Phase

Focus: Anaerobic capacity, repeat sprint ability, increased intensity

Sessions per week: 5–6

- 1–2 × Aerobic (reduced volume)
- 2 × Anaerobic/court intervals
- 1–2 × Speed sessions
- 1 × Optional off-feet conditioning

Day	Focus
Mon	Aerobic + Lower Gym
Tue	Speed + Upper Gym
Wed	Recovery
Thu	Anaerobic + Prehab Gym
Fri	Speed / Court
Sat	Optional recovery / aerobic
Sun	Rest

Day 1: Lower + Plyos

Exercise	Sets x Reps	Rest	Intensity
Box Jumps	4 x 4	90s	Explosive (max intent)
Back Squat	5 x 5	2–3 min	70–80% 1RM
Romanian Deadlift	4 x 6	2 min	Moderate– heavy
Bulgarian Split Squat	3 x 8 each leg	90s	Moderate
Standing Calf Raises	3 x 12	60s	Controlled
Plank Variations	3 x 45s	45s	Controlled

Day 2: Uppers + Core

Exercise	Sets x Reps	Rest	Intensity
Med Ball Rotational Throws	3 x 6 each side	60s	Explosive
Bench Press / DB Bench	4 x 6	2 min	70–80%
Pull Ups / Assisted	4 x 6–8	90s	Moderate
DB Shoulder Press	3 x 8	90s	Moderate
Seated Row	3 x 10	90s	Moderate
Anti-Rotation Core (Pallof Press)	3 x 10 each	60s	Controlled

Day 1: Speed Conditioning

Exercise	Sets x Reps	Rest	Intensity
Sprint Technique Drills	2 x 20m each drill	Walk back	Low (prep focus)
40m Sprints	12–15 reps x 2 sets	25s turnaround / 3 min between sets	90–95%
50m Sprints	10–12 reps x 2 sets	30s turnaround / 3 min between sets	90–95%
20m Acceleration Sprints	10–15 reps	45–60s	95% (fast starts)

Day 2: Anaerobic Conditioning

Exercise	Sets x Reps	Rest	Intensity
20m Shuttle (5 reps per set)	6–8 sets	90s	85–90%
15m Shuttle (timed)	5–6 sets	90s	85–90%
20m–10m–20m (every 30s)	10–12 reps x 3–4 sets	3 min between sets	High (90%)
Tempo Court Runs	6 x court lengths	Walk recovery	~75% (rhythm running)

Phase 3: Pre-Season

Focus: Match-specific intensity, speed endurance, court conditioning

Sessions per week: 5–6

- 2 × Court-based conditioning
- 2 × Speed (max effort)
- 1 × Aerobic maintenance
- 1 × Recovery / mobility

Day	Focus
Mon	Aerobic + Lower Gym
Tue	Speed + Upper Gym
Wed	Recovery
Thu	Anaerobic + Prehab Gym
Fri	Speed / Court
Sat	Optional recovery / aerobic
Sun	Rest

Day 1: Lower + Plyos

Exercise	Sets x Reps	Rest	Intensity
Depth Jumps	3 x 4	90s	Max explosive
Trap Bar Deadlift	4 x 3	2–3 min	85–90% 1RM
Bulgarian Split Squat	3 x 6 each leg	90s	Moderate–heavy
Broad Jumps	3 x 4	90s	Max distance
Standing Calf Raises	3 x 10	60s	Controlled
Core (Plank Variations)	3 x 45s	45s	Controlled

Day 2: Uppers + Core

Exercise	Sets x Reps	Rest	Intensity
Med Ball Chest Pass	3 x 6	60s	Explosive
Med Ball Rotational Throws	3 x 6 each side	60s	Explosive
Bench Press	4 x 5	2 min	75–85%
Pull Ups	4 x 5–6	90s	Moderate–heavy
Push Press	4 x 4	2 min	Explosive
Anti-Rotation Core	3 x 10 each side	60s	Controlled

Day 1: Speed Conditioning

Exercise	Sets x Reps	Rest	Intensity
Sprint Technique Drills	2 x 20m each	Walk back	Low (prep only)
50m Sprints	12–15 reps (2 sets)	30s turnaround / 3 min between sets	95–100%
40m Sprints	12–15 reps (2 sets)	25s turnaround / 3 min between sets	95–100%
20m Sprints	15–20 reps (2 sets)	15–20s turnaround / 2 min between sets	Max effort

Day 2: Anaerobic Conditioning

Exercise	Sets x Reps	Rest	Intensity
20m–10m–20m (every 30s)	12 reps x 3–4 sets	3 min between sets	90–95%
Timed Shuttle Intervals (20m x5)	6–8 sets	90s	90–95%
3 Lengths of Court (20s target)	8 reps x 4 sets	10s between reps / 3 min sets	Max effort



Overall

Aim: To complete consistently 2x strength sessions matched with 2x conditioning sessions over the course of the preseason.

Why?

- Completing two strength sessions and two conditioning sessions each week during preseason is supported by evidence demonstrating that improved strength and fitness increase athlete robustness, reduce injury risk, enhance tolerance to training and match demands, and facilitate more effective return to play following injury (Gabbett, 2016; Lauersen et al., 2014).

