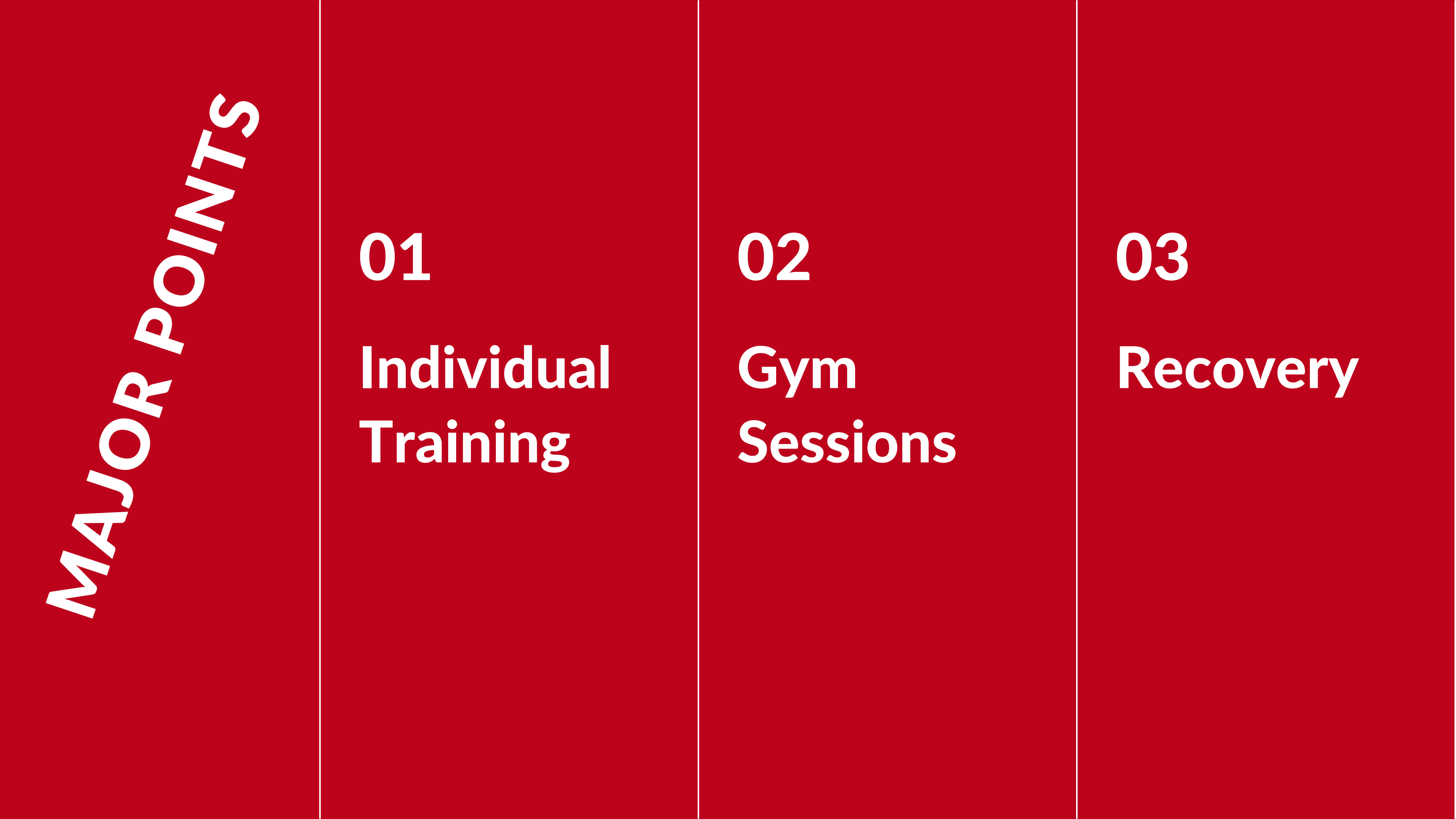


# Unlocking Performance

By Cynthia Ntutu





# MAJOR POINTS

01

Individual  
Training

02

Gym  
Sessions

03

Recovery

# Individual Training Sessions



- **4 session week Program**
- **Prioritise Running**
- **Planned Gym sessions**

# Example Week

**Monday** = Swim/ Running/ Bike 30 min. A Gym session Focused on core stability and balance.

Moderate workout

**Tuesday** = Training session 80%

**Wednesday** = Training Sessions 50%

**Thursday** = Moderate intensity cardio on a bike, assault bike or cross-trainer 20min. Strength gym session

**Friday** = REST/ Game

**Saturday** = Running session. Short High-intensity sprints 30min

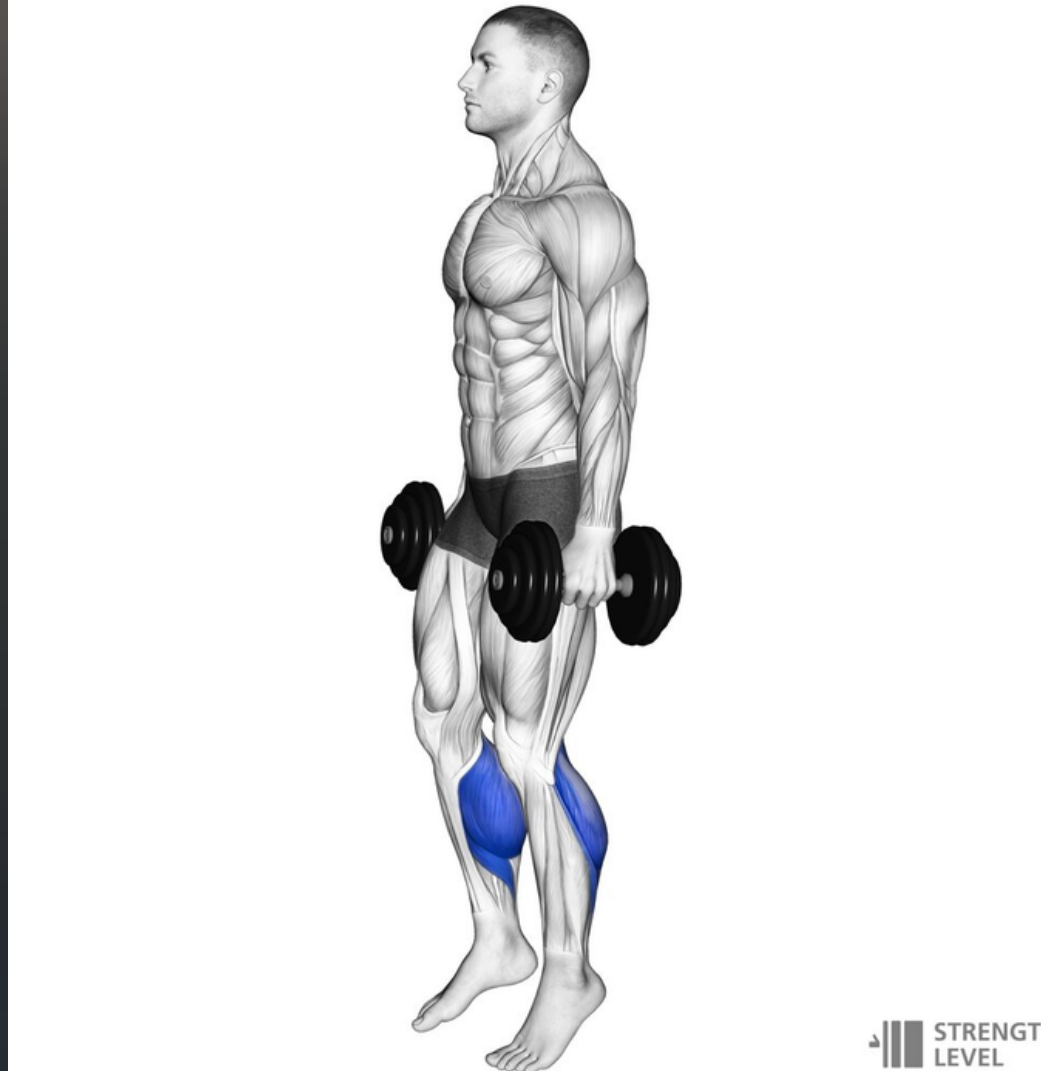
**Sunday** = heavy Gym session focussed on Plyometrics Or Game



# Gym Sessions



- Balance
- Do not train like a bodybuilder
- Heavyweights are aimed at Building strength
- Light weights are aimed at building endurance
- Warm-up and stretching are mandatory



Examples of sports Specific  
Exercises focused on Lower  
body strength

Barbell Squats

Dumbbell walking lunges

Barbell Bulgarian Squats

Lateral Barbell Lunge

Dumbbell Calf raises



# Band work

This should be done daily!

Create a habit

The best form of injury prevention

## Band exercises should focus on:

- Ankle strength
- Knee strength
- Hip

<https://www.performancehealth.co.uk/articles/the-25-best-exercises-for-soccer-players-using-theraband-resistance-bands>



| LATERAL RAISES

# Poor recovery = Poor performance

## Rest and Recovery

If you do not:

- Rest well
- Replenish Energy through food
- Sleep

**DO NOT OVERTRAIN!!**



**Thank you  
for listening!**