



Female U18 High Performance Fitness Plan - JUNE



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm HR ~140-155bpm Torso 1 +Flexibility	Dynamic Warm up Speed 1 Strength Training 1 2 sets Flexibility	Dynamic Warm up 40' run HR 140-150bpm Cone Agility 16 x each 60"rest Strength Training 1 3 sets Flexibility	Off	Dynamic Warm up Speed 1 Strength Training 1 Torso 2 2 sets 3 x 30"on 10"off Flexibility	45-60' Conditioning HR ~145-155bpm any mode Torso 3 2 x 20 reps Flexibility	Dynamic Warm up Speed 1 Strength Training 1 3 sets Flexibility
2	Off	Off	Cone Agility 15 x each 60"off GCC 1 Flexibility	Dynamic Warm up 30'-40' Conditioning Torso 1 3 x 20"on 10" off Flexibility	Dynamic Warm up Cone Agility 1 5 x each 60"off GCC 1 Flexibility	Off	Dynamic Warm up 4x3'on/5'off OR 4 x 800m on/5'off Running or Biking Torso 2 3 x 30"on 10"off Flexibility
3	Dynamic Warm up Cone Agility 1 6 x each 60"off GCC 1 Flexibility	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm Torso 1 3 x 20"on 10" off Flexibility	Off	Off	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm Torso 1 3 x 20"on 10" off Flexibility	Dynamic Warm up Cone Agility 1 6 x each 60"off GCC 2 Flexibility	Dynamic Warm up Cone Agility 16 x each 60"rest Strength Training 1 3 sets 40' run HR 140-150bpm Flexibility
4	Dynamic Warm up Cone Agility 1 7 x each 60"off GCC 1 Flexibility	Off	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm Torso 1 3 x 30"on 10" off Flexibility	Dynamic Warm up Cone Agility 1 7 x each 60"off GCC 2 Flexibility	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm Torso 1 3 x 30"on 10" off Flexibility	Off	
5	Off	Dynamic Warm up Cone Agility 2 10 x each 60" off 30'-40' Conditioning HR ~140-155bpm Torso 1 Flexibility	JULY Dynamic Warm up Cone Agility 16 x each 60"off GCC 1 Flexibility	Dynamic Warm up Cone Agility 1 6 x each 60"off GCC 2 Flexibility	Off * Speical Note Focus should be on techneque for ALL Strength Training	Off	