



10<sup>th</sup> March 2010

Hi all,

Well the 2010 QAFL season is getting closer and closer and the NT Thunder squad members are starting to get itchy feet in anticipation of our first hit out against Sturt at TIO stadium on the 19<sup>th</sup> of March, which promises to be a huge evening.

On the track the squad has progressed from agility work and are now in the middle of another unloading week where the volume is decreased significantly to allow the players legs to recover. Next week sees the pre-season phase move into the high intensity work of power and high speed which will be something very new for a lot of the squad. These sessions involve very short sprints at maximum pace and effort and the sessions are completed at a high intensity.

With the way Aussie Rules Football is travelling in the present day, high speed capabilities are of extreme importance. Look back at AFL games from the 80's and even early 90's to see the difference in the speed at which the game is now played. No player can afford to be lacking in speed or power as the speed the ball moves from one end to the other is lightening fast, and in order to keep up with the play, players need to be fast. Key forwards and key defenders are a vital cog in any team structure and they too require the ability to hit high speeds. Think back to the preliminary final between the Western Bulldogs and St Kilda last year. Nick Riewoldt effectively turned the game with his performance. GPS data taken from his game showed how he hit a high speed of 31kph and averaged 18kph!!!

The squad had their follow up skin fold measurements recorded last night with some very pleasing results. This set of measurements was a follow up to the skin folds taken pre-Christmas. A very positive note for any strength and conditioning coach was to see everyone respond to the hard work they have been putting in on the track and record lower skin fold results.

Your skin folds are a measurement of subcutaneous fat, (fat directly under the skin) at certain pre determined sites on the body. The skin is pinched and callipers are used to record the result, skin fold measurements are an ideal way of determining body fat percentage. Most commonly used in sporting scenarios is the 7 site method, which includes the bicep, tricep, subscapular (under your scapula), suprailiac (on your hip), abdomen, thigh and your calf.

That's all for now, until next time,

GO THUNDER!

Questions and comments can be emailed to [jake@bodyfitnt.com.au](mailto:jake@bodyfitnt.com.au)



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