



18th January 2010

Hi again,

I trust everyone had a safe and happy Christmas and New Year period. I know the squad enjoyed their well earned break, and they can now look forward to the intensity at training starting to lift, and the running sessions becoming much harder.

It was great to see that the players fitness levels hadn't declined since prior to the break, which indicated to me that everyone had put in some time and effort to complete the training sessions I had set for them.

Word has it that our CEO, Stuart Totham did the first session with his teenage son and misread the session outline, which lead to his son completing 32 one hundred metre sprints instead of 8!!! I wonder how many more sessions they did together after that???

The first session back in the new year, Darwin did what Darwin does best and greeted the players and coaches with some heavy rain leaving the oval very soggy and slippery. The running session was always going be hard and the water logged boots added to the toughness of the session; however the players persisted and completed the set with relative ease suggesting to me that maybe the sessions need to become somewhat harder!!

The first four weeks, post Christmas break are dedicated to speed endurance, as opposed to the sessions prior to Christmas being all endurance. The differences being that with speed endurance the sessions are designed around shorter distances, at a higher intensity with more rest in between the efforts.

Speed Endurance, develops a players ability to repeatedly run at high speeds in short bursts. If you think of a player like Chris Judd, one of his great strengths is his ability to run hard to a contest, gather a possession in a short burst around a pack, then work hard to the next contest. Key position players (FF, FB, CHF, CHB etc), also require a high speed endurance capacity in order to repeatedly sprint on a lead.

With the sessions becoming more intense the importance of recovery increases due to their being greater stressors on the body, therefore, each player, much to their hatred, is now required to complete ice bath sessions after training. This involves submerging your body, waist deep, in ice water, to assist in muscle recovery.

If you have any questions regarding speed endurance or ice baths, or if you would like some help or ideas on health and fitness, please feel free to send me an email at jake@bodyfitnt.com.au with any questions.

Until next time,

GO THUNDER!



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