

Welsh Squash Fitness Plan 13 -16

Main Objective: 25% increase in the average squad fitness test scores across the agreed battery of fitness tests.

This plan looks at readdressing the current imbalance between squash specific training and physical fitness training. We expect to see demonstrable differences in behaviour through players training diaries and performance on physical fitness tests run regularly throughout the year. This will be achieved by empowering the National High Performance Coaches (HPC's) to deliver change in the training habits of the players within their group through positive reinforcement of the age group physical plan.

The HPC's will be supported by Elite Fitness and in particular Simon Harling to help deliver the age group physical plans. All physical development plans will look to improve the 3 physical attributes listed below.

Windows of opportunity for physical development in this age group:

1. Speed of movement - typically enhanced through improved coordination and foot speed
2. Aerobic endurance - typically enhanced through extended periods of continuous training
3. Strength - typically enhanced through body weight circuits

What we know:

Table 1. Average scores across 4 physical fitness tests*.

<i>Physical test</i>	<i>Scores</i>	<i>Target scores</i>	<i>Ideal scores</i>
<i>Bleep</i>	1	3	5
<i>RHIT test</i>	2	3	5
<i>Hops</i>	3	3	5
<i>Press ups</i>	3	3	5

*Data from fitness testing at the start of last season

Table 2. Self reported average training frequency across a typical month*

	<i>Fitness Training</i>	<i>Squash Training</i>	<i>Squash matches</i>
Actual	6	12	13
Ideal	12	20	8

* Data taken from Nov/Dec 2011

What we want:

1. Increase the current squad average physical fitness scores by 25% which means all players to achieve level 3 or more on the physical fitness tests.
2. Decrease by 40% the number of redundant squash matches (x1 per week) replacing with a focused squash skill and or physical fitness training session.

How we go about making the changes

Table 3. Timetable of changes, the expected benefits and who responsible for driving the change.

<i>Change</i>	<i>Benefit</i>	<i>By when</i>	<i>By who</i>
Change to the diary layout to allow HPC's to easily monitor the number and type of training sessions	Improved feedback and knowledge of individual players	Sept	SH
Increased number of physical fitness testing sessions by including testing at training nights	Flags up players in need of greater support and those players not buying in to the process	Ongoing	SH
6 weekly physical fitness training content provided by Elite Fitness.	Provides a physical fitness focus for each 6 week period	Ongoing	SH
Individualised players advice on how to structure training sessions combined with increased technical coaching input to replace redundant squash matches	Give the players great focus and direction on the content of their training	Ongoing	HPC's/ SH