



Welsh Squash Training (16-19 - Boys)

Phase of Training : Cardio					
General Overview:					
3 x Cardio Training Sessions Per Week, containing a combination of;					
<ul style="list-style-type: none"> - Endurance Training (ET) - High Intensity Interval Training (HIIT) 					
Breakdown of Cardio training					
	No of Reps	Duration	Speed (km/hr)	Distance (km)	Incline (%) Treadmill ONLY!
Week one	1 1	28 min 28 min	10.5 10.5	5.0 5.0	1 1
Week two	HIIT (5) 1 1	30 min 30 min 30 min	Work 12.5 (2 min) Rest: 9.0 (5 min) 10.5 10.5	5.5 5.5	2 1.5 1.5
Week Three	1 1 HIIT (5)	30 min 29 min 30 min	10.5 11.0 Work 12.5 (4 min) Rest: 9.0 (3 min)	5.5 5.5	2 1 2
Week Four	1 1 1	29 min 29 min 29 min	11.0 11.0 11.0	5.5 5.5 5.5	1 1.5 1.5
Week Five	HIIT (5) 1 1	30 min 28 min 28 min	Work 13.5 (2 min) Rest: 9.0 (5 min) 11.0 11.5	5.5 5.5	2 2 1
Week Six	1 1 HIIT (5)	28 min 28 min 30 min	11.5 11.5 Work 13.5 (4 min) Rest: 9.0 (3 min)	5.5 5.5	1 1.5 2
Week Seven	1 1 1	28 min 28 min 25 min	11.5 11.5 11.5	5.5 5.5 5.5	1.5 2 2
Week Eight	1 HIIT (5) 1	25 min 30 min 25 min	12.0 Work 14.5 (2 min) Rest: 9.0 (5 min) 12.0	5.0 5.0	1 2 1
Week Nine	1 1 HIIT (5)	25 min 25 min 30 min	12.0 12.0 Work 14.5 (4 min) Rest: 9.0 (3 min)	5.0 5.0	1.5 1.5 2
<p>Notes: If you do not have access to a treadmill, measure a 5km run out on the internet and run to that and use a stopwatch to time yourselves. Look to beat your time. Change your route every two weeks and try to include some hills.</p>					



Welsh Squash Training (12-16 - Boys)

Phase of Training : Cardio					
General Overview:					
3 x Cardio Training Sessions Per Week, containing a combination of;					
<ul style="list-style-type: none"> - Endurance Training (ET) - High Intensity Interval Training (HIIT) 					
Breakdown of Cardio training					
	No of Reps	Duration	Speed (km/hr)	Distance (km)	Incline (%) Treadmill ONLY!
Week one	1	28 min	9.5	5.0	1
	1	28 min	9.5	5.0	1
Week two	HIIT (5)	30 min	Work: 11.5 (2 min) Rest: 8.0 (5 min)		2
	1	30 min	9.5	5.5	1.5
	1	30 min	9.5	5.5	1.5
Week Three	1	30 min	9.5	5.5	2
	1	29 min	10.0	5.5	1
	HIIT (5)	30 min	Work: 11.5 (4 min) Rest: 8.0 (3 min)		2
Week Four	1	29 min	10.0	5.5	1
	1	29 min	10.0	5.5	1.5
	1	29 min	10.0	5.5	1.5
Week Five	HIIT (5)	30 min	Work: 12.0 (2 min) Rest: 8.0 (5 min)		2
	1	28 min	10.0	5.5	2
	1	28 min	10.5	5.5	1
Week Six	1	28 min	10.5	5.5	1
	1	28 min	10.5	5.5	1.5
	(HIIT)	30 min	Work: 12.0 (4 min) Rest: 8.0 (3 min)		2
Week Seven	1	28 min	10.5	5.5	1.5
	1	28 min	10.5	5.5	2
	1	25 min	10.5	5.5	2
Week Eight	1	25 min	11.0	5.0	1
	HIIT (5)	30 min	Work: 12.5 (2 min) Rest: 8.0 (5 min)		2
	1	25 min	11.0	5.0	1
Week Nine	1	25 min	11.0	5.0	1.5
	1	25 min	11.0	5.0	1.5
	HIIT (5)	30 min	Work: 12.5 (4 min) Rest: 8.0 (3 min)		2

Notes: If you do not have access to a treadmill, measure a 5km run out on the internet and run to that and use a stopwatch to time yourselves. Look to beat your time. Change your route every two weeks and try to include some hills.



Welsh Squash Training (16-19 - Girls)

Phase of Training : Cardio					
General Overview:					
3 x Cardio Training Sessions Per Week, containing a combination of;					
<ul style="list-style-type: none"> - Endurance Training (ET) - High Intensity Interval Training (HIIT) 					
Breakdown of Cardio training					
	No of Reps	Duration	Speed (km/hr)	Distance (km)	Incline (%) Treadmill ONLY!
Week one	1	28 min	9.5	5.0	1
	1	28 min	9.5	5.0	1
Week two	HIIT (5)	30 min	Work 11.5 (2 min) Rest: 8.5 (5 min)		2
	1	30 min	9.5	5.5	1.5
	1	30 min	9.5	5.5	1.5
Week Three	1	30 min	9.5	5.5	2
	1	29 min	10.0	5.5	1
	HIIT (5)	30 min	Work 11.5 (4 min) Rest: 8.5 (3 min)		2
Week Four	1	29 min	10.0	5.5	1
	1	29 min	10.0	5.5	1.5
	1	29 min	10.0	5.5	1.5
Week Five	HIIT (5)	30 min	Work 11.5 (2 min) Rest: 8.5 (5 min)		2
	1	28 min	10.0	5.5	2
	1	28 min	10.5	5.5	1
Week Six	1	28 min	10.5	5.5	1
	1	28 min	10.5	5.5	1.5
	HIIT (5)	30 min	Work 11.5 (4 min) Rest: 8.5 (3 min)		2
Week Seven	1	28 min	10.5	5.5	1.5
	1	28 min	10.5	5.5	2
	1	25 min	10.5	5.5	2
Week Eight	1	25 min	11.0	5.0	1
	HIIT (5)		Work 11.5 (2 min) Rest: 8.5 (5 min)		2
	1	30 min			
	1	25 min	11.0	5.0	1
Week Nine	1	25 min	11.0	5.0	1.5
	1	25 min	11.0	5.0	1.5
	HIIT (5)	30 min	Work 11.5 (4 min) Rest: 8.5 (3 min)		2

Notes: If you do not have access to a treadmill, measure a 5km run out on the internet and run to that and use a stopwatch to time yourselves. Look to beat your time. Change your route every two weeks and try to include some hills.



Welsh Squash Training (12-16 - Girls)

Phase of Training : Cardio					
General Overview:					
3 x Cardio Training Sessions Per Week, containing a combination of;					
<ul style="list-style-type: none"> - Endurance Training (ET) - High Intensity Interval Training (HIIT) 					
Breakdown of Cardio training					
	No of Reps	Duration	Speed (km/hr)	Distance (km)	Incline (%) Treadmill ONLY!
Week one	1 1	28 min 28 min	9.0 9.0	5.0 5.0	1 1
Week two	HIIT (5) 1 1	30 min 30 min 30 min	Work: 11.0 (2 min) Rest: 8.1 (5 min) 9.0 9.	5.5 5.5	2 1.5 1.5
Week Three	1 1 HIIT (5)	30 min 29 min 30 min	9.0 9.5 Work: 11.0 (4 min) Rest: 8.1 (3 min)	5.5 5.5	2 1 2
Week Four	1 1 1	29 min 29 min 29 min	9.5 9.5 9.5	5.5 5.5 5.5	1 1.5 1.5
Week Five	HIIT (5) 1 1	30 min 28 min 28 min	Work: 11.0 (2 min) Rest: 8.1 (5 min) 9.5 10.0	5.5 5.5	2 2 1
Week Six	1 1 HIIT (5)	28 min 28 min 30 min	10.0 10.0 Work: 11.0 (4 min) Rest: 8.1 (3 min)	5.5 5.5	1 1.5 2
Week Seven	1 1 1	28 min 28 min 25 min	10.0 10.0 10.0	5.5 5.5 5.5	1.5 2 2
Week Eight	1 HIIT (5) 1	25 min 30 min 25 min	10.5 Work: 11.0 (2 min) Rest: 8.1 (5 min) 10.5	5.0 5.0	1 2 1
Week Nine	1 1 HIIT (5)	25 min 25 min 30 min	10.5 10.5 Work: 11.0 (4 min) Rest: 8.1 (3 min)	5.0 5.0	1.5 1.5 2
Notes: If you do not have access to a treadmill, measure a 5km run out on the internet and run to that and use a stopwatch to time yourselves. Look to beat your time. Change your route every two weeks and try to include some hills.					