

2019 - Handball Club Toronto

Summer Physical Preparation

Week 1-2

Session 1	Session 2
<ul style="list-style-type: none"> • 15 min jogging • 3x10 squats (30s rest) • 3x8 push ups (30s rest) • 3x10 crunches (30s rest) • 4x20s plank (each sides ones) • 10min stretching 	<ul style="list-style-type: none"> • 10 min jogging • 3x10 squats • 3x10 burpees • 8x100m 80%max speed (30s rest) • 4x20s plank (each sides ones) • 10min stretching

Week 2-3

Session 1	Session 2
<ul style="list-style-type: none"> • 15 min jogging • 5x8 push ups (30s rest) • 5x10 crunches (30s rest) • 4x30s plank (each sides ones) • 4x2min30 80%max speed • 10min stretching 	<ul style="list-style-type: none"> • 20 min jogging • 5x10 squats • 5x10 burpees • 4x30s plank (each sides ones) • 6x30m sidesteps • 10min stretching

Week 4-5

Session 1	Session 2	Session 3
<ul style="list-style-type: none"> • 20 min jogging • 5x10 push ups (30s rest) • 5x10 crunches (30s rest) • 4x30s plank (each sides ones) • 10min stretching 	<ul style="list-style-type: none"> • 20 min jogging • 5x10 squats • 5x10 burpees • 4x30s plank (each sides ones) • 10min stretching 	<ul style="list-style-type: none"> • 15 min jogging • 5x30sec run 80% max speed and 30sec walk • 4x45s plank (each sides ones) • 5x100m sprint • 5min jogging • 10min stretching

Week 5-6

Session 1	Session 2	Session 3
<ul style="list-style-type: none"> • 15 min jogging • 5x30s run 80% max speed and 30s walk • 7x10 push ups (30s rest) • 7x10 crunches (30s rest) • 7x10 burpees (30s rest) • 4x45s plank each sides • 10min stretching 	<ul style="list-style-type: none"> • 20 min jogging • 5x100m sprint (30s rest) • 7x10 squats • 7x10 burpees • 4x45s plank each sides • 10min stretching 	<ul style="list-style-type: none"> • 15 min jogging • 5x30s run 80% max speed and 30s walk • 4x60s plank each sides • 5x100m sprint (30s rest) • 5min jogging • 10min stretching

Week 7-8

Session 1	Session 2	Session 3
<ul style="list-style-type: none"> • 15 min jogging • 8x30s run 80% max speed and 30s walk • 10x10 push ups (30s rest) • 10x10 crunches (30s rest) • 10x10 burpees (30s rest) • 4x60s plank each sides • 5 min jogging • 10min stretching 	<ul style="list-style-type: none"> • 20 min jogging • 10x100m sprint (30s rest) • 10x10 squats • 10x10 burpees • 4x60s plank (each sides ones) • 10 min jogging • 10min Stretching 	<ul style="list-style-type: none"> • 10 min jogging • 10x30s run 80% max speed and 30s walk • 4x60s plank (each sides ones) • 10x100m sprint (30s rest) • 5min jogging • 10min Stretching