



Cranbourne Football Club Pre Season Fitness Program until 15th Jan 2012

**week 1 ending 17th dec
3 x runs of 2km or more miles in the legs**

**week 2 ending 24th dec
3 x runs over 2km 2 @ speed 85%**

**week 3 ending 31st dec
3 x runs over 2km miles in the legs
2 x bike rides 10km on exercise bike or normal cycle**

**week 4 ending 7th jan
3 x runs all over 2km 2 @ speed 85%
2 x bikes rides 10km**

**week 5 ending 14th jan
3 x runs all over 2km miles in legs
2 x runs in sand miles in sand....**

**The following website is to be accessed so you can begin a core
strengthening program, this is vital.**

<http://www.youtube.com/watch?v=EaYeGviEzT8&feature=related>

**You are expected to achieve a level of fitness over the Xmas break
that will enable us to start on ball skills and team play structures
earlier than our opposition clubs. The Sand Dune Challenge on
January 15th will be hard, so prepare yourself.**

In addition and time permitting any strength training will be an advantage in preparation to upcoming training events in February!

Manny Vella - Fitness Coordinator CFC