



# NetballSmart

## Home-Based Programme

Running, biking & body weight circuits

# Programme Design

Maintaining fitness is important for health and wellbeing (both your physical health and mental health). This home-based programme, Running, Biking and Body Weight Circuits, has been designed to provide you with some variety of fitness activities that will help in building and maintaining your fitness.

Over a 4-6 week period, the home-based programme will increase your fitness.

We encourage you to aim to do at least 30 minutes of exercise per day and incorporate these running, biking and bodyweight circuits into your training.

Good luck! For more information visit: [netballsmart.co.nz](http://netballsmart.co.nz)

You can mix things up and combine parts of the body weight circuit with the running circuit.

## For example:

- Complete the first two elements of a circuit followed by 1 set of medium intervals. Finish with 2-3 elements of a body weight circuit.
- Be adventurous and mix it up!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running/biking circuit OR Mixed circuit and running programme	Home based circuit	Body weight/core control and stability (see website)  Walk for 30 – 60 mins	Home based circuit	Home based circuit	Running/biking circuit OR Mixed circuit and running programme	Body weight/core control and stability (see website)  Walk for 30 – 60 mins
		Do 8 -10 exercises from the programme				Do 8 – 10 exercises from the programme

# Interval Training Options

\* Running options can also be done on a treadmill.

Activity	Sets	Reps / Time	Explanation
<b>Continuous Running</b>	1	20- 40 mins	<p>How long you run will depend on your base.</p> <p>If you have been running previously then this will not mean a significant change.</p> <p>If you have done nothing previously then you will start at the lower end of the scale.</p> <p>A game is 40 – 60 mins long so you should be able to run for 30 – 40 mins (whether it be continuous or intervals-based running).</p>
<p><b>Long time-based Intervals:</b></p> <p>3 mins running at fast jog speed</p> <p>2 mins slow jog or walk for recovery</p>	<p>Do x4</p> <p>Rest 1 min</p> <p>Repeat.</p> <p>Increase to x6 as you get fitter</p>	<p>Total time of activity: 40 – 60 mins</p>	<p>This is beyond a jog - (i.e. at the end of the 3 mins you should feel like you must stop and are puffing quite a bit).</p> <p>Find a park nearby, run for the 3 mins and determine the distance you run in the 3 mins. Aim to cover the same distance for each 3 mins section. Jog or walk for 2 mins to recover.</p> <p><b>OR</b> Run for 3 mins and count the lampposts. Try to cover the same number of lampposts per 3 mins run. Follow the sets and reps.</p> <p><b>OR</b> run out from your house 90 sec and back. This is your 3 mins distance. Jog/walk for 2 mins in opposite direction and back to house. Follow the sets and reps.</p>
<p><b>Medium time-based Intervals:</b></p> <p>90 sec running, 90 sec slow jog or walk for recovery</p>	<p>Do x5</p> <p>Rest 2min</p> <p>Repeat</p> <p>As you build your fitness do another set.</p>	<p>Total time activity: 30 mins</p>	<p>This is beyond a jog - (i.e. at the end of the 90 sec you should feel like you must stop and are puffing quite a bit).</p> <p>Find a park nearby, run for the 90 sec and determine the distance you run in the 90 sec. Each 90 sec run section aim to cover the same distance. Jog/walk for 90 sec to recover</p> <p><b>OR</b> run for 90 sec and count the lampposts. Try to cover the same number of lampposts per 90 sec run. Follow the sets and reps.</p> <p><b>OR</b> run out from your house 45 sec and back. This is your 90 sec distance. Jog/walk 45 sec in opposite direction and back to house. Follow the sets and reps.</p>
<p><b>Short time-based intervals and circuit combined:</b></p> <p>Run for 30 sec Rest for 30 sec</p> <p>Or</p> <p>Run for 15 sec Pick an activity &amp; do for 15 sec Rest 30 sec</p>	<p>Do 30 times (30 mins of activity).</p> <p>As you get fitter extend out to 40 mins/45 mins.</p>		<p>The 15 sec is a hard and fast run. Figure out how far you run in 15 sec and aim to cover same distance each time.</p> <ul style="list-style-type: none"> <li>- Squats</li> <li>- Walking lunges</li> <li>- Jump squats</li> <li>- Burpees</li> <li>- Sit ups</li> <li>- Lunge and rotate</li> <li>- Lunge jumps</li> <li>- Running on the spot</li> <li>- Sideway lunges</li> <li>- Tuck jumps</li> <li>- Mountain climbers</li> <li>- Lateral prop from 1 foot to the other</li> <li>- Broad jumps</li> <li>- High knees</li> <li>- Butt kicks</li> <li>- Press ups</li> <li>- Hop left x 3, hop right x3</li> <li>- Triangle circuit (see below)</li> <li>- Bridging</li> <li>- Jump and 90 degree turn</li> <li>- Prone hold and leg out to side</li> </ul>

<p style="text-align: center;"><b>Short time-based Intervals:</b></p> <p>Run 15 sec Rest 15 sec</p> <p style="text-align: center;">Or</p> <p>Run 15 sec Rest 15 sec Activity 15 sec Rest 15 sec</p>	<p style="text-align: center;">Do x6 and rest 1 min</p> <p style="text-align: center;">Repeat x3</p> <p style="text-align: center;">Progress to x8 - x10 as you increase your fitness.</p>	<p style="text-align: center;">Total time of activity: 10-30 mins session</p>	<p>This is a high intensity stride out- (i.e. at the end of the 15 sec you should feel like you must stop and are puffing quite a bit).</p> <ul style="list-style-type: none"> <li>- Squats</li> <li>- Walking lunges</li> <li>- Jump squats</li> <li>- Burpees</li> <li>- Sit ups</li> <li>- Lunge and rotate</li> <li>- Lunge jumps</li> <li>- Mountain climbers</li> <li>- Lateral prop from 1 foot to the other</li> <li>- Broad jumps</li> <li>- High knees</li> <li>- Butt kicks</li> <li>- Press ups</li> <li>- Hop left x 3, hop right x3</li> <li>- Triangle circuit (see below)</li> </ul>
<p style="text-align: center;"><b>Pyramid intervals running:</b></p> <p>30 sec on 30 sec off 20 sec on 20 sec off 15 sec on 15 sec off 10 sec on 10 sec off 10 sec on 10 sec off 15 sec on 15 sec off 20 sec on 20 sec off 30 sec on 30 sec off</p> <p>Or alternate running with activity from menu</p>	<p style="text-align: center;">Rest 1 min</p> <p style="text-align: center;">Do x3</p> <p style="text-align: center;">Increase to x4- x6 as you increase your fitness.</p>	<p style="text-align: center;">Total time of activity: 15 – 30 mins</p>	<p>This is a high intensity stride out- (i.e. at the end of the 15 sec you should feel like you must stop and are puffing quite a bit).</p> <ul style="list-style-type: none"> <li>- Squats</li> <li>- Walking lunges</li> <li>- Jump squats</li> <li>- Burpees</li> <li>- Sit ups</li> <li>- Lunge and rotate</li> <li>- Lunge jumps</li> <li>- Running on the spot</li> <li>- Sideway lunges</li> <li>- Tuck jumps</li> <li>- Mountain climbers</li> <li>- Lateral prop from 1 foot to the other</li> <li>- Broad jumps</li> <li>- High knees</li> <li>- Butt kicks</li> <li>- Press ups</li> <li>- Hop left x 3, hop right x3</li> <li>- Triangle circuit (see below)</li> <li>- Bridging</li> <li>- Jump and 90 degree turn</li> <li>- Prone hold and leg out to side</li> </ul>

## Bike Training Options

\* These can be on a stationary exercycle/watt bike or outside on a standard bike.

Activity	Time	Comments
<p style="text-align: center;"><b>Continuous bike session</b></p>	<p style="text-align: center;">30 – 60 mins</p>	<p style="text-align: center;">Aim to increase your distance each time. Do on stationary or outside bike.</p>
<p style="text-align: center;"><b>Long-time based interval sessions</b></p>	<p style="text-align: center;">4 mins hard, 4 mins recovery (repeat 3-5 times) = 24-40 min session.</p>	<p style="text-align: center;">By the time 4 mins is reached you should be ready to stop. Aim to cover same distance with each hard intensity bike interval.</p>
<p style="text-align: center;"><b>Short-time based interval sessions</b></p>	<p style="text-align: center;">30 sec on, 30 sec off (repeat 20-40 times) = 20-40 min session.</p>	<p style="text-align: center;">Go hard for 30 sec. Recover for 30 secs . Aim to cover similar distance with each 30 sec</p>

# Home-Based Circuit 1

Work each line of activity for 30 seconds. Rest for 30 seconds. Do 4 sets.  
Rest for one minute and get ready for the next line of activity.



**SQUATS**  
x10



**PROPS**  
x5 each leg

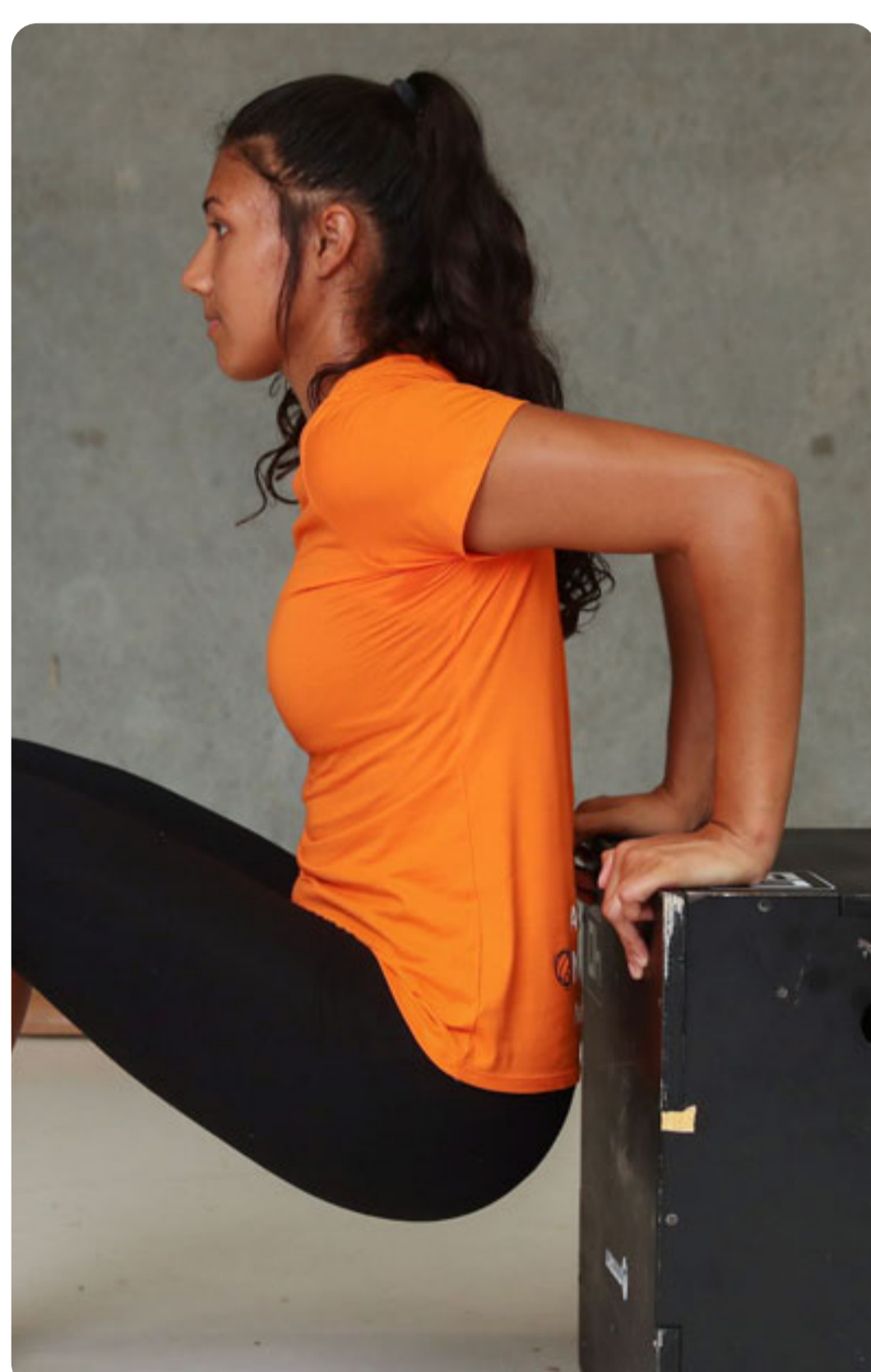


## SQUATS AND PROPS

**Squat:** bend in hips and knees and push back through your hips. Do this x10.

**Props:** bend in hip and knee. Knee in line with foot and make sure you control your body. Prop from one foot to another 5x each leg (total x10).

Ensure good quality in your movement.



**TRICEP DIPS**  
x10



**BOX JUMPS**  
x10



## TRICEP DIPS AND BOX JUMPS

**Tricep dips:** shoulders don't drop below elbows. Do this x10.

**Box jumps:** bend in hips and knees. Push back through hips and land softly. Do this x10.



**TUCK JUMPS**  
x5



**SQUAT BALL PUSHES**  
x10

## TUCK JUMPS AND SQUAT BALL PUSHES

**Tuck jumps:** Pull your knees up to your chest. Keep your body upright. Do this x5.

**Squat ball pushes:** hold a your squat position and push ball out and back. You can use a medicine ball or weight. Do this x10

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# Home-Based Circuit 1 Continued



**DOUBLE LEG BRIDGING**  
x10



**ARM LIFTS**  
x5 each arm

## DOUBLE LEG BRIDGING AND ARM LIFTS

**Double leg bridging:** lay on your back with your arms to the side and lift your gluts off the ground. Do this x10

**Arm lifts:** in a press up position, quickly lift each arm x5 on each arm.

In your arm lifts - make sure you keep your hips low. Hold the press position and lift arms quickly.



**WALKING LUNGES WITH ROTATION**  
x5 each side



**SQUAT JUMPS WITH 90 DEGREE TURN**  
x10



## WALKING LUNGES WITH ROTATION AND SQUAT JUMPS WITH 90 DEGREE TURN

**Walking lunges:** rotate your body after each lunge. Do this x5 each side.

Make sure you control your trunk and knee when rotating.

**Squat jumps:** jump and extend your arms, then turn 90 degrees and land in a squat. Do this x10



**MOUNTAIN CLIMBERS**  
x10 each leg



**SWING HOPS**  
x5 each leg



## MOUNTAIN CLIMBERS AND SWING HOPS

**Mountain climbers:** Make sure you are in a good press up position. Bend your knee to your chest, do this x10 each leg (total x20).

**Swing hops:** swing your leg forward and hop, land on the same leg. Do this x5 each leg (total x10).

# Home-Based Circuit 2

Work each line of activity for 45 seconds. Rest for 15 seconds. Do 4 sets.  
Rest for one minute and get ready for the next line of activity.



**BROOM HOPS**  
x5 each leg



**LUNGE PUNCHES**  
x5 each leg

## BROOM HOPS AND LUNGE PUNCHES

**Broom hops:** use a broom or stick. Hold the broom/stick above your head, control your trunk. With your arms above your head, hop on each leg x5 (total of x10).

**Lunge punches:** drop into a lunge, and punch your arms forward and then return. Do this x5 per leg (total of x10.)



**RUNNING**  
x10 (x5 each leg)

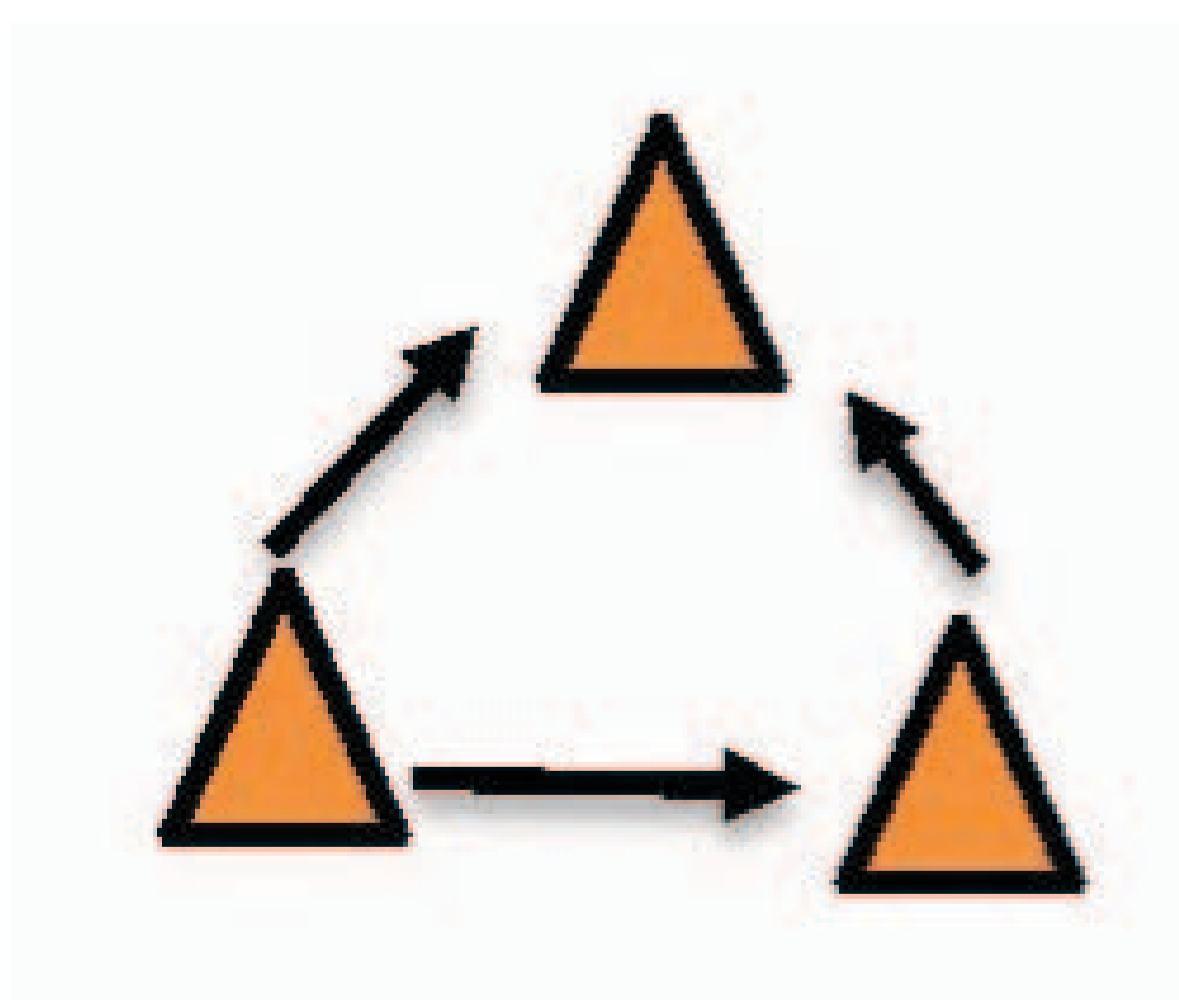


**BURPEES**  
x6

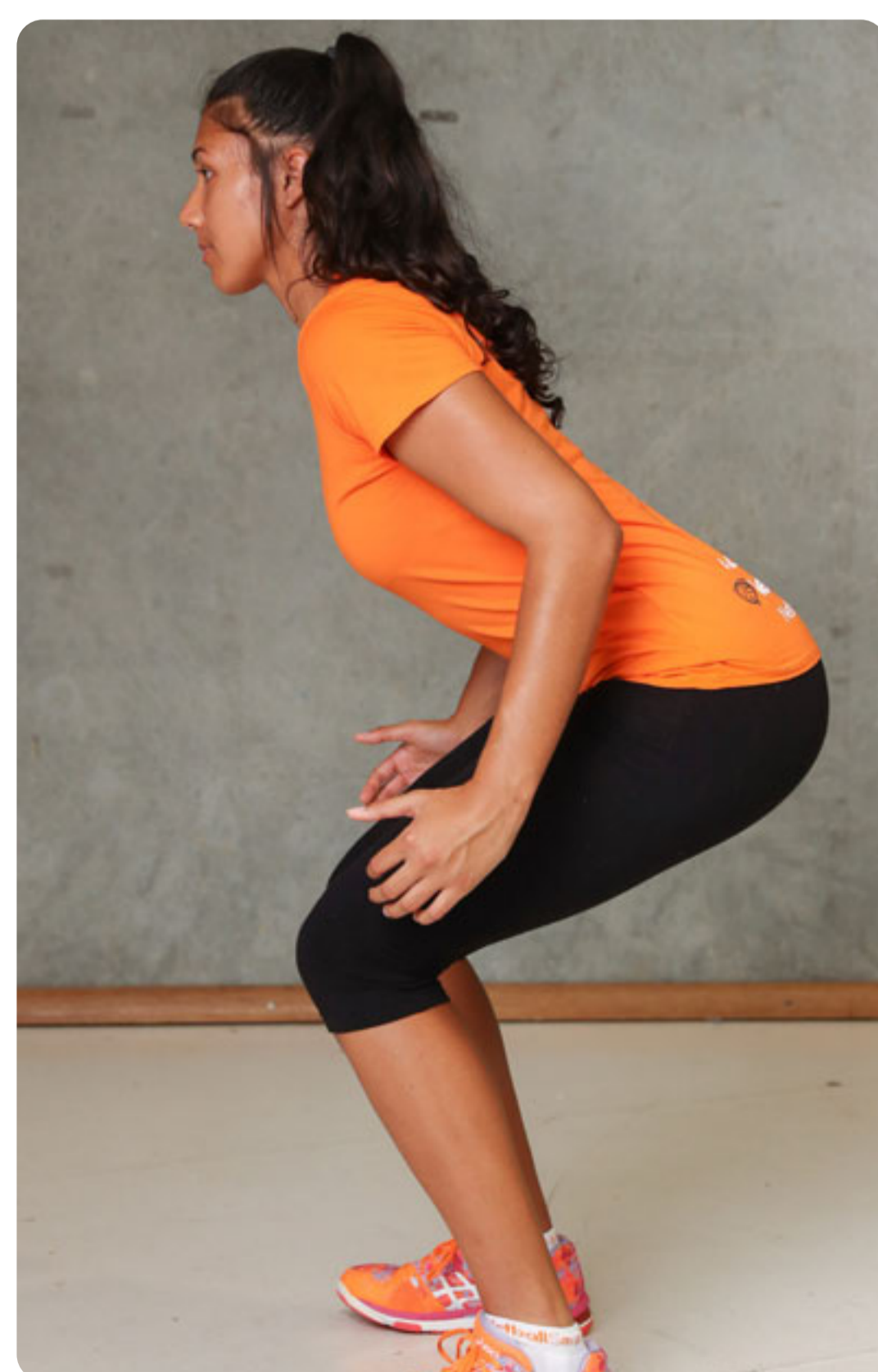
## RUNNING AND BURPEES

**Running:** keep your knees high and your trunk upright. Do this x10 (x5 each leg)

**Burpees:** Do a full burpee x6, make sure you are controlling your trunk.



**CHANGE OF DIRECTION**  
x10



**SQUAT JUMPS**  
x10



## CHANGE OF DIRECTION AND SQUAT JUMPS

**Change of direction:** use cones, water bottles or whatever you might have to set up markers on the ground. You will moving through these to practice your change of direction. Do this x10.

**Squat jumps:** Squat jumps x10. Make sure that you are landing softly.

# Home-Based Circuit 2 Continued



**DUMBBELL PUSHES**  
x10



**DUMBBELL LUNGES**  
x5 each leg



## DUMBBELL PUSHES AND DUMBBELL LUNGES

You can use milk bottles or water bottles filled with water if you don't have dumbbells.

**Dumbbell pushes:** start at your shoulders and push the dumbbells up in the air above your head (x10).

**Dumbbell lunges:** drop into a lunge and push dumbbell forwards and return. x5 on each leg.



**RUSSIAN TWISTS**  
x10 each side



**STEP UPS**  
x8 each side

## RUSSIAN TWISTS AND STEP UPS

Use a medicine ball or something that has a bit of weight, like a bag of rice, for your Russian twists.

**Russian twists:** while in a v shape sit up position, move your arms and ball left to right x10 each side (x20 total).

**Step ups:** on a chair or box and start your step ups, x8 each side (x16 total).



**PLANK BALL ROLLS**  
x8 each side



**PROPS WITH BALL**  
x5 each side

## PLANK BALL ROLLS AND PROPS

**Plank ball rolls:** using a netball, balance your weight in a plank position while rolling the ball back and forth between your hands. Do this x8.

**Props with a ball:** hold a netball, prop from one foot to the other, do this x5 each side (x10 total). Control your trunk.



# Home-Based Circuit 3

Work each line of activity for 20 seconds. Rest for 20 seconds. Do 6 sets.  
Rest for one minute and get ready for the next line of activity.



**BROAD JUMPS**  
x5



**RUNNING**  
x10 each leg

## BROAD JUMPS AND RUNNING

**Broad jumps:** with a weight, start in a squat and bring your arms forward. Do this 5x.

**Running:** on the spot, keep your feet fast and high knees. Do this x10 each leg.



**HOPS**  
x5 each side



**PRESS UPS**  
x6

## HOPS AND PRESS UPS

**Hops:** hop x5 each side.

**Press ups:** Do a press up on the floor, bench or chair. Do this x6



**SIDEWAY LUNGE**  
x5 each leg



**MOUNTAIN CLIMBERS**  
x5 each leg

## SIDEWAY LUNGE AND MOUNTAIN CLIMBERS

**Sideway lunge:** knee in line with your foot, from a squat position move your leg out into a lunge, do x5 each leg (total x10).

**Mountain climbers:** bring your knee to your chest, keeping a good trunk position, do this x5 each leg (x10 total).

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# Home-Based Circuit 3 Continued



**SINGLE LEG SQUAT**  
x5 each leg



**SQUAT JUMPS**  
x8



## SINGLE LEG SQUAT AND SQUAT JUMPS

**Single leg squat:** keep your knee in line with your foot and do a single leg squat. Do this x5 on each leg (total x10).

**Squat jumps:** start in a good squat position and jump ensuring you land in a good squat and softly. Do this x8.



**RUNNING ON THE SPOT**  
x10



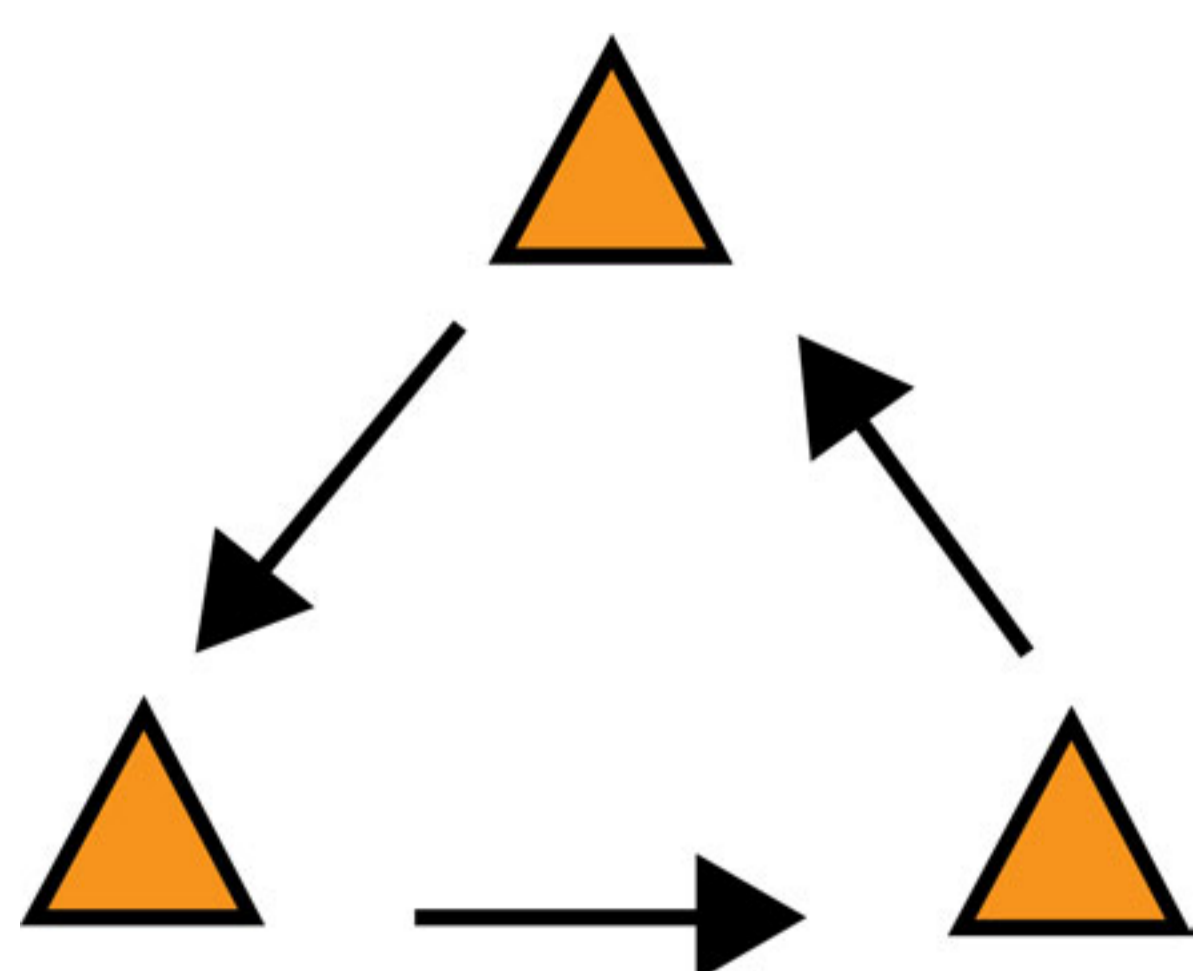
**PROPS**  
x5 each leg



## RUNNING AND PROPS

**Run on the spot:** fast feet and high knees, do this x10.

**Props:** keep the ball above your head and prop from one foot to the other, do this x5 each leg (total x10).



**CHANGE OF DIRECTION**  
x8



**BURPEES**  
x6

## CHANGE OF DIRECTION AND BURPEES

**Change of direction:** use water bottles or markers as cones and move between them. Do x8 movements.

**Burpees:** Do a full burpee x6, make sure you are controlling your trunk.

# Home-Based Circuit 4

Work each line of activity for 30 seconds. Rest for 30 seconds. Do 4 sets.  
Rest one minute and get ready for next line of activity.



**ONE LEGGED PASSES**  
x 5 each leg



**SQUAT JUMPS**  
x8



## ONE LEGGED PASSES AND SQUAT JUMPS

**One legged passes:** balance on one leg and throw the ball against the wall do this x5 each leg (total x10).

**Squat jumps:** start in a good squat position and jump and land in a good squat and softly. Do this x8.



**SIDEWAY LUNGE**  
x6 each leg



**HEEL SLIDE**  
x5

## SIDEWAY LUNGE AND HEEL SLIDES

**Sideway lunge:** knee in line with your foot, from a squat position and lunge out to the side, do this x6 each leg (total x12).

**Heel slide:** keep your trunk and hips up whilst sliding your heels out and back. Do this x5.



**SINGLE LEG BRIDGES**  
x6 each leg



**MOUNTAIN CLIMBERS**  
x8 each leg

## SINGLE LEG BRIDGES AND MOUNTAIN CLIMBERS

**Single leg bridges:** extend one leg out straight. Lift and lower glut. Do this x6 each leg (total x12).

**Mountain climbers:** bring your knee to your chest, keeping a good trunk position, do this x8 each leg (x16 total).

# Home-Based Circuit 4 Continued



**RUNNING ON THE SPOT**  
x6 each leg



**LUNGE JUMPS**  
x5 each leg



## RUNNING AND LUNGES

**Running:** on the spot run in place, with fast feet and high knees. Do this x6 each leg (total x12).

**Lunge jumps:** In a lunge position jump one foot to the other, keep your trunk stang and knee inline with your foot, x5 each leg (total x10). If this is too easy, hold a netball or weight.



**SIDEWAYS LUNGE**  
x5 each side



**HOPS**  
x5 each leg



## SIDEWAYS LUNGE AND HOPS

**Sideways lunge:** start in a squat position and slide your leg out. Do this x5 each side (total x10).

**Hops:** hop forward and land on one leg, keep your knee in line with your foot and land softly. Do this x5 each leg (total x10).



**RDLs**  
x6 each leg



**BURPEES**  
x6

## RDLs AND BURPEES

**RDLs:** with a stick or broom, on one leg lift your back leg and extend your body forward and return. Do this x6 each leg (total x12).

**Burpees:** Do a full burpee x6, make sure you are controlling your trunk.

# Home-Based Circuit 5

Work each line of activity for 30 seconds. Rest for 30 seconds. Do 4 sets.  
Rest for one minute and get ready for next line of activity.



**PUSH BALL SQUAT**  
x10



**HOPPING ON SPOT**  
x10 each leg



## **BALL SQUAT AND HOPPING ON SPOT**

**Push ball squat:** drop into a good squat and push the ball forward. Return to the start and repeat. Do this x10

**Hopping on spot:** Hop x10 on left leg. Hop x10 on right leg (total x20).



**BENCH HAMSTRING**  
x10



**BULGARIAN**  
x5 each leg

## **BENCH HAMSTRING AND BULGARIANS**

**Bench hamstring:** use a chair or box, place your legs on top and raise your gluts off the ground and lower, do this x10.

**Bulgarian:** ensure your knees do not drift in front of the foot. Drop down into a lunge position. If this is too easy, hold a netball or weight. Do this x5 each leg (total x10).



**RUNNING ON THE SPOT**  
x10 each leg



**PROPS**  
x5 each leg



## **RUNNING ON THE SPOT AND PROPS**

**Running on the spot:** fast and high knees, do this x10 each leg

**Props:** keep a bend in your hip and knee. Keep your knee in line with your foot and control your body. Move from one leg to the other x5 each leg (total x10).

# Home-Based Circuit 5 Continued



**SPIDER WALKS**  
x10



**PRESS UP BALL ROLLS**  
x5

## SPIDER WALKS AND PRESS UP BALL ROLLS

**Spider walks:** keep your hips up and ensure your body is in a straight line, move forwards and backwards total x10.

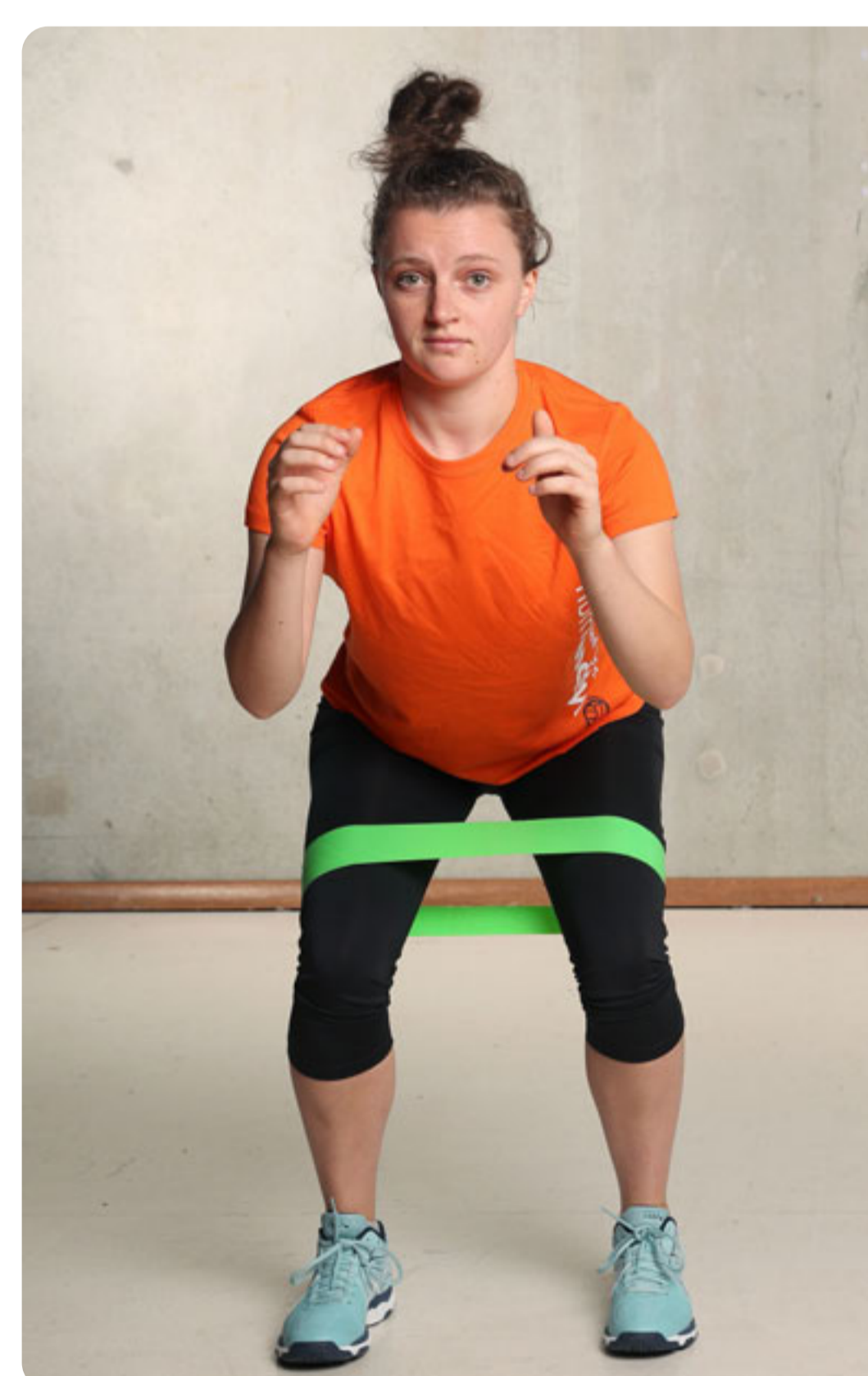
**Press up ball rolls:** start in a good press up position and roll the ball forward and backwards, maintain good core. Do this x5.



**BALL ABOVE HEAD LUNGES**  
x5 each leg



**RUBBER BAND BROAD JUMPS**  
x5



## BALL ABOVE HEAD LUNGES AND RUBBER BAND JUMPS

**Ball above head lunges:** Stand on one foot with ball above head and drop into a lunge and return to start. Do this x5 each leg.

**Rubber band broad jumps:** with a rubber band around your thighs and in a good squat position, jump forward. Do this x5.

(If you do not have a rubber band just do a broad jump).



**PRONE HOLD AND LEG OUT**  
x5 each leg



**SIDE BRIDGE HIP FLEXION**  
x5 each side

## PRONE HOLD AND LEG OUT AND SIDE BRIDGE HIP FLEXION

**Prone hold and leg out to the side:** In a plank position, move leg out to the side, and back in, do this x5 each side (total x10).

**Side bridge hip flexes:** In a side bridge position bend your knee to your chest and back down, do x5 each leg (total x10).



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