



Pre-Season 2021

GAA / Field Sport Strength & Conditioning Program

[2 Weeks Home Based Sessions](#)

How It Works:

1. 3 sessions per week
 - 1 Upper Body Strength
 - 1 Running Session
 - 1 Lower Body Strength
2. Begin each session with Mobility Work.
3. All you need is 2 Dumbbells, 1 power band and motivation

Mobility Program - Begin Each Session With This

1. Lying leg swings x 8
2. Leg across body x 8
3. Seated Leg Raise
 - Toe up, toe in, toe out x 5 each
4. 90/90 leg lifts
 - Back knee, back foot, front leg x 8 each
5. Cat Cows w/breathing x 8
6. Hip CARS x 4
7. 4 point kneeling T-spine rotations x 5 each
8. Spiderman lunge x 6 rotations

Upper Body Sessions

Week 1 & 2 Upper Body Focus

<i>Exercise</i>	<i>Sets x Reps</i>	<i>Tempo</i>	<i>Notes</i>
Injury Prevention			
Internal/External Rotations	1 x 12	Controlled	Keep elbow in, wrist straight
Band Pull Aparts	1 x 10	Controlled	Thumbs out
Strength			
Push Ups	3 x 10	Controlled	Press through palms
Standing Shoulder Press	4 x 12	Controlled	Keep elbow back in line with ear
Banded Rows	3 x 10	Controlled	Shoulder blades back
Tricep Dips	3 x 20	Controlled	Press through hands
Accessory Work			
Frontal Raises	2 x 15	Controlled	To shoulder height
Bicep Curls	3 x 20	Controlled	Squeeze pinky finger

Running Sessions

Warm up

1. 2min easy jog
2. Walking lunges x 10
3. Hamstring sweeps x 10
4. Quad stretch x 10
5. Walking calves stretch x 10
6. Leg swings; Forward & back, Side to side 10 on each
7. High knee short gain 10m x 2
8. High heels with a high knee 10m x 2

Running Sessions			
Week 1			
<i>Type of session</i>	<i>Times</i>	<i>Distance</i>	<i>Feedback</i>
Aerobic	15min		
Week 2			
<i>Type of session</i>	<i>Times</i>	<i>Distance</i>	<i>Feedback</i>
Aerobic		3km	

Lower Body Session

Week 1 & 2 Lower Body Focus

Exercise	Sets x Reps	Tempo	Notes
Injury Prevention			
Single Leg Bridge	2 x 6		Push through midfoot, tuck pelvis in
Single Leg Balance	1 x 30s hold		
Strength			
Split Squat	3 x 10	Slow	Keep body straight
Single Leg RDL	3 x 8	Slow	Upper & lower body move together
Goblet Squat	4 x 12	Slow, intent	Sit Back
Accessory Work			
Side Plank	4 x 20s each	Control	Push through bottom knee
Crunches	1 x 60reps rest as needed	Control	Knees up, reach fingers

Want to keep going and get more in-depth?...
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