

**EAT,
THINK,
AND TRAIN
LIKE AN ATHLETE**

These exercise and nutrition plans were developed in partnership with Middlesex CCC, and are adapted from materials used by Middlesex county age-group squads.

TRAIN LIKE AN ATHLETE



Take your cricket skills to the next level by following this strength and conditioning plan. These exercises can be completed by anyone, anywhere, with no specialised equipment necessary.

Key Points:

- The aim of this programme is to progress from Beginner through to Advanced.
- Each session, work your way down one column, either Beginner, Intermediate, or Advanced.
- You should complete at least two sessions at each level before moving up to the next, but stay on a level until you are comfortable that you can successfully complete all exercises.
- To see the best progress, try to complete two sessions a week.
- To prevent injury, it is important to have good technique when completing these exercises. It is more important to complete a movement correctly rather than quickly.

TIPS

Want to check you're doing it right? Click on an image to see a YouTube demonstration.

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A "rep" is the number of times you repeat a specific exercise e.g. do 10 squats, hold a plank for 30 seconds.




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A "set" refers to the number of times you complete a cycle of reps e.g. complete 3 lots of 10 squats.

RUN FASTER

These exercises build leg strength which will help you run faster when chasing a ball or running between the wickets.

<https://youtu.be/Gs5olebOKek>




BEGINNER		INTERMEDIATE		ADVANCED	
Wall Sit		Bodyweight Squat		Overhead Squat	
					
Reps:	Hold for 60 seconds	Reps:	15	Reps:	10
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

STRONG FOUNDATION

These exercises increase lower body strength, to give you a strong base from which to strike or throw the ball, and reduce your risk of hamstring strain.

<https://youtu.be/GUDq6h8GPmQ>




TOP TIP: You can use a cricket bat or a broom handle to complete this exercise.

BEGINNER		INTERMEDIATE		ADVANCED	
Kneeling Hip Hinge		Bodyweight Hip Hinge		Hip Hinge with Pole	
					
Reps:	15	Reps:	10	Reps:	10
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

THROW FURTHER

These exercises improve upper body strength, enabling you to throw further, and reducing the risk of shoulder injury when throwing the ball.


<https://youtu.be/irpIA1WflvQ>

BEGINNER		INTERMEDIATE		ADVANCED	
Press Up Hold		Kneeling Press Up		Press Up	
					
Reps:	Hold for 60 seconds	Reps:	15	Reps:	10
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

JUMP HIGHER, LAND SAFER

These exercises train your ability to release power effectively and control your landings, which will reduce the risk of injuries such as twisted ankles.


<https://youtu.be/iDMV4zUcnGo>

BEGINNER		INTERMEDIATE		ADVANCED	
Squat Jump		Counter Movement Jump		Broad Jump	
					
Reps:	5	Reps:	5	Reps:	5
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

POWER AND PROTECT

These exercises strengthen your core. A stronger core enables your body to control the forces going through it and reduces your risk of injury. A stronger core will also help you to bowl faster.

<https://youtu.be/5XeMKZqUQ7I>

BEGINNER		INTERMEDIATE		ADVANCED	
Front Plank		Front Plank		Front Plank	
←				→	
Reps:	Hold for 30 seconds	Reps:	Hold for 45 seconds	Reps:	Hold for 60 seconds
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

<https://youtu.be/Uo5CujLEmPs> (skip to 1:27 for Deadbug)

Deadbug		Deadbug		Deadbug	
←				→	
Reps:	Work for 20 seconds	Reps:	Work for 30 seconds	Reps:	Work for 30 seconds
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

<https://youtu.be/Uo5CujLEmPs> (skip to 1:52 for Superman)

Superman		Superman		Superman	
←				→	
Reps:	Hold for 20 seconds	Reps:	Hold for 45 seconds	Reps:	Hold for 45 seconds
Sets:	Repeat 3 times	Sets:	Repeat 3 times	Sets:	Repeat 3 times

EAT LIKE AN ATHLETE

Eating the right foods will aid your athletic performance in three ways:

ENERGISE Perform well for longer	REPAIR Recover post-training and avoid injury	PROTECT Boost immune system and recovery
Wholemeal Pasta	Fish	Vegetables
Oats	Chicken	Tomatoes
Sweet Potato	Red Meat	Fruit
Potatoes	Turkey	Garlic
Brown Rice	Greek Yoghurt (v)	Ginger
Brown Bread	Cottage Cheese (v)	Cinnamon
Lentils	Full Fat Milk (v)	Chilli
Banana	Eggs (v)	Salad
Malt Loaf	Peanut Butter (ve)	Avocado
	Nuts (ve)	
	Beans (ve)	

Check out our nutrition guidance for examples of which foods to eat when:

Day-to-day/ Pre-training or match	Example Breakfast: Porridge oats topped with fruit/cinnamon
	Example Lunch: Chicken, lettuce, and tomato sandwich on brown bread Banana Greek Yoghurt
	Example Dinner: Bean chilli with brown rice and side salad
	Example Snack: Apple sticks with peanut butter
During training/match	Example Snacks: Bananas Malt Loaf Nuts Fruit
Immediately after training/match	Post-training meal: Lean chicken breast served with brown rice and vegetables or Scrambled eggs on brown bread, with a side salad