These exercise and nutrition plans were developed in partnership with Middlesex CCC, and are adapted from materials used by Middlesex county age-group squads.
TAKE YOUR CRICKET SKILLS TO THE NEXT LEVEL WITH OUR STRENGTH AND CONDITIONING PLAN!

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.

Thank you to Middlesex CCC for their help in producing this resource

TIPS

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

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

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.

**BEGINNER**
- **Wall Sit**
  - **Reps:** Hold for 60 seconds
  - **Sets:** Repeat 3 times

**INTERMEDIATE**
- **Bodyweight Squat**
  - **Reps:** 15
  - **Sets:** Repeat 3 times

**ADVANCED**
- **Overhead Squat**
  - **Reps:** 10
  - **Sets:** Repeat 3 times

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

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**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.

**BEGINNER**
- **Kneeling Hip Hinge**
  - **Reps:** 15
  - **Sets:** Repeat 3 times

**INTERMEDIATE**
- **Bodyweight Hip Hinge**
  - **Reps:** 10
  - **Sets:** Repeat 3 times

**ADVANCED**
- **Hip Hinge with Pole**
  - **Reps:** 10
  - **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.

<table>
<thead>
<tr>
<th>BEGINNER</th>
<th>INTERMEDIATE</th>
<th>ADVANCED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Press Up Hold</td>
<td>Kneeling Press Up</td>
<td>Press Up</td>
</tr>
</tbody>
</table>

- **Beginner**
  - Reps: Hold for 60 seconds
  - Sets: Repeat 3 times

- **Intermediate**
  - Reps: 15
  - Sets: Repeat 3 times

- **Advanced**
  - Reps: 10
  - 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.

<table>
<thead>
<tr>
<th>BEGINNER</th>
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<th>ADVANCED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat Jump</td>
<td>Counter Movement Jump</td>
<td>Broad Jump</td>
</tr>
</tbody>
</table>

- **Beginner**
  - Reps: 5
  - Sets: Repeat 3 times

- **Intermediate**
  - Reps: 5
  - Sets: Repeat 3 times

- **Advanced**
  - Reps: 5
  - Sets: Repeat 3 times
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.

<table>
<thead>
<tr>
<th>Power and Protect</th>
<th>Beginner</th>
<th>Intermediate</th>
<th>Advanced</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Front Plank</strong></td>
<td>Hold for 30 seconds</td>
<td>Hold for 45 seconds</td>
<td>Hold for 60 seconds</td>
</tr>
<tr>
<td><strong>Sets</strong>:</td>
<td>Repeat 3 times</td>
<td>Repeat 3 times</td>
<td>Repeat 3 times</td>
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<tbody>
<tr>
<td><strong>Deadbug</strong></td>
<td>Work for 20 seconds</td>
<td>Work for 30 seconds</td>
<td>Work for 30 seconds</td>
</tr>
<tr>
<td><strong>Sets</strong>:</td>
<td>Repeat 3 times</td>
<td>Repeat 3 times</td>
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</thead>
<tbody>
<tr>
<td><strong>Superman</strong></td>
<td>Hold for 20 seconds</td>
<td>Hold for 45 seconds</td>
<td>Hold for 45 seconds</td>
</tr>
<tr>
<td><strong>Sets</strong>:</td>
<td>Repeat 3 times</td>
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