

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.

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.

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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.

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.

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.

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.


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.

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

Deadbug		Deadbug		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

Superman		Superman		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