



FOUNDATION

STRENGTH & CONDITIONING

FOR

INTERMEDIATE

MCC FOUNDATION STRENGTH & CONDITIONING PROGRAMME FOR INTERMEDIATE

Content	Page Number
Introduction to Intermediate S&C Programme	3
Warm Up	4
Tips for each exercise in Intermediate S&C Programme	5
Weeks 1 - 5	10
Weeks 6 - 10	11
Exercise Log	12
Next Steps	13

The content of this resource is intended to help and empower young cricketers on their fitness journeys. Any participants who use this S&C resource do so at their own risk. The MCC Foundation is not liable for any injuries and damages which may occur as a result of these exercises.

With thanks to Hanna Free at Revolution Rehab & Sport Therapy for the content of this programme.

INTRODUCTION TO THE MCCF INTERMEDIATE S&C PROGRAMME

This resource is a 10-week Strength & Conditioning (S&C) programme available to all MCC Foundation Hub programme participants.

This programme is tiered at three levels:

Beginner

For cricketers who are new to S&C



Intermediate

For cricketers that have done some S&C before (although all are welcome to start at **Beginner**)



Advanced

For cricketers that have experienced S&C training before



This is the **Intermediate S&C** programme resource. If you find this programme too challenging, you should use the Beginner S&C programme to improve your fitness before returning to this programme. To access the Beginner or Advanced programmes, please visit the MCC Foundation website.

Structure of Programme

Each week will comprise of different activities. Each session should take no more than 20 minutes (although you can complete more rounds to challenge yourself further) and requires no equipment to complete. To follow this programme, you should complete each week's activities twice before moving on to the following week. It is important to give your body time to recover so you should leave at least one day to rest between each day that you complete a circuit of exercises.

Staying Fit and Healthy

You should make sure you warm up and cool down properly when exercising to reduce the risk of injury. An example warm up is included in the next section of this resource. If you have an existing injury, please contact a medical practitioner before starting this programme.

You should drink plenty of fluids when exercising - remember to keep a bottle of water handy to drink throughout exercising.

WARM UP

A warm up ensures that your body and mind are physically and mentally ready for activity. By warming up, you increase your heart rate and breathing rate which increases blood flow and oxygen transportation to your working muscles. Completing a warm up will reduce the risk of injury and means your body can perform faster and more efficient movements which can help to elevate performances.




One of the most effective ways to warm up is using the **RAMP** method:

- **R** - Raise: Increase blood flow, core/muscle temperature and muscle elasticity
- **A** - Activate: Engage the muscles you are about to use during exercise
- **M** - Mobilise: Focus on movements that you will use during exercise
- **P** - Potentiate: Gradually increase activity intensity (and therefore stress on the body) in preparation for exercise

This type of warm up can be applied to any sport or physical exercise.

Example Warm Up Circuit

Here is an example warm up that you could use before each exercise circuit of this programme that you can complete. Each exercise below should be completed for 30 seconds before moving on.

1. High knees	1		5	
2. Heel flicks	2		6	
3. Side lunges	3		7	
4. Arm circles	4		8	
5. Hip circles				
6. Leg swings				
7. Inch worms				
8. Cat camel				

TIPS FOR EACH EXERCISE OF THE INTERMEDIATE S&C PROGRAMME

Crab Walk:

1. Stand with feet hip width apart and place hands on hips
2. Have a slight bend in the knees and keep body upright (do not hunch back)
3. Take several steps one side and repeat on the other side



Fieldwork Health, YouTube

Wood Chops:

1. Stand with feet shoulder width apart
2. Reach your hands down to one foot
3. Lift and rotate your hands back up to the sky opposite that foot in a diagonal line

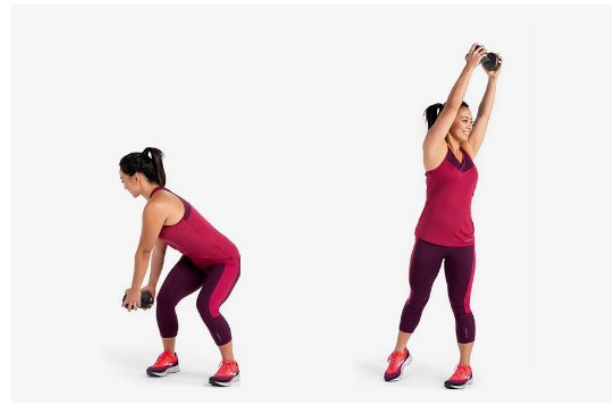


Image credit: DMoose

Prone Leg Lifts:

1. Lay on your front
2. Slowly lift one leg off the floor and then slowly lower leg back to floor; repeat for other leg
3. Lift leg in a straight line, no bend in knees or hips, and point your toes



Image credit: Rehab Hero

Russian Twist:

1. Sit on the floor and raise your legs off the floor (cross them in front of you)
2. Lean back slightly to create a 'V' shape with your body
3. Twist your torso from side to side, touching your hands on the floor next to you.



Image credit: Shutterstock

Wall Sit:

1. Slide back down wall
2. Keep hips and knees at a 90 degree angle
3. Squeeze core and glutes to hold position

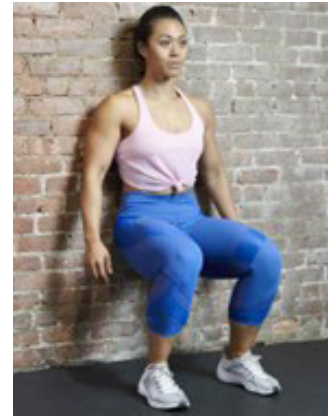


Image credit: Verywell Fit

Knee Press Up:

1. Start on your hands and knees with your hands slightly in front of your shoulders
2. Slowly lower chest towards floor, bending the arms
3. Push back up to the start position



Image credit: Medium

Clam Shells:

1. Lie on your side with knees bend at 90 degrees and one leg on top of the other
2. Your feet should be in line with your bottom
3. Lift your top knee away from the bottom leg but feet remain together
4. Complete on both sides



Image credit: Hinge Health

Side Lunge:

1. Take a big step to the side while keeping your body upright
2. Your leading knee should reach a 90 degree bend while your trailing leg remains straight
3. Return to start position and complete on both legs



Image credit: Coach

Bicycle Crunch:

1. Lay on your back and lift your legs, raise your head and shoulders away from the floor
2. Bring one knee and opposite elbow together to crunch
3. Return to start position and repeat with opposite side



Image credit: The Gym Group

Toe Taps:

1. Lay on your back with arms flat on the floor beside you.
2. Lift legs and bend knees to 90 degrees
3. Back remains flat on floor as you slowly lower your toes to tap the floor



Image credit: Harvard Health

Sumo Squat:

1. Stand with your feet further than shoulder width apart
2. Keep your chest up and back flat
3. Knees in line with ankles and hips go back as if you were sitting down



Image credit: Coach

Surrender:

1. Start with feet shoulder width apart and hands behind your head
2. Slowly lower one knee down at a time so you are kneeling on the floor
3. Push back up to start position and repeat



Image credit: NI Motion, YouTube

Side Hops:

1. Stand with legs straight and hands on hips
2. Jump with both feet together from side to side
3. Repeat until time is up



Image credit: Sworkit Health

Fire Hydrants:

1. Start with hands and knees on the floor, hands directly under shoulders
2. Lift one leg to the side level with your hip keeping your knee bent
3. Return to start position and repeat on both legs

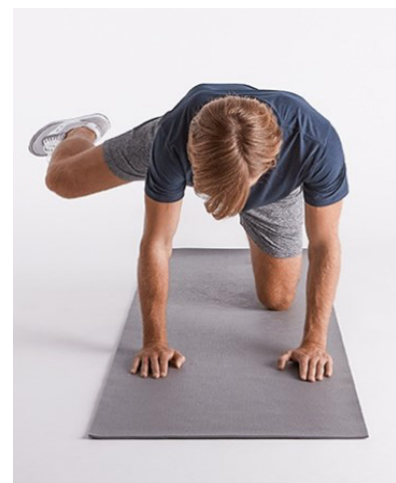


Image credit: Hinge Health

Intermediate S&C Programme

You should complete each week of the programme **twice in one week** before moving on to the next week of the programme.

Make sure that you **warm up properly** before starting any exercise to reduce the risk of injury. An example warm up is included at the start of this resource.

If you find that the exercise circuits are too difficult, you can increase the rest time (for example from 25 seconds to 35 seconds) in between exercises.

If you find that the exercise circuits are not challenging enough, you could complete another round of the circuit, increase the intensity at which you complete each exercise or decrease your rest time (for example from 25 seconds to 15 seconds).

Week 1

1. Knee press up - 45 seconds on, 25 seconds rest
2. Clam shells - 45 seconds on, 25 seconds rest
3. Side lunge - 45 seconds on, 25 seconds rest
4. Bicycle crunch - 45 seconds on, 25 seconds rest
5. Toe taps - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 2

1. Crab walk - 45 seconds on, 25 seconds rest
2. Wood chops - 45 seconds on, 25 seconds rest
3. Prone leg lifts - 45 seconds on, 25 seconds rest
4. Russian twists - 45 seconds on, 25 seconds rest
5. Wall sits - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 3

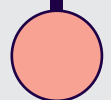
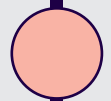
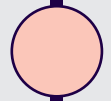
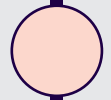
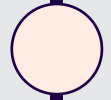
1. Sumo squat - 45 seconds on, 25 seconds rest
2. Surrender - 45 seconds on, 25 seconds rest
3. Side hops - 45 seconds on, 25 seconds rest
4. Fire hydrants (first leg) - 45 seconds on, 25 seconds rest
5. Fire hydrants (second leg) - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 4

1. Knee press up - 45 seconds on, 25 seconds rest
2. Clam shells - 45 seconds on, 25 seconds rest
3. Side lunge - 45 seconds on, 25 seconds rest
4. Bicycle crunch - 45 seconds on, 25 seconds rest
5. Toe taps - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 5

1. Crab walk - 45 seconds on, 25 seconds rest
2. Wood chops - 45 seconds on, 25 seconds rest
3. Prone leg lifts - 45 seconds on, 25 seconds rest
4. Russian twists - 45 seconds on, 25 seconds rest
5. Wall sits - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds



Week 6

1. Sumo squat - 45 seconds on, 25 seconds rest
2. Surrender - 45 seconds on, 25 seconds rest
3. Side hops - 45 seconds on, 25 seconds rest
4. Fire hydrants (first leg) - 45 seconds on, 25 seconds rest
5. Fire hydrants (second leg) - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 7

1. Knee press up - 45 seconds on, 25 seconds rest
2. Clam shells - 45 seconds on, 25 seconds rest
3. Side lunge - 45 seconds on, 25 seconds rest
4. Bicycle crunch - 45 seconds on, 25 seconds rest
5. Toe taps - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 8

1. Crab walk - 45 seconds on, 25 seconds rest
2. Wood chops - 45 seconds on, 25 seconds rest
3. Prone leg lifts - 45 seconds on, 25 seconds rest
4. Russian twists - 45 seconds on, 25 seconds rest
5. Wall sits - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 9

1. Knee press up - 45 seconds on, 25 seconds rest
2. Clam shells - 45 seconds on, 25 seconds rest
3. Side lunge - 45 seconds on, 25 seconds rest
4. Bicycle crunch - 45 seconds on, 25 seconds rest
5. Toe taps - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds

Week 10

1. Sumo squat - 45 seconds on, 25 seconds rest
2. Surrender - 45 seconds on, 25 seconds rest
3. Side hops - 45 seconds on, 25 seconds rest
4. Fire hydrants (first leg) - 45 seconds on, 25 seconds rest
5. Fire hydrants (second leg) - 45 seconds on, 25 seconds rest
6. Repeat the above for two rounds



Week	Date Completed	Notes/Reflections
Week 1 session 1		
Week 1 session 2		
Week 2 session 1		
Week 2 session 2		
Week 3 session 1		
Week 3 session 2		
Week 4 session 1		
Week 4 session 2		
Week 5 session 1		
Week 5 session 2		
Week 6 session 1		
Week 6 session 2		
Week 7 session 1		
Week 7 session 2		
Week 8 session 1		
Week 8 session 2		
Week 9 session 1		
Week 9 session 2		
Week 10 session 1		
Week 10 session 2		

NEXT STEPS...



Congratulations on completing the MCC Foundation **Intermediate S&C** programme!

We hope that you have enjoyed following this programme and are feeling fitter than you did 10 weeks ago.

To continuing improving your fitness, you should complete this programme again (and make it more challenging through increasing the number of rounds you complete or decreasing rest time) or progress to the MCC Foundation Advanced S&C programme, available on the MCC Foundation website.

[LORDS.ORG/MCCFOUNDATION](https://lords.org/mccfoundation)