APPENDIX-I

SAQ TRAINING PROGRAMME

TRAINING SCHEDULE - SAQ TRAINING (SPEED, AGILITY, QUICKNESS)

Activities	Repetitions	Sets	Recovery inbetween repetitions	Recovery inbetween sets
1-4 WEEKS				
Fast foot ladder – single runs	2	3	1min	2min
Line Drills	2			
Quick box steps	2			
Zigzag runs	2			
Flexi cord – Buggy runs	2			
Side stepper lateral runs	2			
Robbing the Nest	2			
Turn and attack	2			
Explosive	2			
Over speed ARC running	2			
5-8 WEEKS				
Fast foot ladder – single runs	4	2	1min	3min
Line Drills	4			
Quick box steps	4			
Zigzag runs	4			
Flexi cord – Buggy runs	4			
Side stepper lateral runs	4			
Robbing the Nest	4			
Turn and attack	4			
Explosive	4			
Over speed ARC running	4			
9-12 WEEKS				
Fast foot ladder – single runs	4	3	1min	3min
Line Drills	4			
Quick box steps	4			
Zigzag runs	4			
Flexi cord – Buggy runs	4			
Side stepper lateral runs	4			
Robbing the Nest	4			
Turn and attack	4			
Explosive	4			
Over speed ARC running	4			

APPENDIX-II

CIRCUIT RESISTANCE TRAINING PLAN

Procedure for Fixing Load

Resistance Training (RT)

One of the most universally and used methods for testing strength and power is the one repetition maximum (1RM) protocol. Essentially, a person's 1 RM for a specific exercise is the maximum amount of weight that he can lift for no more than one complete repetition of that exercise.

Adults with no strength training experience and those who have not trained for several months or years should begin strength training by following a general preparation program in which the resistance is light and the focus is on learning proper exercise technique. Beginners should perform a total body workout that includes exercises that strengthen all the major muscle groups (one or two exercises for each major muscle group. Since heavy weights are not required to increase the muscular strength of beginners, weights corresponding to about 60 to 70 percent of 1RM are recommended for the first month of strength training (when individuals are learning the correct exercise technique). This training zone corresponds to about 8 to 12 repetitions (Lee E.Brown 2005).

CIRCUIR RESISTANCE TRAINING (CRT)1-4 WEEKS

During the first month of strength training, workouts should include one set of each of 8 to 12 different exercises, performed using a moderate weight.

	Intensity	Repetition	Set	Recovery In-between Sets
1-4 WEEKS				
Leg Extension	**60**	**8**	**1**	**-**
Seated Leg Curl	**60**	**8**	**1**	**-**
Machine Chest Press	**60**	**8**	**1**	**-**
Seated Machine Rowrear Deltoids	**60**	**8**	**1**	**-**
Machine Biceps Curl	**60**	**8**	**1**	**-**
Machine Triceps Extension	**60**	**8**	**1**	**-**
Machine abdominal crunch		**25**	**-**	**-**
Machine Back Extension	**60**	**8**	**1**	**-**

5-8 WEEKS

During weeks 5 to 8, the workout should become more challenging as strength improves. During this period, increase the training volume by performing one or two sets of 10 exercises at a training intensity of 60 to 70 percent of 1RM (8 to 12 repetitions). Rest for about one to two minutes between sets.

	Intensity	Repetition	Set	Recovery In-between Sets
5-8 WEEKS				
Leg Extension	**65**	**10**	**2**	**2 Min.**
Seated Leg Curl	**65**	**10**	**2**	**2 Min.**
Machine Chest Press	**65**	**10**	**2**	**2 Min.**
Seated Machine Rowrear Deltoids	**65**	**10**	**2**	**2 Min.**
Machine Biceps Curl	**65**	**10**	**2**	**2 Min.**
Machine Triceps Extension	**65**	**10**	**2**	**2 Min.**
Machine abdominal crunch	**-**	**25**	**-**	**-**

Machine Back Extension	**65**	**10**	**2**	**2 Min.**
Triceps Push Town	**65**	**10**	**2**	**2 Min.**
Machine Lateral Rise	**65**	**10**	**2**	**2 Min.**

9-12 WEEKS

During this phase, perform two or three sets of 12 exercises at a training intensity of 60 to 70 percent of 1RM (8 to 12 repetitions). Rest about one to two minutes between sets.

	Intensity	**Repetition**	**Set**	**Recovery In-between Sets**
9-12 WEEKS				
Leg Extension	70	12	3	2 Min.
Seated Leg Curl	70	12	2	2 Min.
Machine Chest Press	70	12	2	2 Min.
Seated Machine Rowrear Deltoids	70	12	3	2 Min.
Machine Biceps Curl	70	12	2	2 Min.
Machine Triceps Extension	70	12	3	2 Min.
Machine abdominal crunch	-	25	-	-
Machine Back Extension	70	12	2	2 Min.
Triceps Push Town	70	12	2	2 Min.
Machine Lateral Rise	70	12	2	2 Min.

APPENDIX-III

PLYOMETRIC TRAINING PLAN

PROCEDURE FOR FIXING INTENSITY FOR PLYOMETRIC TRAINING:

Intensity: intensity is the effort involved in performing a given task.

In plyometrics, the intensity is controlled by the types of exercise performed (Thomas R. Baechle, 1994).

Plyometrics is a form of progressive resistance training and thus must follow the principles of progressive overload. Progressive overload is the systematic increase in volume and intensity by various combinations, as follows,

A) There may be times, when two of these variables may be increased or

B) When one is increased and one is decreased and

C) One or both of these variables are decreased.

S.NO	DETAILS	DURATION
1.	Number of weeks	12 weeks
2.	Number of sessions per week	3
3.	Duration of each	1 hour and 30 minutes
4.	Total number of foot conduct	100-150 Numbers
5.	Rest interval between repetition	2 minutes
6.	Rest interval between exercises	3 minutes
7.	Warm up and warm down	20 minutes

Weeks	Exercises	Repetition	Set	Volume of	Total No. of Contact
I &IV	1. Squat Jump	7	3	21	
weeks	2.Split Squat Jump	7	3	21	
	3.Cycled Split Squat Jump	7	3	21	105
	4. Pike Jump	7	3	21	
	5.Duble Leg Duck Jump	7	3	21	
V &VIII	1. Squat Jump	9	3	27	
weeks	2.Split Squat Jump	9	3	27	
	3.Cycled Split Squat Jump	9	3	27	135
	4. Pike Jump	9	3	27	
	5.Duble Leg Duck Jump	9	3	27	
IX &XII	1. Squat Jump	10	3	30	
weeks	2.Split Squat Jump	10	3	30	
	3.Cycled Split Squat Jump	10	3	30	150
	4. Pike Jump	10	3	30	
	5.Duble Leg Duck Jump	10	3	30	