

Pusphaira F.C Training Plan
Hamstring, Groin and Adductor Injury Prevention
Knee and Ankle Stabilisation Training

If not previously warmed up then please ensure so. This can be general and varied but needs to adhere to some fundamentals:

- Raise Heart Rate
- Focus on Lower body dynamic movements
- Include movements that provide some lengthening to hamstrings, adductors, glutes and quadriceps.
- Suggested warm up: high knees jogging, butt kick jogging, opening and closing the gate (hip abduction and adduction) and exaggerated skipping.

Resistance Training Specific to Hamstring and Groin Injury Prevention

Exercise 1) Single Leg Deadlifts - 3 Sets x 5-10 reps each leg. 1- 3 min rest.

Points of Focus for trainer/athlete

- Slow eccentric (3 seconds minimum)
- Hips stay at the same level, no drop on one side.
- Lower back remains neutral
- Flat planted foot, slight bend in planted knee (10-20 degrees), back leg is allowed to travel up to roughly parallel position.

Exercise 2) Nordic Eccentric Hamstring curl (lowering/eccentric portion only, working with a partner to hold each other's legs down) - 3 Sets x 8-12 reps (3-5 seconds eccentric) 1 - 3 min rest

Points of focus for trainer/athlete

- Eccentric part is actively resisted.
- Movement occurs round the knees primarily, little/no hip movement
- Use Hands to break fall at the last segment, push up to return to starting position.

Exercise 3) Copenhagen adductor exercise (eccentric part only) 4 sets x 8-12 reps (3 - 5 second Eccentric) 1 - 3 Min rest

Points of focus for trainer/athlete

- Work with same partners as previous exercise
- Pictures below will illustrate exercise or the trainer will demonstrate
- The eccentric part should be performed only, the partner should help return to the starting position.
- The movement should occur only around the hip/groin, no knee, ankle or torso movement.

Exercise 4) Plank with Knee Tuck to Chest 4 x 10-20. 1- 3 Min Rest.

- Stability and little movement in the core apart from some contralateral rotation, bringing opposing shoulder to the knee that is being tucked
- Glutes not over elevated, should be a fairly straight line running from legs into glutes and back to shoulders.
- Steady consistent tempo throughout.

Exercise 5) Lateral Single Leg Jumps onto a Planted Foot 3 Sets x 8-12 Jumps each side. 1- 3 Min Rest.

- Two rows of cones should be placed approximately 1 metre apart.
- Stand on the left foot with the left knee slightly bent and the right foot elevated
- Jump from the left leg laterally to the cone and land on the opposing right foot in a braced and still position as possible.
- repeat this jumping from the right foot and landing on the left one.
- Landing should be static for at least 2 seconds before performing the next jump.

Exercise 6) Steady State Cardio W/ Intervals on Exercise Bike (For remainder of session)

- Warm up on the bike for 5-10 minutes
- Followed by High intensity Intervals following 1 minute of increased exertion (70-80%) and 3 minutes active recovery (40-50%).
- Start with 4 intervals and increase week to week.
- Intensity is judged internally by players.
- Players should cool down after for 5 minutes of low intensity cycling.

Progression Notes

- In order to gain benefits from training it is required to progressively overload over time. This can be done in a variety of ways.
- We can add Sets, Reps or Weight to an exercise from week to week or a combination of these. Even having better technique in an exercise (more control, stricter form) with the same weight as before is a form of progression.
- It's usually best to just increase one factor to avoid over-training near the start of the programme.
- In the first week training should be 4 or 5 reps away from failure. This is the minimum intensity in strength training to elicit adaptations. As we progress through the weeks and increase training work load we should be training progressively closer to failure. In the final weeks we will be working either 1 or 0 reps away from failure.
- Judging the amount of reps we are from failure is difficult and takes practice. Some simple tools and rules are the speed of the rep - Once reps start to slow down we are generally approaching 2 or 3 reps in reserve. Perceived exertion or RPE corresponds to proximity from failure as the higher the RPE score the fewer reps left. If technique starts to break down and become inconsistent this is also a mark of failure.
- Progression example from week to week.

Exercise	Week 1	Week 2	Week 3	Week 4
Bent Over Rows	40kg x 8,7,7 (5 Reps in Reserve)	45kg x 8,7,6 (3 RIR)	47.5kg x 9,8,7 (2 RIR)	50kg x 8,7,7,6 (1 or 0 RIR)

Additional Information and Diagrams

Single Leg Deadlift



Nordic Hamstring Curl



Copenhagen adductor



Single Leg Lateral Jumps



<https://www.youtube.com/watch?v=3cjq7mZLU8>



Knee tuck Planks