

Cardiovascular Fitness

If you are finding it difficult to get through a match without being tired or out of breath, then you may need to consider increasing your fitness.

By completing training and playing a match each week, you will have a base level of fitness.

To increase this, aim to complete a gentle, continuous 3-5km run once a week. Due to age, muscle and bone growth, we want to be cautious of not putting too much load on your body. This can result in injury.

If you would like to target something specific about your fitness, strength or conditioning we advise that you speak to one of our exercise physiologists individually. We can tailor a program to you without overloading your body.

Recovery

Recovery and good sleep are just as important to performance as a warm up and training.

Every training and game you place load on your body which needs to repair before the next time. If there isn't enough recovery, it builds up and can create injury.

Recovery strategies include foam rolling, sleep, a gentle walk after your game, stretching, a good diet and drinking plenty of water.

If you would like more information, please talk to one of our staff.