



CHANCES
FOUNDATION

STRENGTH & CONDITIONING

FOR

BEGINNERS

MCC FOUNDATION STRENGTH & CONDITIONING PROGRAMME FOR BEGINNERS

Content	Page Number
Introduction to Beginner S&C Programme	3
Warm Up	4
Tips for each exercise in Beginner S&C Programme	5
Weeks 1 - 5	9
Weeks 6 - 10	10
Exercise Log	11
Next Steps	12

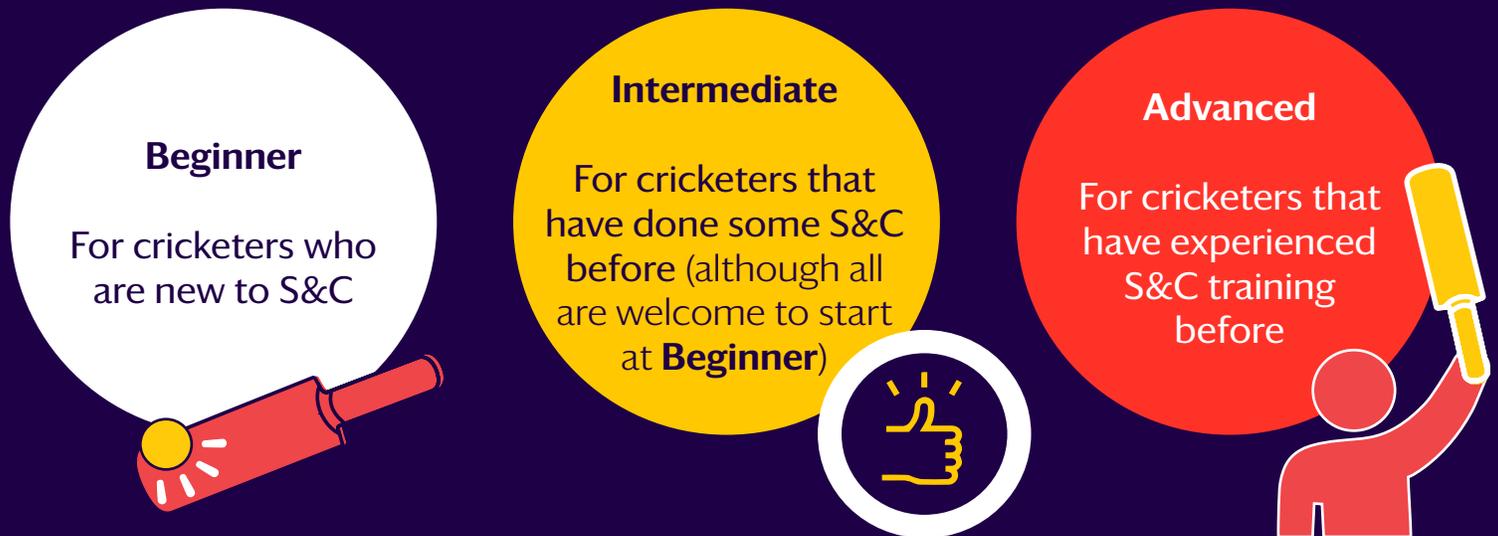
The content of this resource is intended to help and empower young cricketers on their fitness journeys. Any participants who use this S&C resource do so at their own risk. The MCC Foundation is not liable for any injuries and damages which may occur as a result of these exercises.

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

INTRODUCTION TO THE MCCF BEGINNER 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:



This is the **Beginner S&C** programme resource. To access the Intermediate 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



2. Heel flicks

2



3. Side lunges

3



4. Arm circles

4



5. Hip circles

5



6. Leg swings

6



7. Inch worms

7



8. Cat camel

8



TIPS FOR EACH EXERCISE OF THE BEGINNER S&C PROGRAMME

Squat:

1. Keep your chest up
2. Keep knees in line with ankles
3. Push hips back like you are sitting down



Image credit: Subiaco Physiotherapy

Lunge:

1. Body remains upright
2. Move hips in straight line down
3. Knees shouldn't travel over (further forward than) your toes



Image credit: Hinge Health

Plank:

1. Forearms flat on floor hip width apart
2. Keep bottom in line with lower back (don't arch upwards)
3. Keep your head facing forwards



Image credit: PharmEasy

Mountain Climber:

1. Start in high plank position
2. Hands should be directly under shoulders
3. Drive knees toward chest



Image credit: Popsugar fitness

Wall Press Up:

1. Start flat against the wall and walk feet away
2. Bend elbows to lower chest to wall
3. Push up to start position



Image credit: Popsugar fitness

Calf Raises:

1. Keep legs straight and don't lock knees
2. Slowly raise heels off the floor
3. Lower heels back down to the floor



Image credit: Popsugar fitness

Sit Up:

1. Lay on floor with knees bent and feet flat on floor
2. Keep hands either side of your head
3. Bend hips to lift upper body off floor towards knees



Image credit: The 42

Donkey Kicks:

1. On hands and knees, keep back flat and body straight in line
2. With a bent knee, lift one leg behind you
3. Repeat this with alternate leg movements



Image credit: Nrgetic

Side Lying Leg Raises:

1. Laying on side, place one arm directly under shoulder/head
2. Lift your leg straight up towards the sky
3. Repeat this movement for a set time and then swap to lay on the other side



Image credit: Muscle & Fitness

Jumping Jacks:

1. Jump to spread feet beyond hip width
2. Arms and hands go above the head to almost touch during jump
3. Return to start position and repeat



Image credit: Greatist

Superman:

1. Start on hands and knees
2. Slowly extend opposite arm and leg out and then bring back to start position
3. Keep core engaged



Image credit: Physio Pro

Heel Taps:

1. Lay on back with knees bent and feet flat on the floor
2. Engaging core, raise shoulders and head and reach hand to heels and alternate



Image credit: Parambodyfitmind

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

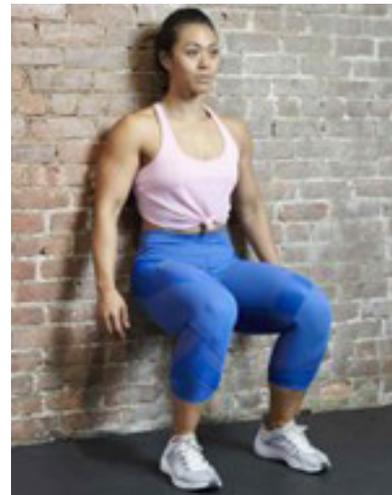


Image credit: Verywell Fit

Beginner 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 30 seconds to 45 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 30 seconds to 20 seconds).

Week 1

1. Squat - 45 seconds on, 30 seconds rest
2. Lunge - 45 seconds on, 30 seconds rest
3. Mountain climber - 45 seconds on, 30 seconds rest
4. Glute bridge - 45 seconds on, 30 seconds rest
5. Plank - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

Week 2

1. Wall press up - 45 seconds on, 30 seconds rest
2. Calf raises - 45 seconds on, 30 seconds rest
3. Sit up - 45 seconds on, 30 seconds rest
4. Donkey kicks (first leg) - 45 seconds on, 30 seconds rest
5. Donkey kicks (second leg) - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

Week 3

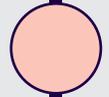
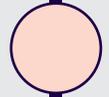
1. Jumping jacks - 45 seconds on, 30 seconds rest
2. Wall sit - 45 seconds on, 30 seconds rest
3. Superman - 45 seconds on, 30 seconds rest
4. Heel taps - 45 seconds on, 30 seconds rest
5. Side lying leg raises (first leg) - 45 seconds on, 30 seconds rest
6. Side lying leg raises (second leg) - 45 seconds on, 30 seconds rest
7. Repeat the above for two rounds

Week 4

1. Squat - 45 seconds on, 30 seconds rest
2. Lunge - 45 seconds on, 30 seconds rest
3. Mountain climber - 45 seconds on, 30 seconds rest
4. Glute bridge - 45 seconds on, 30 seconds rest
5. Plank - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

Week 5

1. Wall press up - 45 seconds on, 30 seconds rest
2. Calf raises - 45 seconds on, 30 seconds rest
3. Sit up - 45 seconds on, 30 seconds rest
4. Donkey kicks (first leg) - 45 seconds on, 30 seconds rest
5. Donkey kicks (second leg) - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds



Week 6

1. Squat - 45 seconds on, 30 seconds rest
2. Lunge - 45 seconds on, 30 seconds rest
3. Mountain climber - 45 seconds on, 30 seconds rest
4. Glute bridge - 45 seconds on, 30 seconds rest
5. Plank - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

Week 7

1. Jumping jacks - 45 seconds on, 30 seconds rest
2. Wall sit - 45 seconds on, 30 seconds rest
3. Superman - 45 seconds on, 30 seconds rest
4. Heel taps - 45 seconds on, 30 seconds rest
5. Side lying leg raises (first leg) - 45 seconds on, 30 seconds rest
6. Side lying leg raises (second leg) - 45 seconds on, 30 seconds rest
7. Repeat the above for two rounds

Week 8

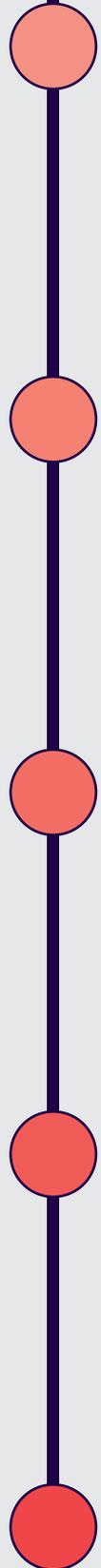
1. Wall press up - 45 seconds on, 30 seconds rest
2. Calf raises - 45 seconds on, 30 seconds rest
3. Sit up - 45 seconds on, 30 seconds rest
4. Donkey kicks (first leg) - 45 seconds on, 30 seconds rest
5. Donkey kicks (second leg) - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

Week 9

1. Squat - 45 seconds on, 30 seconds rest
2. Lunge - 45 seconds on, 30 seconds rest
3. Mountain climber - 45 seconds on, 30 seconds rest
4. Glute bridge - 45 seconds on, 30 seconds rest
5. Plank - 45 seconds on, 30 seconds rest
6. Repeat the above for two rounds

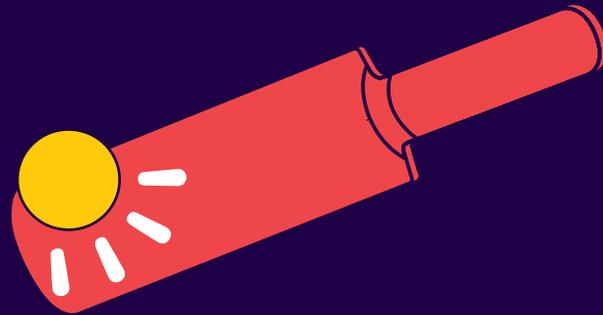
Week 10

1. Jumping jacks - 45 seconds on, 30 seconds rest
2. Wall sit - 45 seconds on, 30 seconds rest
3. Superman - 45 seconds on, 30 seconds rest
4. Heel taps - 45 seconds on, 30 seconds rest
5. Side lying leg raises (first leg) - 45 seconds on, 30 seconds rest
6. Side lying leg raises (second leg) - 45 seconds on, 30 seconds rest
7. 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 **Beginner 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 Intermediate S&C programme, available on the MCC Foundation website.

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