



FOUNDATION

STRENGTH & CONDITIONING

FOR

ADVANCED

MCC FOUNDATION STRENGTH & CONDITIONING PROGRAMME FOR BEGINNERS

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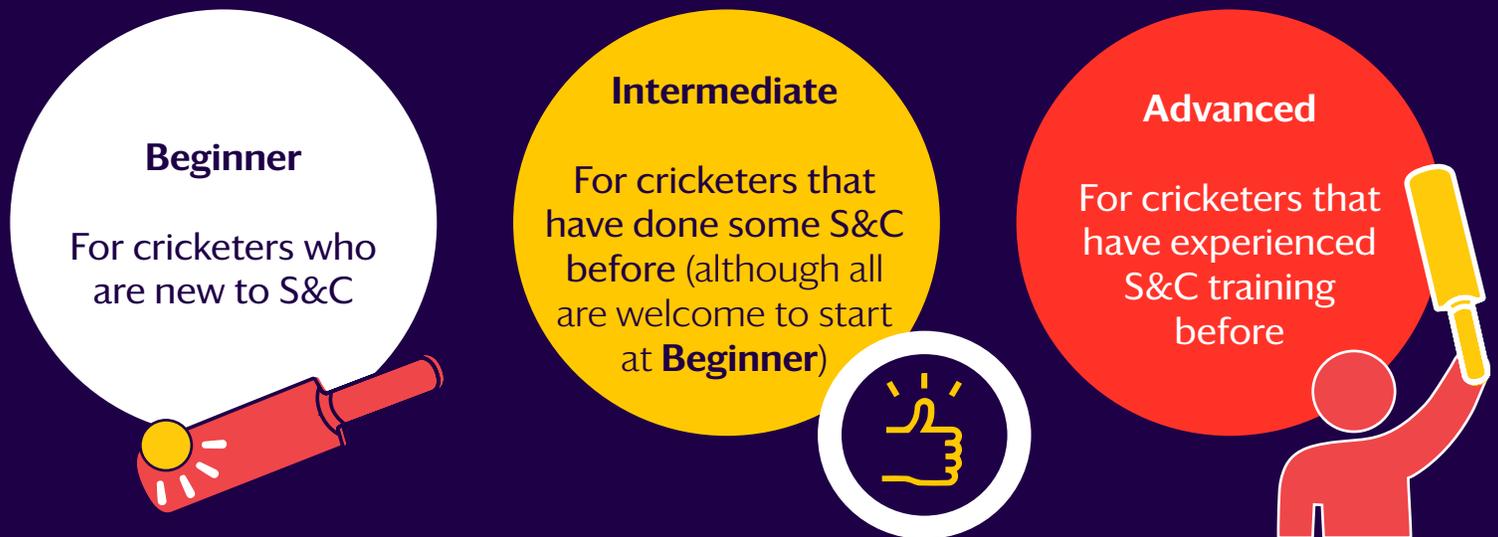
The content of this resource is intended to help and empower young cricketers on their fitness journeys. Any participants who use this S&C resource do so at their own risk. The MCC Foundation is not liable for any injuries and damages which may occur as a result of these exercises.

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

INTRODUCTION TO THE MCCF ADVANCED 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 **Advanced S&C** programme resource. If you find this programme too challenging, you should use the Beginner or Intermediate S&C programme to improve your fitness before returning to this programme. To access the Beginner or Intermediate 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 ADVANCED S&C PROGRAMME

Burpees:

1. Stand with feet shoulder width apart
2. Sit back into a squat dropping your legs behind you
3. Your chest should touch the floor, and your body in line before pushing up to the start position



Image credit: CrossFit, YouTube

Single Leg Calf Raises:

1. Stand on one leg with the free leg and ankle crossed over the other
2. Raise your heel off the floor and stand onto the balls of your feet
3. Slowly lower down and repeat on the other leg



Image credit: Jefit

Dead Bug:

1. Laying on your back lift your arms and bend your knees to 90 degrees in the air
2. Lower and extend one leg and the opposite arm to the floor keeping the other leg and arm in the air
3. Return to start position and repeat on the other arm and leg



Image credit: Bicycling

Squat Jump:

1. Stand with your feet shoulder width apart and hands on your hips
2. Bend your knees and sit into a squat position
3. Push through your heels to jump into the air and repeat



Image credit: Form & Fitness

Bear Crawls:

1. Start on your hands and knees, your wrists directly under your shoulders and knees lift off the floor at 90 degrees
2. Keep your back flat and crawl forwards keeping your knees off the floor
3. Try to stay low to the ground



Image credit: American Council on Exercise

Up Down Plank:

1. Start in plank position with your hands under your shoulders, back neutral and feet hip width apart
2. Bend your arms individually so your forearms are flat on the floor
3. Push up to the start position and repeat



Image credit: Popsugar fitness

Tricep Dips:

1. Place your hands behind you flat on a raised surface, fingers facing forwards
2. Extend your legs out in front of you and straighten your arms
3. Lower your body down so your elbows bend to 90 degrees before pushing up to the start position and repeating



Image credit: Verywell Fit

Wall Sit:

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

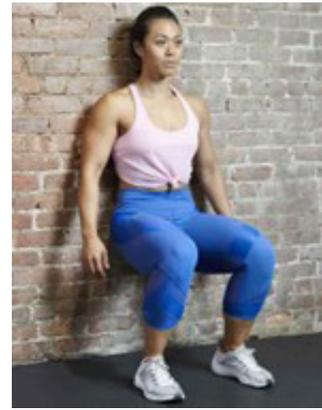


Image credit: Verywell Fit

Speed Skaters:

1. Lean slightly forwards
2. Jump from one foot to the other, bringing one arm in front of you and one foot off the floor behind you



Image credit: Runtastic

Squat Thrust:

1. Stand in a plank position with your feet shoulder width apart
2. Jump both feet backwards and into a push up position
3. Jump back into the start position and repeat



Image credit: Total Workout Fitness

Flutter Kicks:

1. Lay on your back with your hands flat under your bottom
2. Lift your legs and kick one leg and the other (like you are swimming)



Image credit: Crafty House

Leaning Camel:

1. Start on your knees with your feet and toes tucked under
2. Your knees should be vertical to the floor and slightly in front of your chest
3. Lean forwards and backwards to work your core



Image credit: Livestrong

Lunge Kick:

1. Start standing and take a step back into a lunge
2. On returning to the start position, kick your back leg out in front
3. Repeat on the other leg

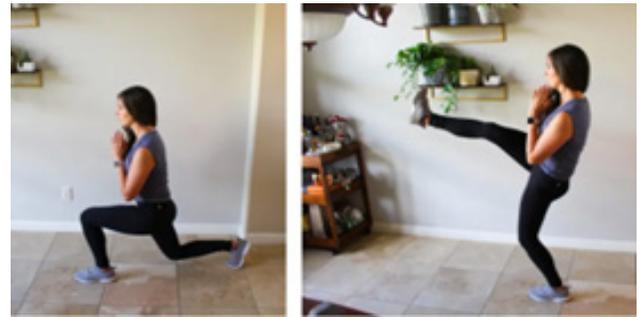


Image credit: The Fitnessista

Romanian Deadlift:

1. Stand with your feet shoulder width apart and a slight soft bend to the knees
2. Push your hips back and hinge down keeping your legs straight, before returning to the start position
3. Arms should almost brush shins when going down



Image credit: Coach Tim Danchak, YouTube

Press Up:

1. Start with your legs extended backwards, spine neutral with your hands stacked directly under your shoulders
2. Start bending your elbows to lower your chest towards the floor
3. Push back up to the start position and repeat



Image credit: Athletico

Ski Abs:

1. Start in a traditional press up position with your hands slightly wider than shoulder width
2. Bend your knees, jumping both feet inwards towards one elbow
3. Repeat, swapping sides each time



Image credit: Flab Fix

Side Plank:

1. Lay on your side with your body straight
2. Place your forearm flat on the floor lifting your weight off the floor
3. Balance your body between one foot on the floor and your arm and hold the position
4. Repeat on both sides



Image credit: Hinge Health

Bird Dogs:

1. Start on your hands and knees, hands under shoulders and knees under hips
2. Extend one leg and the opposite arm out, keeping your body still and balanced
3. Return to start position and repeat on the other side



Image credit: Life Time

Frog Bridge:

1. Lay on your back with bending your arms and knees
2. The soles of your feet should touch and your legs fall open
3. Lift your bottom off the floor into a bridge and lower back down before returning to the start position



Image credit: Rehab Hero

Jumping Split Lunge:

1. Start standing and take a step back into a lunge position
2. Jump into the air changing legs as you land
3. Your opposite leg should now be in the lunge position, repeat by alternating legs



Image credit: Tripboba

Advanced 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. Burpees - 45 seconds on, 20 seconds rest
2. Single leg calf raises - 45 seconds on, 20 seconds rest
3. Dead bug - 45 seconds on, 20 seconds rest
4. Squat jumps - 45 seconds on, 20 seconds rest
5. Bear crawls - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

Week 2

1. Side plank (first side) - 45 seconds on, 20 seconds rest
2. Side plank (second side) - 45 seconds on, 20 seconds rest
3. Bird dogs - 45 seconds on, 20 seconds rest
4. Frog bridge - 45 seconds on, 20 seconds rest
5. Jumping split lunge - 45 seconds on, 20 seconds rest
6. Press up - 45 seconds on, 20 seconds rest
7. Repeat the above for three rounds

Week 3

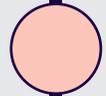
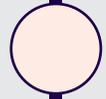
1. Up down plank - 45 seconds on, 20 seconds rest
2. Tricep dips - 45 seconds on, 20 seconds rest
3. Wall sit - 45 seconds on, 20 seconds rest
4. Speed skaters - 45 seconds on, 20 seconds rest
5. Squat thrust - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

Week 4

1. Flutter kicks - 45 seconds on, 20 seconds rest
2. Leaning camel - 45 seconds on, 20 seconds rest
3. Lunge kick - 45 seconds on, 20 seconds rest
4. Romanian deadlift - 45 seconds on, 20 seconds rest
5. Ski abs - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

Week 5

1. Burpees - 45 seconds on, 20 seconds rest
2. Single leg calf raises - 45 seconds on, 20 seconds rest
3. Dead bug - 45 seconds on, 20 seconds rest
4. Squat jumps - 45 seconds on, 20 seconds rest
5. Bear crawls - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds



Week 6

1. Up down plank - 45 seconds on, 20 seconds rest
2. Tricep dips - 45 seconds on, 20 seconds rest
3. Wall sit - 45 seconds on, 20 seconds rest
4. Speed skaters - 45 seconds on, 20 seconds rest
5. Squat thrust - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

Week 7

1. Flutter kicks - 45 seconds on, 20 seconds rest
2. Leaning camel - 45 seconds on, 20 seconds rest
3. Lunge kick - 45 seconds on, 20 seconds rest
4. Romanian deadlift - 45 seconds on, 20 seconds rest
5. Ski abs - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

Week 8

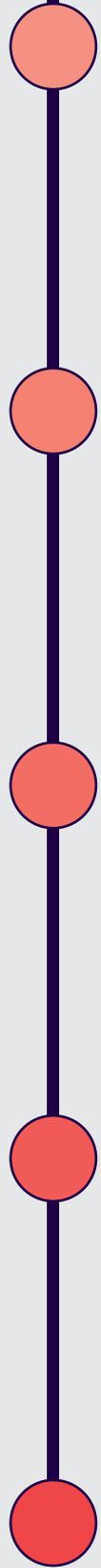
1. Side plank (first side) - 45 seconds on, 20 seconds rest
2. Side plank (second side) - 45 seconds on, 20 seconds rest
3. Bird dogs - 45 seconds on, 20 seconds rest
4. Frog bridge - 45 seconds on, 20 seconds rest
5. Jumping split lunge - 45 seconds on, 20 seconds rest
6. Press up - 45 seconds on, 20 seconds rest
7. Repeat the above for three rounds

Week 9

1. Flutter kicks - 45 seconds on, 20 seconds rest
2. Leaning camel - 45 seconds on, 20 seconds rest
3. Lunge kick - 45 seconds on, 20 seconds rest
4. Romanian deadlift - 45 seconds on, 20 seconds rest
5. Ski abs - 45 seconds on, 20 seconds rest
6. Repeat the above for three rounds

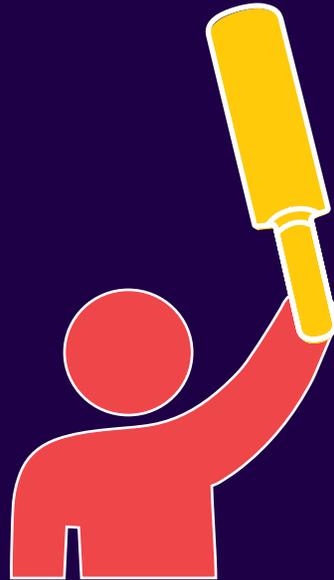
Week 10

1. Up down plank - 45 seconds on, 20 seconds rest
2. Tricep dips - 45 seconds on, 20 seconds rest
3. Wall sit - 45 seconds on, 20 seconds rest
4. Speed skaters - 45 seconds on, 20 seconds rest
5. Squat thrust - 45 seconds on, 20 seconds rest
6. Repeat the above for three 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 **Advanced 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 could complete this programme again and make it more challenging through increasing the number of rounds you complete or decreasing rest time.



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