



## Wicked Wednesday - Program for Developing Aerobic Capacity

For netballers with little or no conditioning background

Week #	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1		W20		W20		W20	
2	W20	W20		W20	W10	W20	
3		W20		W20		W15 R5	
4	W20	W20 R5		W15 R5		W15 R5	
5	W5 R5	W15 R10		W15 R5		W15 R5	
6	W5 R5	W20 R5		W15 R5		W20 R5	
7	W5 R5	W20 R5	W10 R10		W10 R10		W15 R10
8	W15 R 5	W20 R10		W20 R10		W20 R10	
9	W10 R10	W15 R15		W20 R10		W15 R15	
10	W10 R10	W10 R20		W15 R15		W10 R20	
11	W5 R15	W5 R25		W10 R20	W5 R25		W10 R10
12	W5 R25		R30	W5 R15	R30		W5 R15

W = WALK

R = RUN

NUMBERS = Minutes (eg R5 = Run 5 Minutes)