

**DEPARTMENT OF PHYSICAL EDUCATION  
NATIONAL INSTITUTE OF TECHNOLOGY ANDHRA PRADESH**

**CRICKET-FITNESS MONTHLY TRAINING SCHEDULE**

**MORNING SESSION:**

<b>DAY</b>	<b>6:25-6:40AM</b>	<b>6:40-7:05AM</b>	<b>7:10 -7:40 AM</b>	<b>7:40 -7:50 AM</b>
<p><b><u>Day -1</u></b> Monday <b>ENDURANCE</b> Intensity 40-60</p>	<p>15 M <b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M <b><u>Endurance</u></b></p> <ul style="list-style-type: none"> <li>• Continues run for improve Cardiac Endurance capacity of the players</li> <li>• Specific Fitness Related Work Outs Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> <li>• Check each player pulse (<b>post workout</b>)</li> </ul>	<p>30 M <b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M Evaluation &amp; Group Discussion Break Off</p>
<p><b><u>Day -2</u></b> Tuesday <b>SPEED</b> Intensity 50-70</p>	<p>15 M <b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M <b><u>Speed</u></b></p> <ul style="list-style-type: none"> <li>• Speed work outs flying starts,</li> <li>• variations of starts 5 repetitions for improvement of speed of the players</li> <li>• Specific Fitness Related Work Outs</li> <li>• Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p>30 M <b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M Evaluation &amp; Group Discussion Break Off</p>

<p><b><u>Day -3</u></b></p> <p>Wednesday <b>STRENGTH ENDURANCE</b> Intensity 40-60</p>	<p>15 M</p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M</p> <p><b><u>Strength</u></b></p> <ul style="list-style-type: none"> <li>• Strength endurance workouts for</li> <li>• Upper body push ups, calisthenics.</li> <li>• Core for crunches lower crunches</li> <li>• Sit ups Planks</li> <li>• Lower body for squats Half squats</li> <li>• Burpee jumps Each one 3 repetitions for improvement of strength endurance of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p>30 M</p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M</p> <p>Evaluation &amp; Group Discussion Break Off</p>
<p><b><u>Day-4</u></b></p> <p>Thursday <b>AGILITY</b> Intensity 50-60</p>	<p>15 M</p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M</p> <p><b><u>Agility</u></b></p> <ul style="list-style-type: none"> <li>• Speed work outs with quick movement change directions, Shuttle runs,</li> <li>• Zig zag runs between cones starts 5 repetitions for improvement of agility of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p>30 M</p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M</p> <p>Evaluation &amp; Group Discussion Break Off</p>

<p><b><u>Day -5</u></b></p> <p>Friday <b>FLEXIBILITY</b> Intensity 20-30</p>	<p>15 M</p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M</p> <p><b><u>Flexibility</u></b></p> <ul style="list-style-type: none"> <li>• Stretching for total body major muscles (pectorals major and minor, abdominal and oblique</li> <li>• Latissimus, hamstring Quadriceps</li> <li>• Calf stretching workouts for improvement of flexibility of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p>30 M</p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M</p> <p>Evaluation &amp; Group Discussion Break Off</p>
<p><b><u>Day-6</u></b></p> <p>Saturday <b>SPEED &amp; STRENGTH</b> Intensity 50-70</p>	<p>15 M</p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p>25 M</p> <p><b><u>Speed and strength</u></b></p> <ul style="list-style-type: none"> <li>• Speed work outs flying starts, specific strength variations of 5 repetitions for improvement of speed and strength of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p>30 M</p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p>10 M</p> <p>Evaluation &amp; Group Discussion Break Off</p>

**EVENING SESSION:**

<b>DAY</b>	<b>4:30 – 4:45 PM</b>	<b>4:45 - 5:45 PM</b>	<b>5:45 -6:00 PM</b>	<b>6:00 – 6:20 PM</b>
<b>MON to SAT</b>	Warm Up (jogging & Stretching Exercises)	Practice on Skill Development (Batting, Bowling & Fielding)	Cool Down Limbering Down Stretching Exercise	Evaluation Group Discussion Team Meeting

**MORNING SESSION:**

<b>DAY</b>	<b>6:25-6:40AM</b>	<b>6:40-7:05AM</b>	<b>7:10 -7:40 AM</b>	<b>7:40 -7:50 AM</b>
<p><u><b>Day -1</b></u></p> <p>Monday <b>ENDURANCE</b> Intensity 140-160</p>	<p><b>15 M</b></p> <p><u><b>Warming Up</b></u> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><u><b>Endurance</b></u></p> <ul style="list-style-type: none"> <li>• Continues run for improve Cardiac Endurance capacity of the players</li> <li>• Specific Fitness Related Work Outs Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> <li>• Check each player pulse (<b>post workout</b>)</li> </ul>	<p><b>30 M</b></p> <p><u><b>Skill Development</b></u> <u><b>Game play</b></u></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>
<p><u><b>Day -2</b></u></p> <p>Tuesday <b>SPEED</b> Intensity 160-180</p>	<p><b>15 M</b></p> <p><u><b>Warming Up</b></u> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><u><b>Speed</b></u></p> <ul style="list-style-type: none"> <li>• <b>sprint 50 meters 3 Reps</b> – walk/jog 50 meters</li> <li>• <b>sprint 100 meters 3 reps</b> – walk/jog 100 meters</li> <li>• <b>sprint 200 meters 3 reps</b> – walk/jog 200 meters</li> <li>• <b>3m rest between 3 reps</b></li> </ul>	<p><b>30 M</b></p> <p><u><b>Skill Development</b></u> <u><b>Game play</b></u></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>

<p><b><u>Day -3</u></b></p> <p>Wednesday <b>STRENGTH ENDURANCE</b> Intensity 140-160</p>	<p><b>15 M</b></p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><b><u>Strength circuit training</u></b></p> <ul style="list-style-type: none"> <li>• push ups sets 3 reps 10-15 rest 45 secs</li> <li>• diamond press ups sets 3 reps 8-10 rest 60 secs</li> <li>• sit ups sets 3 reps 15-20 rest 60secs</li> <li>• plank sets 3 counts 30 rest 45 secs</li> <li>• squat position 3 counts 30 rest 45 secs</li> </ul>	<p><b>30 M</b></p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>
<p><b><u>Day-4</u></b></p> <p>Thursday <b>AGILITY</b> Intensity 160-180</p>	<p><b>15 M</b></p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><b><u>Agility</u></b></p> <ul style="list-style-type: none"> <li>• ladder drills</li> <li>• change the direction</li> <li>• Zig zag runs between cones starts 5 repetitions for improvement of agility of the players</li> <li>• Specific Fitness Related Work Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p><b>30 M</b></p> <p><b><u>Skill Development</u></b> <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their Batting skills Bowling skills Fielding skills Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>

<p><b><u>Day -5</u></b></p> <p>Friday  <b>FLEXIBILITY</b>  Intensity  120-130</p>	<p><b>15 M</b></p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><b><u>Flexibility</u></b>  <b><u>Whole body stretching</u></b></p> <ul style="list-style-type: none"> <li>• Stretching for total body major muscles (pectorals major and minor, abdominal and oblique</li> <li>• Latissimus, hamstring Quadriceps</li> <li>• Calf stretching workouts for improvement of flexibility of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p><b>30 M</b></p> <p><b><u>Skill Development</u></b>  <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their  Batting skills Bowling skills  Fielding skills  Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>
<p><b><u>Day-6</u></b></p> <p>Saturday  <b>SPEED &amp; STRENGTH</b>  Intensity  170-190</p>	<p><b>15 M</b></p> <p><b><u>Warming Up</u></b> to Students for Specific Workouts</p> <p>Jogging, Jumping, Hopping, Mobility, Rotational Exercises</p>	<p><b>25 M</b></p> <p><b><u>Speed and strength</u></b></p> <ul style="list-style-type: none"> <li>• Speed work outs flying starts, specific strength variations of 5 repetitions for improvement of speed and strength of the players</li> <li>• Specific Fitness Related Work</li> <li>• Outs &amp; Body Relaxation</li> <li>• Stretching Exercises Cool Down.</li> </ul>	<p><b>30 M</b></p> <p><b><u>Skill Development</u></b>  <b><u>Game play</u></b></p> <p>Game play 30 minutes show them their  Batting skills Bowling skills  Fielding skills  Limbering down.</p>	<p><b>10 M</b></p> <p>Evaluation &amp; Group Discussion Break Off</p>