

Table Tennis Session Plan

Name:	Table Tennis Team	Age	N/A
Aims:	Full Body Hypertrophy & Toning		
Date:	31st March 2021		
Trainers:	Paul Johnson and Cullen Angus		

Comments

Tempo: = Seconds Down, = Seconds Bottom Pause, = Seconds Up, = Seconds Top Pause.
 Example: 3120 = 3s down, 1s pause at bottom, 2s up, 0s pause at top.

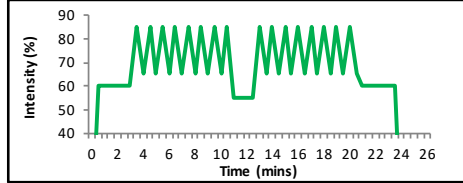
Es = Each Side

Warm up

Raise:	3 minute pulse raise. 6x30 sec intervals. Progress RPE from 3-6. Jogging > Jumping Jack > Spotty Dogs > Hip Twists > Skaters > Jogging w/ Punches.	Activate:	1x20 = Squats. Lunge with Twist. Side Lunge
Mobilise:	Dynamic Stretches 1x10 = Leg Swings Forward & Back/Left & Right, Trunk Rotations, Arm Cross Overs, Overhead Arm Swings.	Potentiate:	N/A

Cardiovascular Training

Type:	Intermittent	
Method:	HIIT	
Mode:		
Phase:	Work	Rest
Time (sec):	20	20
Intensity (%HRM):	80-90%	50-60%
Target HR (from HRM)	N/A	N/A
Repetitions of W:R	8	



Notes on progressing CV over 4 weeks

HIIT training will progressed weekly by reducing rest periods while maintaining work duration and intensity.

Left is an example of how interval intensities might look.

Resistance training

Exercise	Week 1 - Session 1					Week 2 - Session 1					Week 3 - Session 1					Week 4 - Session 1				
	Sets	Reps	Load	Rest	Tempo	Sets	Reps	Load	Rest	Tempo	Sets	Reps	Load	Rest	Tempo	Sets	Reps	Load	Rest	Tempo
Side Lying Leg Raises	3	10es	BW	30	3030	3	12es	BW	30	3030	3	14es	BW	30	3030	2	14es	BW	30	3030
Side Bridges	3	10es	BW	30	1012	3	12es	BW	30	1012	3	14es	BW	30	1012	2	14es	BW	30	1012
Single Leg Bridges	3	10es	BW	30	2020	3	12es	BW	30	2020	3	14es	BW	30	2020	2	14es	BW	30	2020
Windmills	3	10es	BW	30	3010	3	12es	BW	30	3010	3	14es	BW	30	3010	2	14es	BW	30	3010
Side Lunge	3	10es	BW	30	N/A	3	12es	BW	30	N/A	3	14es	BW	30	N/A	2	14es	BW	30	N/A
Split Squat	3	10es	BW	30	2020	3	12es	BW	30	2020	3	14es	BW	30	2020	2	14es	BW	30	2020
Press Up	3	10	BW	60	2020	3	12	BW	60	2020	3	14	BW	60	2020	2	14	BW	60	2020
Dips	3	10	BW	60	2020	3	12	BW	60	2020	3	14	BW	60	2020	2	14	BW	60	2020
Russian Twists	3	10	BW	60	N/A	3	12	BW	60	N/A	3	14	BW	60	N/A	2	14	BW	60	N/A
Plank w/ Kick Through	3	10	BW	60	N/A	3	12	BW	60	N/A	3	14	BW	60	N/A	2	14	BW	60	N/A

HIIT training

Exercise	Week 1 - Session 2			Week 2 - Session 2			Week 3 - Session 2			Week 4 - Session 2		
	Wprk	Rest	Protocol	Wprk	Rest	Protocol	Wprk	Rest	Protocol	Wprk	Rest	Protocol
Side Shuffles	20s	20s	All 8 exercises = 1 round.	20s	15s	All 8 exercises = 1 round.	20s	10s	All 8 exercises = 1 round.	20s	10s	All 8 exercises = 1 round.
Mountain Climbers	20s	20s		20s	15s		20s	10s		20s	10s	
Skaters	20s	20s		20s	15s		20s	10s		20s	10s	
Bear Crawls (Forward/Back)	20s	20s		20s	15s		20s	10s		20s	10s	
Side Shuffles	20s	20s	1 min rest after each round	20s	15s	1 min rest after each round	20s	10s	1 min rest after each round	20s	10s	1 min rest after each round
Mountain Climbers	20s	20s		20s	15s		20s	10s		20s	10s	
Skaters	20s	20s		20s	15s		20s	10s		20s	10s	
Bear Crawls (Forward/Back)	20s	20s		20s	15s		20s	10s		20s	10s	
Side Shuffles	20s	20s	Complete 2-3 dounds	20s	15s	Complete 2-3 dounds	20s	10s	Complete 2-3 dounds	20s	10s	Complete 3-5 dounds
Mountain Climbers	20s	20s		20s	15s		20s	10s		20s	10s	
Skaters	20s	20s		20s	15s		20s	10s		20s	10s	
Bear Crawls (Forward/Back)	20s	20s		20s	15s		20s	10s		20s	10s	