



## Sample Sessions

A typical SquashFit programme consists of 60 minutes of medium to high intensity activity. Each session consists of three broad phases made up of:

- 5-10 minutes warm-up
- 30-50 minutes fitness and skills circuit rotations
- 5-10 minutes cool-down



Sessions can be structured in different ways. Set up the circuit order so that the participants alternate between skill and fitness exercises. It is important to vary the stations so that players develop all areas of their game.

	Session 1	Session 2	Session 3	Session 4	Session 5
Circuit time	40 minutes.	60 minutes.	40 minutes.	40 minutes.	44 minutes.
Stations	Four skill and four exercise.	Four skill and four exercise.	Four skill and four exercise.	Four skill and four exercise.	Three skill and 6 exercise.
Station duration	Two minutes <ul style="list-style-type: none"> <li>• 45 seconds on</li> <li>• 15 seconds off</li> <li>• 45 seconds on</li> <li>• 15 seconds change to next</li> </ul>	Two minutes <ul style="list-style-type: none"> <li>• 45 seconds on</li> <li>• 15 seconds off</li> <li>• 45 seconds on</li> <li>• 15 seconds change to next</li> </ul>	One minute <ul style="list-style-type: none"> <li>• 50 seconds on</li> <li>• 10 seconds change to next</li> </ul>	Two minutes <ul style="list-style-type: none"> <li>• 90 seconds on</li> <li>• 30 seconds change to next</li> </ul>	Two minutes <ul style="list-style-type: none"> <li>• 45 seconds on</li> <li>• 15 seconds off</li> <li>• 45 seconds on</li> <li>• 15 seconds change to next</li> </ul>
Number of circuits	Two.	Three.	Four.	Two.	Two.
Rest periods	Two minutes between the two circuits.	Two minutes between the two circuits.	Two minutes after each circuit.	Two minutes between circuits.	Two minutes after each circuit.