

Summer Fitness Ideas

Summer weather and school holidays are a great time to get outdoors to work on our fitness and strength for the 2019 netball season. Although with holiday travel and Christmas celebrations many of us struggle to know what to do and how often.

Check out some top tips for summer netball preparation:

Tip One: Variation

Try to avoid only playing netball over the summer. Mixing up your summer sports and activities allows you to develop and strengthen other skill sets, this will not only reduce your risk of injuries, mentally refresh you but also make you a more dynamic netball player.

Aim for 3-4 x 30-60min aerobic activities per week (these should be hard enough that you are sweating and find yourself breathing much harder than usual).

Why not try a summer fun run, or get a team of friends together and compete in a triathlon race. Some other ideas could be:

Tennis	Backyard Cricket	Touch Rugby
Surfing	Hiking	Beach Volleyball
Surf life saving	Swimming	Surfing
Bike rides	Kayaking	Stair running
Athletics	Badminton	Paddle boarding

Tip Two: Core is key

Developing a strong core (abdominals) is essential for strong netball performances and can even aid in injury prevention.

Aim for 1-2 x 20min core work outs per week. [Netball Smart Core Control and Stability.](#)

Tip Three: Be Sunsmart

Try to exercise early in the morning or in the evening hours to avoid peak UV times. If you are out in sun between 10am-3pm make sure you are being sunsmart with sunscreen, hats and where possible in the shade. Sun burn is not only a cancer risk but will dehydrate you. Dehydration has a negative effect on your physical performance. Keep 2-3 water bottles in the fridge so you always have some chilled water at the ready to support good hydration. Try adding some fresh mint or lemon slices for extra flavour.

“I am a massive believer in moving your body in different ways from your ‘chosen sport’! Use the out of season time to explore new sports or activities that challenge you and builds not only your movement bank (physical resilience) but also challenges your mind to think in new ways. All will cross over to make you a better athlete for your chosen sport.” **Anna Harrison former silver fern and international beach volleyball competitor.**

