

# TRAINING GUIDE

## Healthy Guide to Eating, Exercising & Training

This guide was kindly created by the experienced team at GIANTS Netball.  
Any advice taken should be in consultation with your doctor.

### TWO-WEEK PREP PLAN

#### MONDAY

10 – 15 min easy spin on a stationary bike or walk

#### TUESDAY

Rest or go for a walk

#### WEDNESDAY

15–20 min bike and light strength (squats, lunges or similar)

#### THURSDAY

Rest

#### FRIDAY

20 min ride or walk with short bursts  
*30 sec faster pace*

#### SATURDAY

Optional ride or light stretching

#### SUNDAY

Optional ride or light stretching

#### TOP TIPS

- Focus on good posture while riding
- Increase time or resistance gradually
- Mix in body weight training to support leg strength and endurance

#### Remember:

Even 10–20 mins a few times a week can help improve fitness and confidence.

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### DURING THE RIDE

Keep a **water bottle** handy

**Listen to your body** – ride at a pace that suits you

Stretch your arms, shoulders and legs **before & after**

### HEALTHY HABITS

Eat **whole foods**:  
veggies, fruit, lean protein & wholegrains

**Move** every day – even a walk counts!

Prioritise **sleep and hydration**

#### Remember:

A little preparation goes a long way.

Make sure you fuel right, train smart and ride strong



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### PRE RIDE NUTRITION

#### LIGHT AND ENERGISING IS KEY

- Banana with peanut butter
- Smoothie with oats & fruit
- Muesli bar or handful of trail mix
- Hard-boiled egg & crackers
- Rice cakes with hummus or cottage cheese
- Water, water, water

30 -60  
minutes  
before your  
ride

### POST RIDE RECOVERY

#### SUPPORT YOUR BODY WITH:

- A small protein + carb snack:
  - Boiled egg & toast
  - Yogurt & granola
  - Lean wrap
- Chicken & salad sandwich
- Toasted cheese & tomato sandwich
- Water, water, water

