

TRAINING GUIDE

Healthy Guide to Eating, Exercising & Training

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

SUNDAY

Optional ride or
light stretching

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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

NUTRITION PLAN

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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



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