



RETURN TO TRAINING

50 | 30 | 20 | 10 RULE

Progressive reduction in uppermost planned training volume.



TIMING

Allow 5 weeks before commencing competition



WARM UP

Structured dynamic warm up 20 mins.
Allow for social distance.

1 WEEK

REINTEGRATION

50% ↓ uppermost planned training volume.
2-3 d/wk; < 60 mins; RPE 6/10;
X contact & competitive work
Plyos Level 1/2; Rec Pts: 8/d

2 WEEK

RETURNING TO TRAINING

30% ↓ uppermost planned training volume.
3-4 d/wk; 60-75 mins; RPE 7/10;
↓ Contact & Competitive
↓ Deceleration
≤ 20% session time;
Plyos Level 2/3; Rec Pts: 10/d

3-4 WEEK

RETURNING TO TRAINING

20% ↓ uppermost planned training volume.
4-6 d/wk; < 75 mins; RPE 8/10;
↕ Contact & Competitive
↕ 25% session time;
Plyos Level 3/4;
Rec Pts: 10-12/d

5 WEEK

RETURNING TO PLAY

10% ↓ uppermost planned training volume.
4-6 d/wk; < 75 mins; RPE 8/10;
↑ Contact & Competitive
↑ Deceleration
≤ 30% session time;
Plyos Level 4/5; Rec Pts: 12/d

SPRINTING

Inclusive of acceleration and change of direction drills.
Wk 1: Dist. total ≤ 200 m.
Wk 2: 220 m. Wk 3-5: 240 m.
1:4 work to rest ratio

STRENGTH TRAINING

Frequency: Wk 1-3: 2/wk.
4-6 exercises, 3x 12 reps, 65%RM.
Wk 3-5: 2-3/wk. 3-5 exercises,
5x 8 reps, 70%RM.

PLYOMETRICS

Jump landing focus.
Wk 1: 40-60 reps.
Wk 2: 60-70 reps.
Wk 3-4: 70-80 reps.
Wk 5: 80-100 reps.
1:4 work to rest ratio



@basketballnz

Infographic Contributors
Dr Stephen Bird, Senior Advisor BBNZ High Performance
Michael Donaghy, Exercise & Sports Scientist
Infographic Design
Koheed Creative