

UK-Racketball Training

Fitness Training Bolt-ons

“It’s quite important to feel this disappointment and pain”

Daniel Farke



Physical Focus: Working on speed and endurance. Special target on building anaerobic system through interval training.

Bolt-on 1 Court Sprints, Side Ghosts, Press-ups

Exercise to be done continuously before the 30 second break. Use your racket for the side ghosts.

- 10 court sprints
- 10 side ghosts
- 10 press ups
- 30 seconds break

Bolt-on 2 Fast Court Sprints

Great anaerobic work out.

- 8 court sprints
- 10 seconds break

Bolt-on 3

- 1 minute on court sprints
- 1 minute or 40 seconds break



Bolt-on 4 – Build up running widths

Players start on the side wall. You have one minute to run widths.

Everyone starts on the same number. For example 14, once you have completed your run of 14 you can rest for the remainder of the minute. The faster that you complete the run the more time that you have to rest.

Set number two starts at 2 runs higher than the previous set. Rest time will continue to decrease as you increase the number of runs. Players drop out at their own level. Push mentally, make sure that it is a physical and not a mental fail.

Bolt on 5 - A mile of court sprints – 148 - Test of mental strength and character