WSF Coaching Conference
Kuala Lumpur, February 2016
Colin White: About me

• Age: 45, Dad to a 5 months old Baby (Patrick)
• Playing - 36 years / Coaching - 28 years
• WSF Level 1 Tutor and Level 2 Hopefully 😊
• ESF Level 1, Level 2 and Level 3 Tutor
• Coach to Mark Krajcsak (PSA No.37) 12 x Hungarian Champion
• Austrian National Men's Coach 2013-15
• Spinning Instructor, qualified New York 2011
• TRX Instructor, qualified Bermuda 2011
What is Squash Sanity?
Why would you use Squash Sanity?

• Improve things like Agility, Balance, Core and Speed, while working with an increased heart rate. Facts on typical heart rate?

• Works the whole body.

• Able to train physically and mentally in a group setting.

• Training with music has been shown to lift performance by 6%.
Circuit training
Saturday, Sep 19, 2015 17:52 | Polar V800

00:27:27
Duration

Demanding
Training Load
Load from this session 17 hours

160 bpm
Average heart rate
Max 218 | Min 119

415 kcal
Calories

Maximum and Tempo training

Heart rate zones

<table>
<thead>
<tr>
<th>Zone</th>
<th>Percentage</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>54%</td>
<td>00:12:15</td>
</tr>
<tr>
<td>4</td>
<td>31%</td>
<td>00:07:07</td>
</tr>
<tr>
<td>3</td>
<td>14%</td>
<td>00:03:11</td>
</tr>
<tr>
<td>2</td>
<td>1%</td>
<td>00:00:10</td>
</tr>
<tr>
<td>1</td>
<td>0%</td>
<td>00:00:00</td>
</tr>
</tbody>
</table>
When would you use Squash Sanity?

• Suitable for all levels and skills.
• Plan can be adjusted depending on Area of Focus.
• This is HIIT (High Intensity Interval Training), a quality session completed once or sometimes twice per week.
• Can be combined after a court session.
• Can be done anywhere, with very little equipment.
This is how we do Squash Sanity!
Squash Sanity In Action

• Example Plan:
  • Movement Preparation: Dynamic: Prepare the body!  > 5 minutes
  • Game Preparation 1: Pass information and motivate!  > 90secs
  • Set 1:  > 6-10 minutes
  • Game Preparation 2: Pass information and motivate!  > 90secs
  • Set 2:  > 6-10 minutes
  • Game Preparation 3 : Pass information and motivate!  > 90secs
  • Set 3:  > 6-10 minutes
  • Cool Down: Dicuss the session and stretch:  > 10 minutes

• In total: 30-50 minutes depending on level, how many sets and area of focus.
Back-ups
Conclusion 1:

• Squash Training can be a lonely experience, this lets Groups/Teams work together in a Squash Specific way! With their own specific targets. > It is FUN! 😊

• Easy to adapt to all levels and areas of focus. > FOCUSED!

• Squash Sanity works the whole body, it’s hard, but as a group, you can push/motivate each other, hopefully while listening to some good tunes! > MOTIVATING!

• You can discuss tactics, mindset, game management > INTERACTIVE!
Conclusion 2:

• I have used Squash Sanity with elite players over the last three years with positive feedback.

• You can adjust the „work- rest” ratio; mix it up, use some equipment and use your imagination!

• You can use the app; Seconds Pro to set the layout, including exercises or score.

• Many clubs are multifunctional centers, with Aerobic Rooms or space, but how many run Squash Specific Fitness Sessions? A new income source? New players?
Questions ?
Patrick says thank you for trying his Squash Sanity Session! 😊 Let’s go to the Courts!
Extra Information One:

- Exercise layout: For this session I used the following concept for each set:

- Exercise One: Agility

- Exercise Two: Leg Work

- Exercise Three: Upper Body

- Exercise Four: Whole Body/Cardio

- * Example your focus could be Leg Work, so you could put two leg exercises back to back.

- * All information included in this presentation is from Colin White, Squash Sanity.