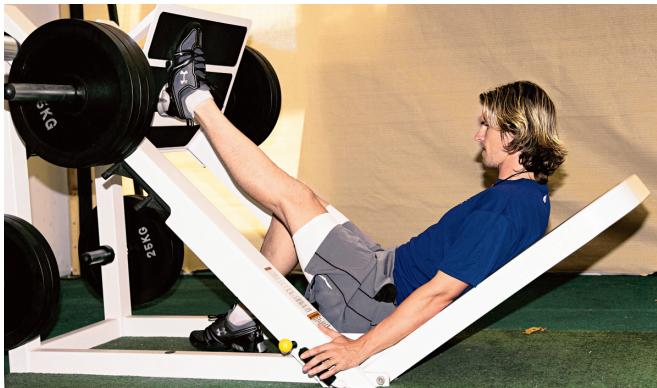


## STRENGTH

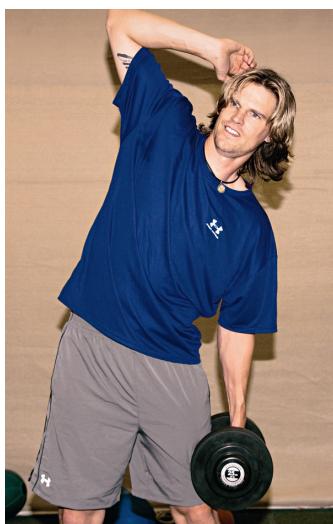
**LEG PRESS** I use the two-legged one to get it going, then go into a one-leg. I had the knee op six months ago, so I'm trying to get leg strength and movement. When you do two-legged you can find that one leg does more work. So with individual legs, I make sure each is doing the whole work. It's 120-160kg for one leg, pushing between 12-15 reps for four to five sets. In sport, sometimes you have to take half a step backwards to take two steps forward. When you're trying to get an extra yard of pace, you go through all the power stuff and you start thinking it doesn't feel right, but you stay with it, and eventually you see the returns. It's just about fine-tuning what you've got and developing your talents.



**PRONE HOLD** The same as the side-prone hold. We look at a minute hold and just try to get it all going. There are variations you can do: lifting legs, lifting an arm – it's just how far you want to progress it. Keep a flat back. I have my legs about shoulder-width apart – it's easier for balance; it puts you in a stable position.

**SIDE PRONE HOLD** We use this as a strength exercise. It's really important for your core, which protects your back. We have a lot of impact bowling through the sides, so it's about getting both sides strong. We also use this as part of our after-match testing system to test fatigue – if you've got any damage, you're going to feel the pain.

## POWER



**PULL-UPS** For upper backs and shoulders. You can do these slower for side-building, but we use them to get explosive power and movement. It's about making it realistic to the things we actually do. Do shorter, sharper numbers – probably four to six reps if you're doing it explosive, but you may need your strength base before you can move to power.

**CABLE PULL-THROUGH** It's about getting the muscles to pull my arm through when I bowl and using those muscles to do that. It's an explosive exercise so you're really pulling through. The mistake is not to have good posture – if you lean with your back you load your back and put pressure on it. It's about keeping the arm in the right position and pulling from the right place. Get from there to there quickly.

**POWER CLEAN** This one is about trying to move the weight away as quickly as you can with good technique. If you do it right, it's a leg-based power exercise, because your legs do the lifting; they get the explosive power and the kick.



## NUTRITION

"I'm naturally thin. We get dieticians telling us about a balanced diet and what you should be eating before games – and avoiding. Bad is fried food; things with lots of cheese. We're told to stay away from these as much as possible."

"When you're playing regularly, and it's vital to get food in your system, then you've just got to eat. But you do try to control it. If you start eating the wrong types of food, you don't get the benefit from it. You'll start feeling tired, and despite your efforts to improve, your food makes it worse."

"At home, my wife and I like to have a lot of chicken – stir fry one night, lemon chicken the next night – just rotate it. Multivitamins are helpful for us because of all the travel in different countries. Sometimes there isn't the availability of all different vegetables and salads in the quantities we're used to eating. During training I use a protein supplement. If our fitness trainers advise us we need it, then we do it."

"We do hydration testing before games because it's been proven that if we're not fully hydrated, there'll be problems; we'll struggle to get through."

## FOOD FOR A NIGHT GAME

"I'll have poached eggs for breakfast, then at the ground we'll have food, which is a massive advantage as it's already been approved by our dietitian: pasta and sandwiches. The sandwiches aren't pre-made – we make up what we want."

"At the Australian squad we've got a program that we run through. As soon as we're off the field it's about food and fluid. We sit there and they're bringing round water bottles. For me it's about hydrating straight away, getting some food in my system: lollies, power bars, fruit. And solid food – pasta, sushi, salad, meats, chickens and vegies."

"We're not allowed to drink alcohol till 30 minutes after the game. But within reason we can do as we please. But if it starts getting to the point where we've pushed it too far, then we get in trouble."



### WEDNESDAY

- 8.30AM Hotel breakfast.
- 9.30AM A meeting about the match coming up to discuss the side we're playing.
- 11AM A full training session. Full-on nets session. Bowlers will have a 30-minute bowl; batters have a hit.
- 1PM After training, the ice bath.
- 1-2.30PM Pre-game massages.
- 3-5PM Video footage of the opposition.
- 11PM We go to bed.

### THURSDAY

- 8AM Get up.
- 9.30AM Optional top-up training session. As simple as a walk and stretch.
- 11.30AM I watch footage of the guys we're playing against on my PlayStation portable and start to mentally prepare.
- 11PM I sleep horribly before anything. And when you're really hydrated, you're waking up in the middle of the night to go to the toilet.

### FRIDAY

- 8AM If I'm really stiff and tired, I'll have a swim. If I'm feeling OK, I'll have breakfast, shower, stretch and get ready.
- 11AM-12PM We'll leave the hotel.
- 11.30AM/12PM We'll get in the mini van. Then it's on deck about 1pm. Warm up, then game on.
- 6PM-10PM Hydration and the ice bath. We leave the grounds an hour after we finish.
- 11PM Start packing at the hotel again.

### GAME DAY

- 7AM Have breakfast, get on a plane to the next city – sometimes an early 9am flight.
- 12PM At the new hotel, stretch and swim.
- 3PM I'll get a massage, also probably look at any physio, then just get a good feed and get some sleep.
- 9PM It's not a big Saturday night – if you play well and win the tournament, you have your celebration then. But there might be get-togethers during the week.

### SATURDAY

### SUNDAY

- IT'S about freshening up as quickly as you can and making sure you're right to play. Sometimes if we've had a bad day, or if players request it, there's a top-up session on Saturday afternoons.
- WE get a running sheet on the players: their strengths and weaknesses, graphs and video footage we can look at.
- 11PM Sometimes we sit at the hotel bar. But really, you just want to chill out by now.

### GAME DAY