

## **Training Regimen To Be Used as Model For RUSRC-Ferez Nallaseth:**

I used the training regimen outlined below during the period of peak performance in the International Softball Game when I was effectively ranked among the top 10 squash players in India. Some of these routines were composites of those that were published by legendary coaches and players such as Mohammed Dardir el Bakary, Jonah Barrington, Geoff Hunt and Hashim Khan. Others resulted from 'on and off court' workouts and conversations with top level Indian players / coaches such as Umar Khan, Anil Nayar, Fali Madan, Sanjit 'Bunker' Roy, Nikhilesh Senapati, and Syed Ali Ispahani among others. New routines were added 'post-retirement' in the US when I met multiple World Champion and British Open Champion Jahangir Khan (and read his book), trained with Yusuf Khan (one of the most successful player/coaches in both India and the US) in Seattle and with former, World# 15 Anders Wahlstedt in New York or World #77 Bobby Rabbani in Miami. Perhaps my most treasured coaching experiences came in 1982 with two close (overtime 5 game) wins in Hardball in the Dallas Open over Gulmast Khan and in the St Louis Invitational Tournament over a Swedish softball professional when the legendary Hashim Khan coached against and for me, respectively— I saw a Master at work from both perspectives. As in all such things I remain deeply indebted not only to those who were my teachers but also to many fellow competitors over the last four decades who made 'taking the court' the reward that it became.

This workout will be modified for each level of player in the RUSRC so members can supplement routines already presented in clinics, recreational courses and training sessions at Princeton. The above workout will also be modified with routines contributed by Saad Rathore (who trained with the likes of World / British Open Champions) Jansher Khan and Qamar Zaman, Sunny Basit Muzaffar who played at top levels in Pakistan, Fadi Oveida Ahmed and Francis Odeh both of whom played at top levels and were internationally ranked as World #37 and #95. RUSRC President Michael Bain will be putting these together for the web and evaluating their accessibility for the general membership. The advantage of using workouts known to the coaches as opposed to those posted on the internet is that end points and expected rates have been personally tested.

**(1) General Schedule: Summer and Regular Season. Training peaked and eased off ~two to three weeks prior to tournaments, one week prior to some ladder matches and league matches. This routine was designed to maximize cardiorespiratory endurance, balance, muscle strength, muscle flexibility and muscle endurance while minimizing oncourt injuries and recovery times from matchplay. The single most important consideration was in reasonably estimating initial strength (e.g. maximal lbs of freeweights, numbers of reps in weight training regimens or distance and pace in running regimens) and gradually raising the intensity level of the workout.**

- (1) Monday :Morning:Run – distance routine (see below)  
Training-Free Arm and Weight Training(see below)  
Evening:Jump Rope -2 leg -Right leg -Left leg(see below)  
Squash- 30 minutes solo and 1 set (see below)
- (2) Tuesday : Morning:Run –sprints routine (see below)  
Training-Free Arm only (see below)  
Evening:Jump Rope -2 leg -Right leg -Left leg(see below)  
Squash- 2 sets
- (3) Wednesday: Morning:Run – distance routine (see below)  
Training-Free Arm and Weight Training (see below)  
Evening:Jump Rope -2 leg -Right leg -Left leg(see below)  
Squash- 2 sets (see below)
- (4) Thursday: Morning:Run –sprints routine (see below)  
Training-Free Arm only(see below)  
Evening:Jump Rope -2 leg -Right leg -Left leg(see below)  
Squash- 30 minutes solo and 1 set
- (5) Friday : Morning: distance routine (see below)  
Training-Free Arm and Weight Training(see below)  
Evening:Jump Rope -2 leg -Right leg -Left leg(see below)  
Squash- 2 sets (see below)

(6) Saturday: distance routine (see below)

Training-Free Arm only(see below)

Evening:Jump Rope -2 leg -Right leg -Left leg(see below)

Squash- 2 sets (see below)

SUNDAY OFF .

## **(2) Specific Training Regimens( 2sets of 10-15 reps/set)**

**(a)Weight Training-** General Rule : High Reps low Weights.

This retains the flexibility required for squash specific movements,footwork and stroke production while enhancing muscle tone and strength :

- (1) 2 arm curls
- (2) 1 arm and reverse 1arm curls
- (3) 2 arm presses
- (4) Back of Head Presses
- (5) Rowing
- (6) Dead Lifts
- (7) Bench Press
- (8) Squats and Half Squats
- (9) Leg Extensions
- (10)Calf Raises
- (11)Pulleys.

**(b)Free Arm Schematics** – to be submitted

**(c) Distance Runs-**5 miles to 10 miles mixed with hill training at 8.5 to 10 minutes per mile.

**(d) Interval sprints-** 1 to 2 miles flat out,rest for 3 minutes,then:

- 5 x400 m (80" intervals)
- 5 x200 m (80" intervals)
- 5 x100 m(80" intervals)
- 5 x50m (80" intervals)

**(e) Jump Rope-** Is indispensable for maximising coordination between the upper and lower body movements and complementing speed training for court quickness and coverage.The emphasis was on reinforcing repetitions using standard arm rotation,foot posture,high and rapid repetitions to coordinate hand/arm and foot/leg/thigh movements.Repetitions to exhaustion of the involved muscle groups i.e. no more recoil / spring is retained in the leg / foot at limit jumps- last 40 to 60 jumps on the leading foot.

200 'jumps' landing on forepads of both feet

200 'jumps' on the forepad of the left foot

200 'jumps' on the forepad of the right foot

This is 1 set and should take about 5 minutes.

Rest for 1 minute-stretch,walk,etc...

Repeat the above 600 'jumps' in the same general order but this time landing on the forepads of the right foot first and the left foot second.

Take 1 minute intervals of rest and repeat two more sets alternating the foot.

Total of 4 sets or 2400 jumps should take 20-25 minutes.

**(3) Squash Drills solo and paired with a partner and with or without the ball- to be submitted .**

**(4)Squash sets-**Due to the inherent complexity of measuring the rigour and depth of any game only general parameters are listed as an index.Usually demanding matches at upper levels involved 5 game sets and lasted a minimum of 1 hour and a maximum of 2 hours and some minutes.Even a 3-0 set could last well over an hour depending on the balance of levels between the players.

Various parameters are use as an index of rigour and depth.These are :

- (a) the ratios of pace and tempo of the ball / players per rally,
- (b) ratios of finishing strokes to containing strokes per rally,
- (c) numbers of difficult 'gets' per rally,
- (d) tightness of strokes (ball rolls flush along the wall as a rail pre-empting cutoff with volleys and lands deep in the corners or the dead zones),
- (e) numbers of drives converted to tight drops,
- (f) adsorption of pace with volley drops / boasts,
- (g) pace on pace with deep hard drives mixed in with short hard drives lengths of rallies,
- (h) percentages of the court covered per rally ,
- (i) density and range of strokes and moves per rally– all of these strokes and moves will be clarified with videos,
- (j) physiological parameters such as weight loss,body temperature and perspiration.
- (k) Physical parameters such as court temperatures often greater than 80°C,numbers of racquet string (guts) replacements,balls broken and shoes 'burnt out' and replaced per month were all indicators of levels of play.

**Two sets lasting ~ five hours with some rest between sets as part of a daily routine.**