

Follow this Fast Bowlers Ground Fitness Training Pdf to increase fast bowling speed.  
Fast Bowlers Ground Fitness Training Programme  
**Crafted By : Rohit Shyokand for Everyone**

<https://www.instagram.com/rohitshyokand/>

<https://www.youtube.com/rohitshyokand/>

## Fast Bowlers Ground Fitness Training

- Do not sit while training
- Jog around in your rest time
- Rest 20 Sec after each set
- Rest 1-2 min between change in exercises

### Monday

1. 1 km Running / 2-3 Rounds of Cricket Ground ( Run @ 60-70 % Effort )
2. Sprints - 40 m \* 10 ( Run @ 80 % Effort )
3. 20 m Hops / Pogo Jump on Fore Foot & Sprint 50 m \* 10 Rounds ( Sprint @ 80 % Effort ) ( **Try to Push Ground from Toes & Don't Bend Your Knees** )

### Tuesday

1. 400 m \* 2 Round ( Run @ 80 % Effort )
2. **Dead Start Sprints Resting Position to Quick Sprint ( Ask someone to say Go or Do it yourself )**
  1. Lie Down on Chest & Sprint - 40 m \* 5 Sets ( Run @ 100 % Effort )
  2. Sit on Chair & Sprint - 40 m \* 5 Sets ( Run @ 100 % Effort )
  3. Lie Down on Back & Sprint - 40 m \* 5 Sets ( Run @ 100 % Effort )
3. Forward Tuck Jumps on MidSole of Shoes -5 jumps + 50 m Sprint \* 5 Sets **Try to Touch Knees on Chest**
4. High knees in ladder ( both sides) & sprint 40 m - 5 Rounds \* 3 Sets

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### Wednesday

1. 2 km Running ( Run @ 30-40 % effort )
2. Resisted Sprints - 50 m \* 10 Sets **Use Band and Partner / Tyre to Resist Your body / Other Resistance objects ( 100 % effort )**
3. Hurdle Jumps - 10 Jumps \* 10 Sets ( **Use Cricket Stumps if Hurdles not Available** )
4. Side shuffles 10m both sides & Sprint 50m\_( **Place 3 cones - 1 on right, 1 on left and 1 in centre** ) ( **Run @ 100 %** )

### Thursday

1. 50 m Stride \* 5 Sets ( 60-70 % Effort in Running ) **Not Sprints**
2. Lateral Jumps on Single Leg & Sprint - 3 Jumps & 50 m Sprint \* 5 Sets Each Leg ( **Perform on Midsole to increase tendon stiffness** )
3. Partner Resist & Sprint - 70m ( 20 m Partner Push + 50 m Sprint after that ) \* 5 Sets ( **Ask your Partner to Stand in Front of you till 20m then Move Away** )
4. **Shuttle run - place 4 cones at each 10 m. And touch one and come back then 2nd and come back and like this all four.**

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### Friday

1. 100 m Stride \* 3 Sets ( 60-70 % Effort in Running ) **Not Sprints**
2. Kick Legs in Air & Sprint When Leg Touches on Ground 50 m \* 10 Sets ( **It's for Acceleration. Kick Legs means Try to do Handstand and Sprint as you land** )
3. Kneeling Jumps - 1 Jump & Sprint 40 m \* 10 Sets ( Run @ 100 % Effort ) ( **Sit on your Knees, Jump and Come on Toes & Quick Sprint** )
4. Side shuffle 10 m & Sprint 50 m ( **both sides** ) ( Run @ 100 % effort )

### Saturday

1. 400 m Running - 100 m sprint + 100 m jog + 100 m sprint + 100 m jog ( Run @ 80 % Effort in sprint & 40-50 % effort in jogging )
2. Run Behind 20 m & Then Sprint Forward 50 m \* 10 Sets ( **Sprint @ 100 % Effort** )
3. Run-Up Specific 10-20 Reps ( **Places Stumps / Hurdles in your run up area & Then Sprint till your Impulse Step** )

### Sunday

Rest Day