



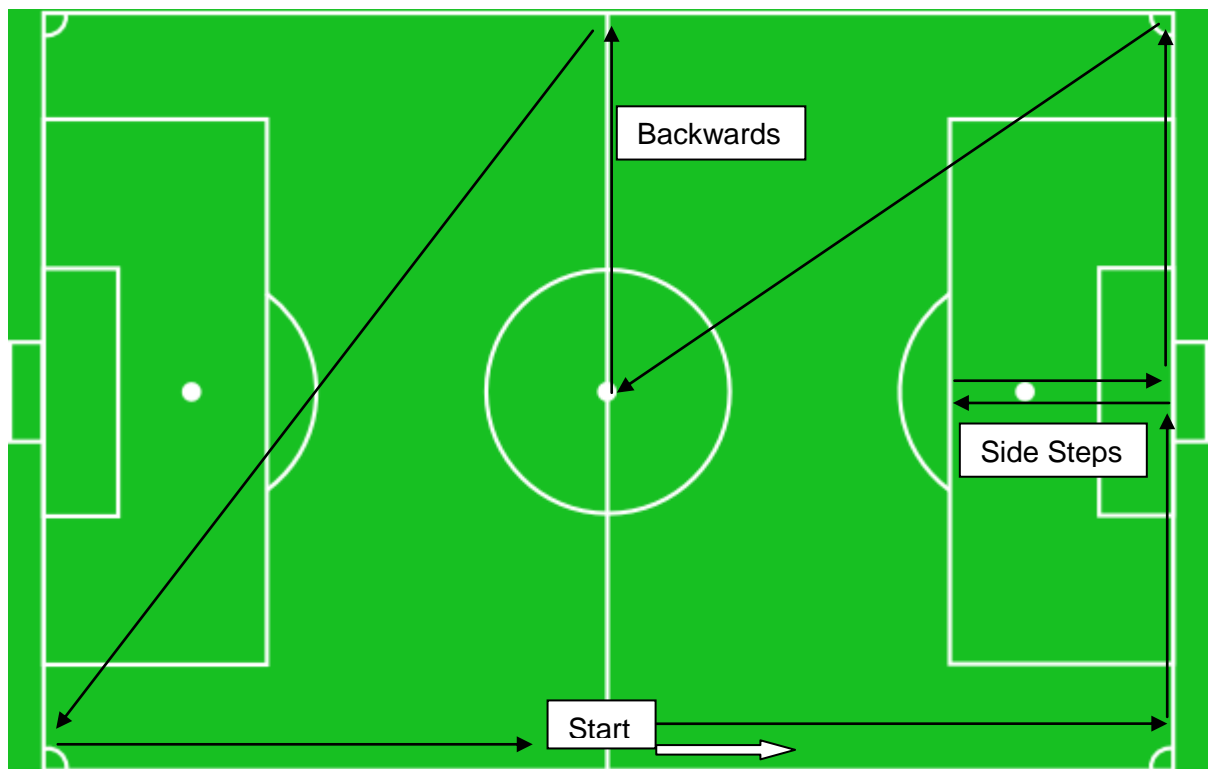


## Session 2:

- 10 minutes warm-up - DYNAMIC
- 12 sets of: 90 seconds HI / 60 seconds AR
- Heart rate must be between 85-93% of  $HR_{max}$  for 90 seconds
- 10 minutes cool-down – icing if needed

Training can be carried out at a running track or grass pitch, however obstacles involving traversing and turning are advised.

Example of potential layout:



Complete circuit multiple times if necessary to complete 90 seconds HI effort followed by 60 seconds of AR: - repeated 12 times.

If extra stress needing placed to raise HR, raise hands above head and run without arms.

Record weight prior/post training session and ensure appropriate fluid loss is replaced.

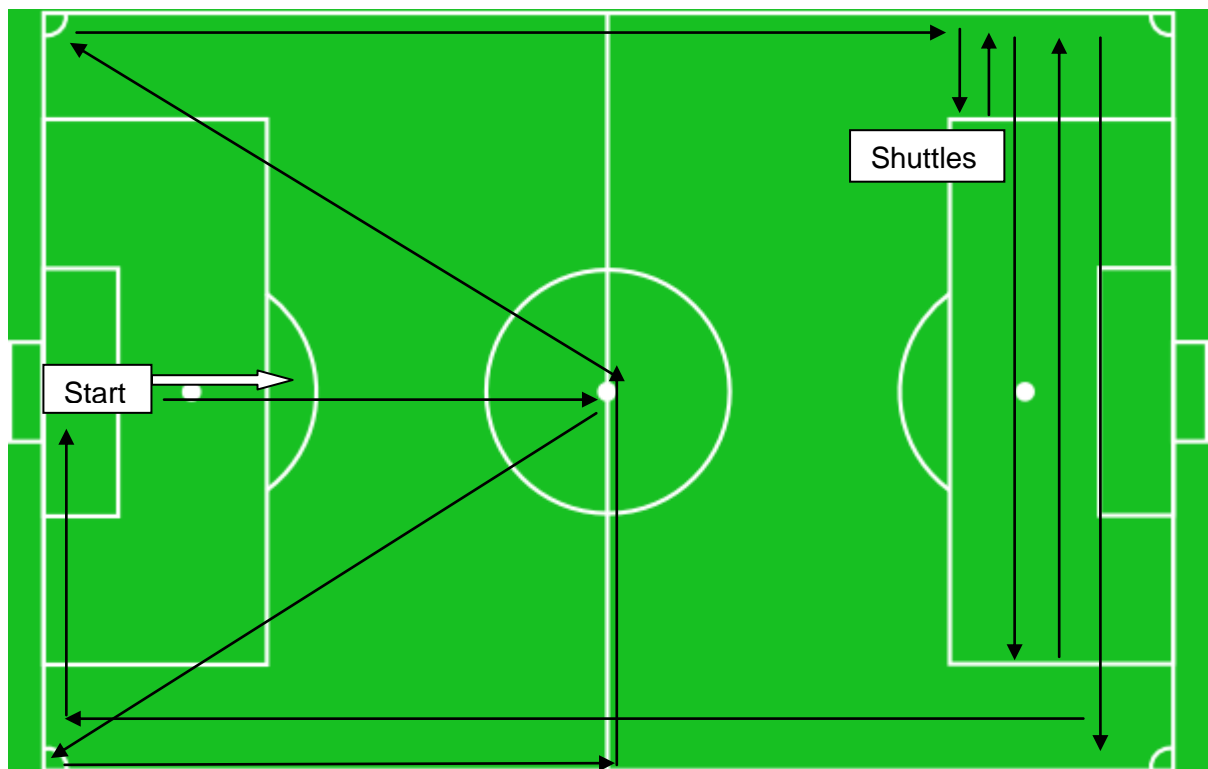


### **Session 3:**

- 10 minutes warm-up - DYNAMIC
- 3 sets of: 6 minutes HI / 4 minutes AR
- Heart rate must be between 85-93% of  $HR_{max}$  for 6 minutes
- 10 minutes cool-down – icing if needed

Training can be carried out at a running track or grass pitch, however obstacles involving traversing and turning are advised.

Example of potential layout:



Complete circuit multiple times if necessary to complete 6-minutes HI effort followed by 4-minutes of AR: - repeated 3 times.

If extra stress needing placed to raise HR, raise hands above head and run without arms.

Record weight prior/post training session and ensure appropriate fluid loss is replaced.

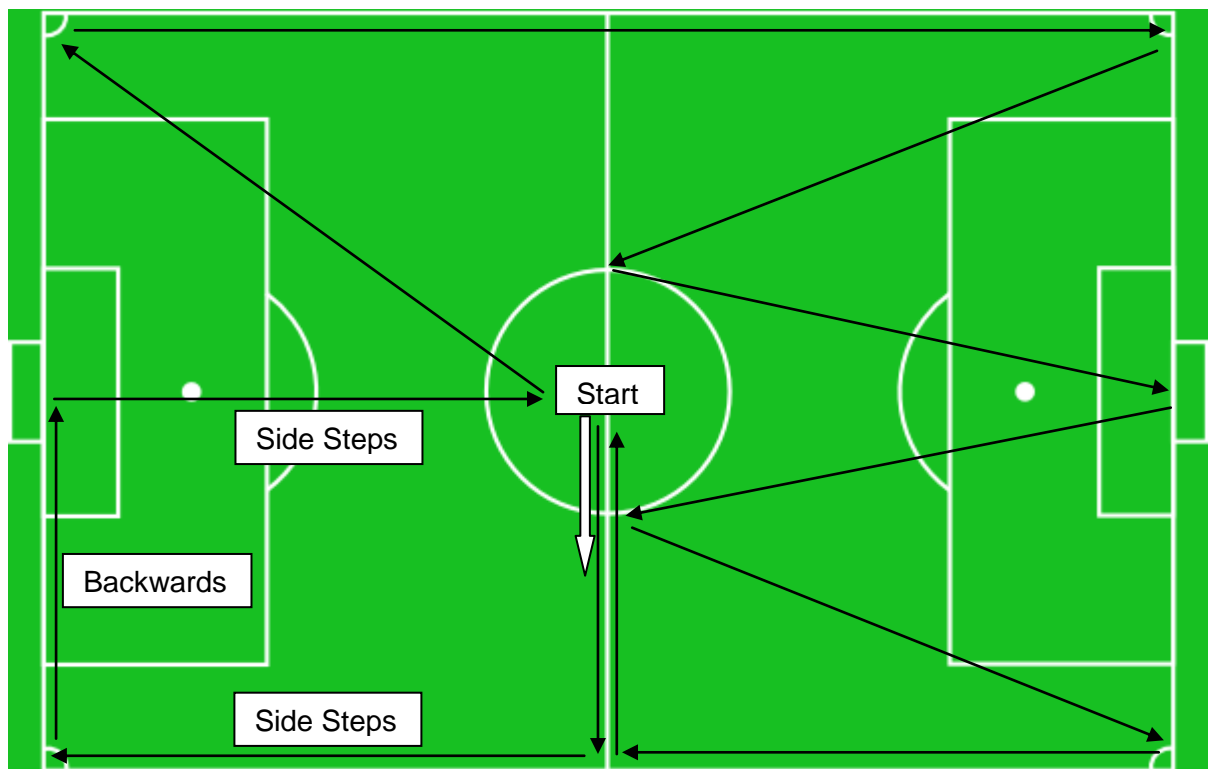


#### **Session 4:**

- 10 minutes warm-up - DYNAMIC
- 6 sets of: 3-minute HI / 2-minute AR
- Heart rate must be between 85-93% of  $HR_{max}$  for 3-minutes
- 10 minutes cool-down – icing if needed

Training can be carried out at a running track or grass pitch, however obstacles involving traversing and turning are advised.

Example of potential layout:



Complete circuit multiple times if necessary to complete 3-minutes HI effort followed by 2-minutes of AR: - repeated 6 times.

If extra stress needing placed to raise HR, raise hands above head and run without arms.

Record weight prior/post training session and ensure appropriate fluid loss is replaced.

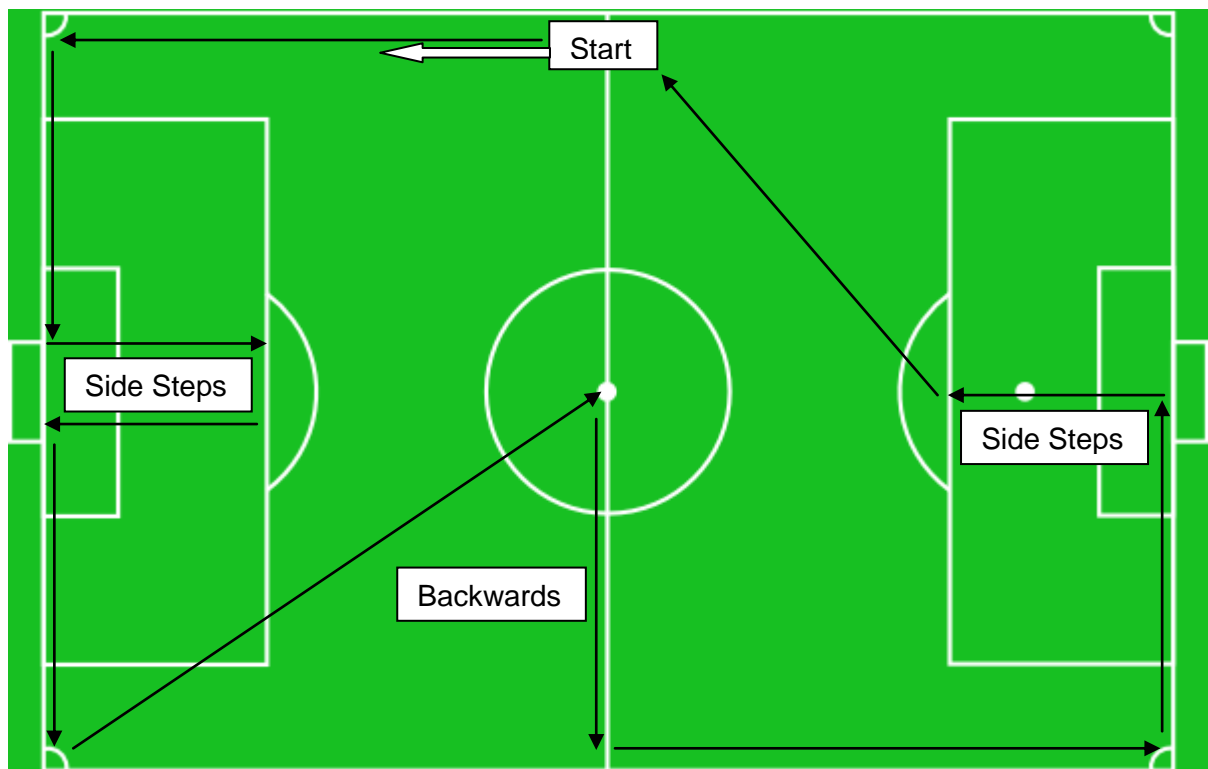


### **Session 5:**

- 10 minutes warm-up - DYNAMIC
- 10 sets of: 2 minutes HI / 1-minute AR
- Heart rate must be between 85-93% of  $HR_{max}$  for 2-minutes
- 10 minutes cool-down – icing if needed

Training can be carried out at a running track or grass pitch, however obstacles involving traversing and turning are advised.

Example of potential layout:



Complete circuit multiple times if necessary to complete 2-minutes HI effort followed by 1-minute of AR: - repeated 10 times.

If extra stress needing placed to raise HR, raise hands above head and run without arms.

Record weight prior/post training session and ensure appropriate fluid loss is replaced.



## SPEED SESSIONS

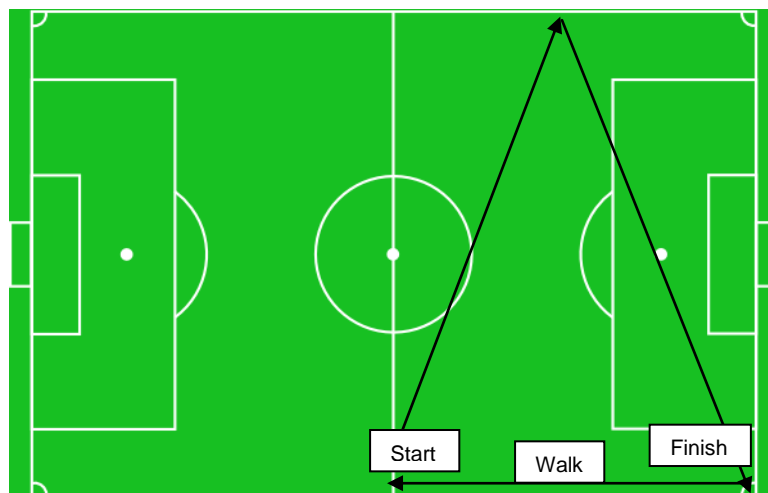
Designed to improve Aerobic/Anaerobic Pathways:

*These exercises will enhance your ability to maintain and improve your speed, aid your ability to recover from high intensity efforts and aid your efficiency of working at speed.*

### Speed Endurance Sessions

#### Session 1:

- 15-20 minutes – Dynamic Warm-Up
- Using your Polar Watch: Access 'FIFA R 10' through the exercise function in the settings menu, after accessing your resting HR but not starting watch for start of session. The session should last 21 minutes and 40 seconds.
- Carry out the following circuit running for 30 seconds and walking for 35 seconds, in accordance with your watch i.e. FIFA test 10 Laps
- Your HR should not go beyond 84% of  $HR_{max}$



- 10 minutes cool-down – icing if needed

The aim is to run the diagonal to the top then back in the 30 seconds, and walk the line in 35 seconds.

The aim is to 'negative split', so that you are quicker running to the finish line, than running from the start line.

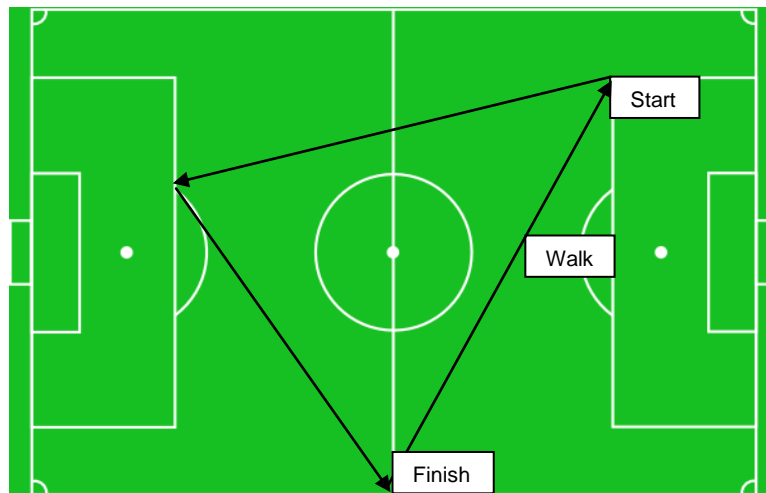
The walk should be very slow, observing your watch to make it to the start on time.

If your unable to make the distance in 30 seconds and the session is more like a high intensity session, then shorten the length of the diagonals.



### Session 1:

- 15-20 minutes – Dynamic Warm-Up
- Using your Polar Watch: Access 'FIFA R 12' through the exercise function in the settings menu, after accessing your resting HR but not starting watch for start of session. The session should last 25 minutes.
- Carry out the following circuit running for 30 seconds and walking for 35 seconds, in accordance with your watch i.e. FIFA test 12 Laps
- Your HR should not go beyond 84% of  $HR_{max}$



- 10 minutes cool-down – icing if needed

The aim is to run the diagonal to the top then back in the 30 seconds, and walk the line in 35 seconds.

The aim is to 'negative split', so that you are quicker running to the finish line, than running from the start line.

The walk should be very slow, observing your watch to make it to the start on time.

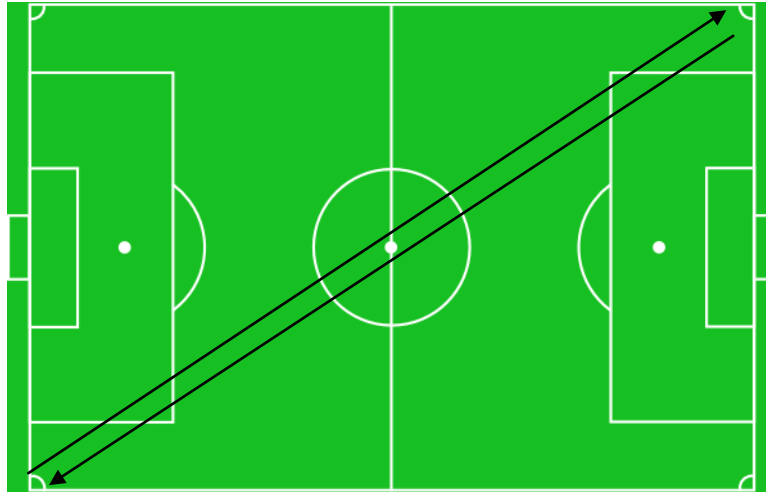
If your unable to make the distance in 30 seconds and the session is more like a high intensity session, then shorten the length of the diagonals.



## Speed and Power Sessions

### Session 1:

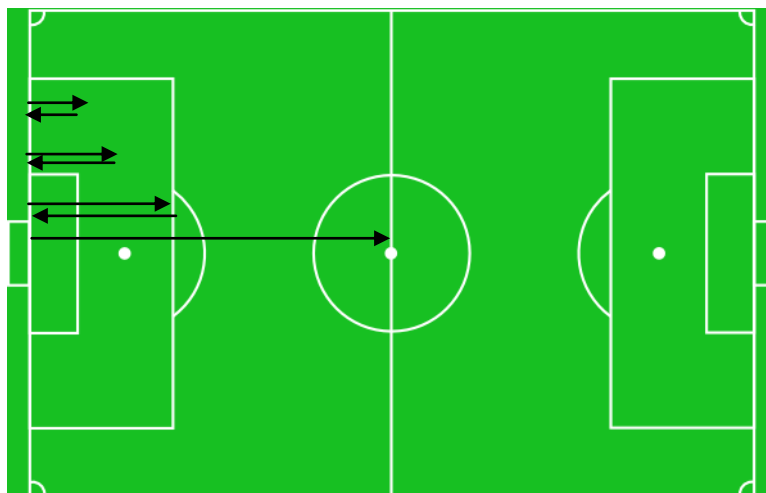
- 15-20 minutes – Dynamic Warm-Up
- 18 sets of: 15-seconds linear sprints with 60 seconds recovery
- This is maximal effort for every sprint



- 10 minutes cool-down – icing if needed

### Session 2:

- 15-20 minutes – Dynamic Warm-Up
- 16 sets of: 20-seconds shuttle sprints with 80-seconds recovery
- This is maximal effort for every sprint

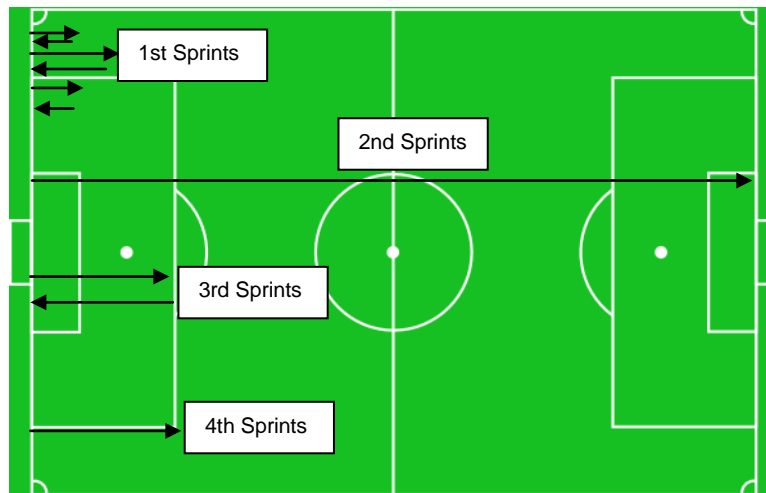


- 10 minutes cool-down – icing if needed



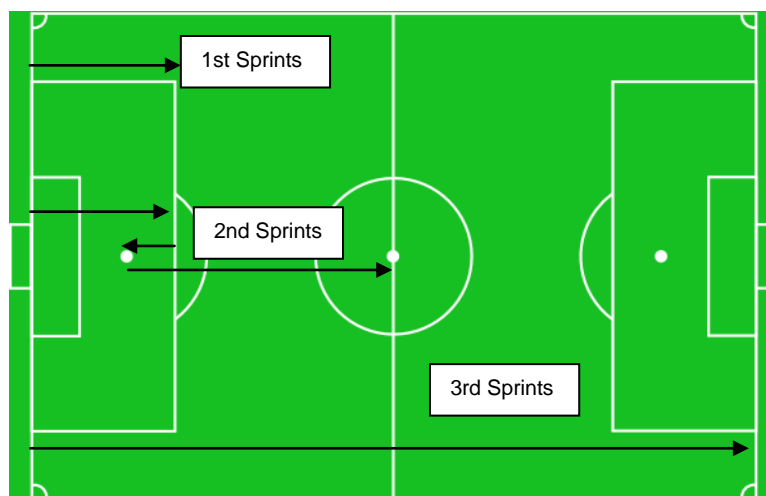
### Session 3:

- 15-20 minutes – Dynamic Warm-Up
- 1. 6 sets of: 20-seconds shuttle sprints with 80-seconds recovery
- 2. 8 sets of: 15 seconds linear sprints with 60 seconds recovery
- 3. 10 sets of: 10-seconds shuttle sprints with 40 seconds recovery
- 4. 12 sets of: 5-seconds explosive bursts from still with 20 seconds recovery
- This is maximal effort for every sprint
- 10 minutes cool-down – icing if needed



### Session 4:

- 15-20 minutes – Dynamic Warm-Up
- 1. 16 sets of: 5-seconds explosive bursts from still with 20 seconds recovery
- 2. 10 sets of 20-seconds shuttle sprints with 80-seconds recovery
- 3. 6 sets of 15-seconds linear sprints with 60-seconds recovery
- This is maximal effort for every sprint



- 10 minutes cool-down – icing if needed



## RECOVERY SESSIONS

Designed to improve regenerate and recover:

*These exercises will enhance your ability to recover from any strenuous exercise, support the removal of by products from exercise, reduce the further risk of injury and leave you feeling 'fresher'.*

### Session 1:

#### Running

- 10 minutes – Gradual Warm-Up
- 25 minutes – Jogging/walking/running
  - Changing the speed from jogging – walking – running 3/4 pace every 90 seconds. Continue to do this for the entire 25 minutes.
  - Heart rate should not go beyond 84% HR<sub>max</sub> at any point, with 60-84% the range to move up and down in
- 10 minutes stretching full body exercises

### Session 2:

#### Swimming

- 5 minutes – Gradual Warm-Up
- 40 minutes – continuous swimming/aqua jogging
  - As much as possible, look to swim continuously for the entire 40 minutes. Change swimming stroke as much as possible after each length and also include aqua jogging as well as alternative stroke.
  - When feeling fatigued, rest for 3 minutes and stretch.
  - Heart rate should not go beyond 84% HR<sub>max</sub> at any point, with 60-84% the range to move up and down in
- 10 minutes stretching full body exercises.

### Session 3:

#### Cycling

- 5 minutes – Gradual Warm-Up
- 30 minutes – Outdoor or indoor cycling.
  - Maintaining a steady pace, at the point of breathlessness, ensure constant rate is kept on lower gears. If climbing hills slow pace and increase pace on flat.
  - Heart rate should not go beyond 84% HR<sub>max</sub> at any point, with 60-84% the range to move up and down in
- 10 minutes stretching full body exercises.