

WEEK 1

FIELD-BASED TRAINING

MONDAY 13TH JULY

REPEATED SPRINT TRAINING (RPE: 5-6)

- Perform 8 X 30m maximum-effort sprints with a 10-second recovery between sprints



Rest 3 minutes

- Perform 5 repetitions of the following exercise:

- Sprint 1 section, walk 4
- Sprint 2 sections, walk 3
- Sprint 3 sections, walk 2
- Sprint 4 sections, walk 1
- Sprint 5 sections



- You will have to change direction as the course only consists of 3 sections
- Sprints should be performed at maximum-effort providing peak heart rates of **>90% HR_{max}** after each repetition

TUESDAY 14TH JULY

PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Perform 3 laps of the 'figure of 8' exercise (right) = 4 runs
- Rest 4 minutes
- Perform another 3 laps (=total of 6 laps = 24 runs)
- Runs should be performed at very high speed



WEDNESDAY 15TH JULY

STRENGTH & ACTIVE RECOVERY TRAINING

- Perform 20 minutes of strength training
- Perform 25-30 minutes of low-intensity swimming / underwater jogging / cycling / cross training
- Perform 10 minutes of stretching

THURSDAY 16TH JULY

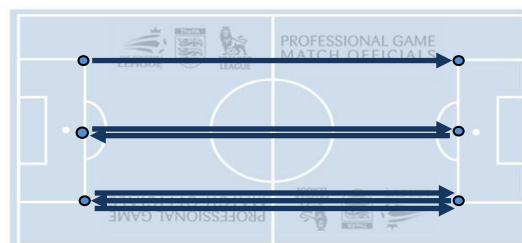
PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Perform the 'box-to-box' exercise (right) with all runs to be carried out at very high speed
- Your heart rate should average **>90% HR_{max}**
- Set 1 = 15s on / 15s off
- Set 2 = 30s on / 30s off
- Set 3 = 45s on / 45s off

Set 1 = 10 Singles

Set 2 = 6 Doubles

Set 3 = 4 Trebles



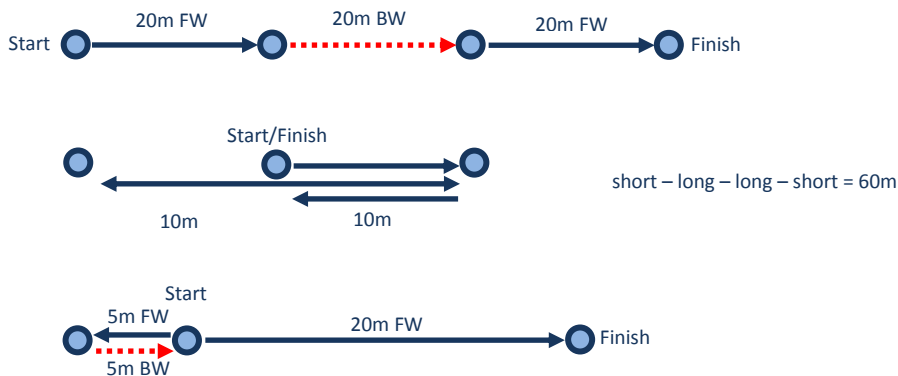
FRIDAY 17TH JULY

REST DAY

SATURDAY 18TH JULY

SPEED & AGILITY TRAINING (RPE: 2-3)

- Set out the exercises shown below and perform 4 rotations (= 12 sprints)
- Perform each exercise at maximum speed and recover to **<65% HR_{max}** between repetitions



SUNDAY 19TH JULY

REST DAY

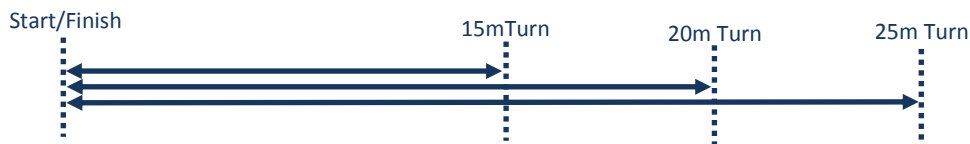
WEEK 2

FIELD-BASED TRAINING

MONDAY 20TH JULY

REPEATED SPRINT TRAINING (RPE: 5-6)

- Perform 8 X 30m sprints (15m out, turn, 15m back) at **maximum** speed using a 15-second rest
- Jog slowly one lap of pitch
- Perform 6 X 40m sprints (20m out, turn, 20m back) at **maximum** speed using a 20-second rest
- Jog slowly one lap of pitch
- Perform 4 X 50m sprints (25m out, turn, 25m back) at **maximum** speed using a 25-second rest



TUESDAY 21ST JULY

HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Perform a 6km ‘time trial’, covering the distance in as little time as possible (should be <26 min)
- Try to run on a forgiving surface, such as grass

WEDNESDAY 22ND JULY

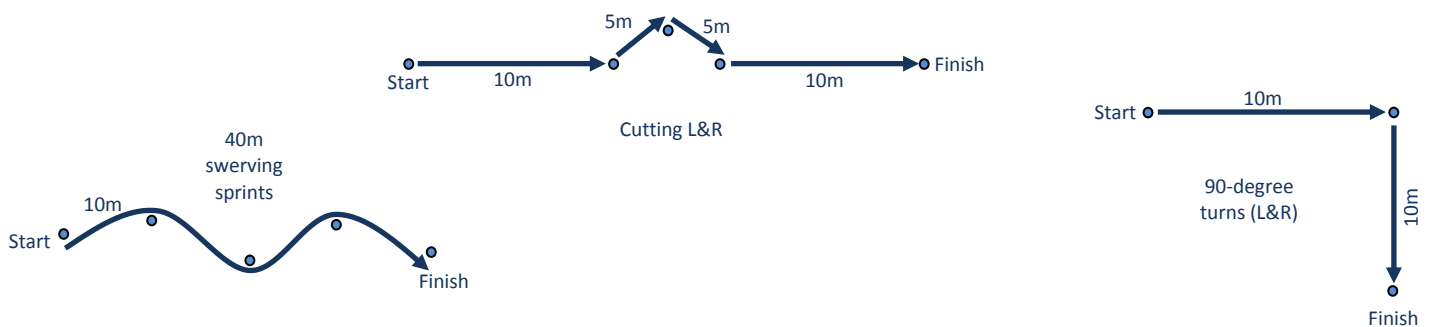
STRENGTH & ACTIVE RECOVERY TRAINING

- Perform 20 minutes of strength training
- Perform 25-30 minutes of low-intensity swimming / underwater jogging / cycling / cross training
- Perform 10 minutes of stretching

THURSDAY 23RD JULY

SPEED & AGILITY TRAINING (RPE: 2-3)

- Set out the exercises shown below and perform 4 rotations (= 12 sprints)
- Perform each exercise at maximum speed and recover to **<65% HR_{max}** between repetitions



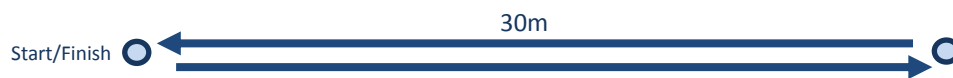
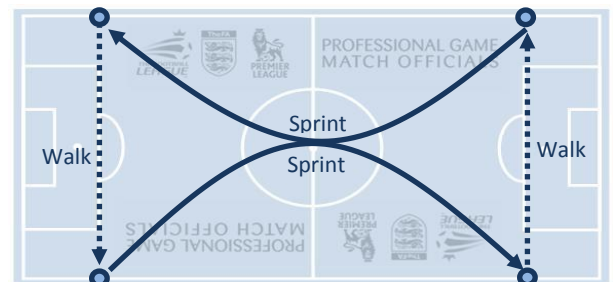
FRIDAY 24TH JULY

REPEATED SPRINT TRAINING (RPE: 5-6)

- Perform 6 continuous laps of the pitch exercise (= 12 sprints)
- Sprints should be performed at near-maximum speed
- Your heart rate should peak at **>90% HR_{max}**

Rest 4 minutes

- Perform 8 X 60m (30m out & 30m back) at maximum speed (=400m)
- Rest for 20 seconds between each sprint
- Sprints should be performed at near-maximum speed
- Your heart rate should peak at **>90% HR_{max}**



SATURDAY 25TH JULY

MEDIUM-INTENSITY AEROBIC TRAINING (RPE: 4-5)

- Perform 30 minutes of continuous running at **80-85% HR_{max}**
- Try to run on a forgiving surface, such as grass

SUNDAY 26TH JULY

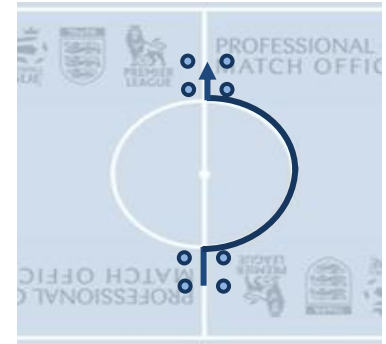
REST DAY

WEEK 3

MONDAY 27TH JULY

REDUCED SPEED & AGILITY TRAINING (RPE: 2-3)

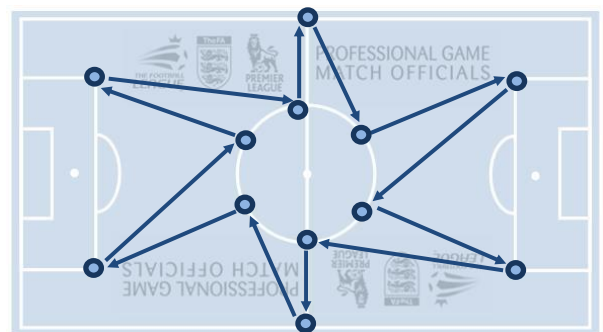
- Perform 6 maximum-speed sprints from the goal line to the half-way line
- Recover to 65% HR_{max} between efforts
- Perform 6 curved sprints – 3 turning R and 3 L (see right)
- Recover to 65% HR_{max} between efforts



TUESDAY 28TH JULY

PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Set out the cones as shown in the diagram
- Each lap should be performed as one continuous run
- Perform 3 clockwise laps and 3 anti-clockwise laps
- Aim to complete each run in <90s
- Rest for 90s between runs



WEDNESDAY 29TH JULY

STRENGTH & ACTIVE RECOVERY TRAINING

- Perform 20 minutes of strength training
- Perform 25-30 minutes of low-intensity swimming / underwater jogging / cycling / cross training
- Perform 10 minutes of stretching

THURSDAY 30TH JULY

REPEATED SPRINT TRAINING (RPE: 5-6)

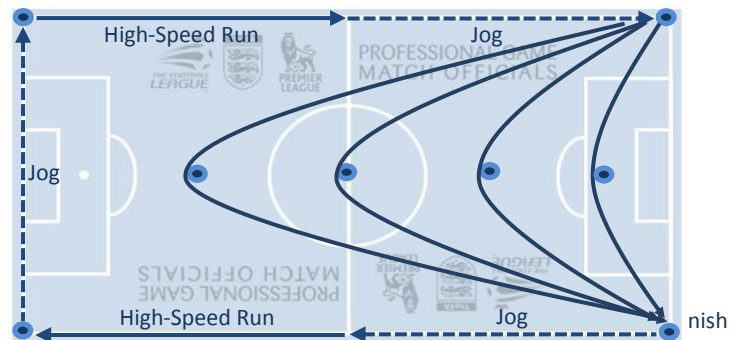


- Perform 3 sets of 6 X 40m sprints at max-effort (= 18 sprints)
- Rest for 20 seconds between each sprint and rest for 3 minutes between each set
- Your target peak heart rate is >90% HR_{max}

FRIDAY 31ST JULY

PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING (RPE: 5-6)

- Perform 1 complete sets of the exercise below (4 laps)
- Rest 4 minutes
- Perform another complete set of the exercise (4 laps)
- Your target heart rate is **88-90% HR_{max}**



SATURDAY 1ST AUGUST

MEDIUM-INTENSITY AEROBIC TRAINING (RPE: 4-5)

- Perform 30 minutes of continuous running at **80-85% HR_{max}**
- Try to run on a forgiving surface, such as grass

SUNDAY 2ND AUGUST

ACTIVE RECOVERY TRAINING

- Perform 25-30 minutes of low-intensity (65-75% HR_{max}) activity
- Try sticking to non-impact activities, such as: swimming / underwater jogging / cycling / cross training
- Stretch X 10 minutes

WEEK 4

MONDAY 3RD AUGUST

REST DAY

TUESDAY 4TH AUGUST

REPEATED SPRINT TRAINING (RPE: 6-7)

Exercise:

- Perform 3 sets of 8 'box-to-box' sprints
- Sprints to be performed at maximum effort
- Rest for 30 seconds between each sprint
- Rest for 3 minutes between each set
- Total = 24 sprints = 1680m



WEDNESDAY 5TH AUGUST

ACTIVE RECOVERY TRAINING

- Perform 25-30 minutes of low-intensity (65-75% HR_{max}) activity
- Try sticking to non-impact activities, such as: swimming / underwater jogging / cycling / cross training
- Stretch X 10 minutes

THURSDAY 6TH AUGUST

SPEED TRAINING (RPE: 2-3)

- Perform 5 x 10m straight-line accelerations from a standing start
- Recover to 65% HR_{max} between efforts

Rest 5 minutes

- Perform 6 x 30m agility accelerations (15m out & 15m back) from a standing start
- Recover to 65% HR_{max} between efforts

FRIDAY 7TH AUGUST

REST DAY

SATURDAY 8TH AUGUST

START PREMIER LEAGUE / FOOTBALL LEAGUE SEASON

