



IN-SEASON

MATCHFITTM
CONDITIONING

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IN-SEASON PROGRAMME

WHAT YOU DO DURING THE FOOTBALL SEASON IS CRUCIAL FOR MAXIMISING YOUR PERFORMANCE ON THE PITCH...

...Although your focus is going to be on matches, it's important to have a plan for how you are going to train and recover around matches to stay you at your peak - and that's exactly what this programme will provide you with.

Many players struggle with knowing what personal workouts they should be doing during the season; some do nothing at all whilst others overdo it and burn themselves out for when it really matters.

Below we've outlined the benefits of additional training during the season and the foundations on which this programme is built. As you'll be playing matches regularly, you'll have less time to spend on your own extra training compared to the off-season. This doesn't mean that you shouldn't do anything at all, it just means that you have make sure that the time you do spend is as productive and efficient as possible.

The following types of training will help to give you an edge over your opponents:

STRENGTH & POWER

Left unchecked, it's easy for strength and power levels to deteriorate during the season, but this doesn't have to be the case.

Performing resistance training just twice per week will help to offset strength and power losses and can even lead to strength gains. We've included upper, core and lower body exercises to maintain full body strength.

Declines in strength levels can occur after just 3 weeks of neglect. In order to prevent soreness or DOMS from strength training impacting your match performance, it's important to train the lower body as far away from your match days and team training sessions as possible.

This means training early morning if your team training is in the evening and making sure lower body strength work is carefully planned and placed mid-week, so that you have time to recover before your weekend match.

Weight training can also be performed straight after training (to allow maximum recovery time), but this is likely to impact your energy and strength levels during that workout. If you've only had a light team session, then that's a perfect opportunity to utilise this option.

AGILITY, STAMINA & SPEED

Just like strength and power, it's important to maintain good agility, stamina and speed throughout the season. We've included a variety of multi-directional speed and stamina sessions both with and without the ball. These exercises have been designed to be quick to set up and complete in minimal time.

OPTIMAL RECOVERY

Maintaining a high level of performance from match to match demands that you implement optimal recovery techniques. You'll need to implement the specific recovery protocols outlined in the programme and you'll also need to ensure that you're adequately refuelling yourself after each match and training session. Guidance on this can be found in our nutrition guide.

With the right exercise selection, extra training will help to boost your recovery. Running in water for example has been shown to be particularly effective. It avoids impact loading on muscles and joints (which are likely to be sore following a match), reduces swelling and gets new blood flowing through the muscles. This can be used as part of your cool down strategy after the match (if you have the facilities available) or can be done as part of your active recovery training the next day.

RECOVERY STRATEGIES

Cold or hot water immersion, sports massage and whole-body vibration are some popular options here. It's best to try-out a range of strategies to find out which is most effective for you. You'll likely find that it's a combination of methods which have the best effect on your recovery rather than one alone. However, there is no getting away from the fact that the two most important things in your recovery are great nutrition and sleep. Cold water immersion isn't going to do anything if you're not sleeping or refuelling yourself adequately first and foremost.

NUTRITION

As mentioned, good nutrition is vital to optimise recovery. It's important to refuel adequately after matches and training, with a focus on a combination of carbohydrates and protein to help replenish muscle glycogen levels, repair tissue and ensure that you can maintain high levels of performance in the week to follow. You should be selecting foods which offer the most bang for their buck, that means foods that have good levels of protein or carbohydrate as well as vitamins and minerals.

INJURY PREVENTION

Reducing the risk of injuries occurring is essential to ensure you can continue to build form throughout the season. Including flexibility training targeted towards the lower body (as this is the most likely area to get injured) will help to prevent injuries.

In this programme we've combined static, dynamic and band stretching to optimise your mobility and resilience to injury. You could also perform PNF stretching with a partner.

We've also included muscle activation techniques in your pre-match routine. This aims to assess and fix the connection between your brain and your muscles. The result is a greater % of your muscle becoming active, leading to increased force production and in some cases an improvement in joint mobility.

There are four main benefits of muscle activation:

1. Increased strength
2. Improved muscle fibre coordination
3. Improved flexibility
4. Reduced risk of over-use injury

KEY CONSIDERATIONS

PREVENTING OVER-TRAINING

It's all well and good doing extra training but there's a fine line between getting the balance right and burning yourself out for when it really matters, this is why it's so important that you invest the time to recover affectively and use our workload monitoring guide in conjunction with this programme.

If your body struggles to recover, this can lead to over-training. Over-training is defined as a build-up of training and/or non-training stress which results in short term decreased performance. Recovery from over-training can take anywhere from between a few days to a few weeks depending on the severity.

There are also different forms of fatigue (which aren't always easy to detect), they include:

- Metabolic: Fatigue in a muscle cell, usually due to endurance or strength training.
- Neural: Dampens the senses and affects the neural pathway to the muscles resulting in reduced force production. Usually due to excess intensity rather than volume.
- Hormonal: Changes in hormonal levels due to stress.
- Psychological: Often revealed as stress, anxiety or dips in confidence.

TRAINING SMART

There will be weeks when you've had to work extra hard in training or have had two matches rather than one. In this case you'll not only feel more tired but you'll also you have less time to recover.

In situations such as this, it can be wise to skip your scheduled extra training session. Sometimes less is more, instead you should focus on recovery.

Another option you can utilise is performing fewer sets, fewer reps or using lighter loads. Training smart like this will ensure that you still get an effective, high-quality session in without putting unnecessary stress on your body.

During the season your training load will no doubt undulate from week to week. Sometimes you can do more of your own training and other weeks you'll have so much going on with your team that it will give more benefits to purely focus on recovery and mobility.

As long as you're doing your best to consistently adhere to the schedule outlined and being smart (not lazy) in your decisions, then you will experience a big step up in your performance level (whilst others around you plateau or have injury setbacks). It's essential that you remain open-minded and adjust the schedule to suit you when you feel extra rest or recovery is required.

Again, a lot of additional training in a week where you have several matches will make it very difficult for you to recover adequately. During weeks like this, it's better to focus on more passive recovery strategies to ensure that you can sustain high levels of performance on the pitch, prevent injury and minimise fatigue.

In weeks where you have fewer matches, you can spend more time on additional training, which will ensure that you maintain the fitness, skills and strength needed to perform at a high level. Finding the right balance between training and recovery will be key to ensuring that you continue to perform to your best level throughout the season.

The schedule we have included is a guide and you may have to occasionally make tweaks from week to week to suit your schedule and training loads, but you should definitely still be covering all of the different types of workouts, no element should be getting abandoned all together.

BEFORE STARTING, PLEASE READ THE FOLLOWING GUIDELINES:

1. The suggested schedule is laid out for each week. Do your best to follow this schedule but you can also customise it to fit your week, we've given you some guidance on how to do this further down.
2. The goal of this programme is to maintain every aspect of your fitness during the season whilst remaining injury free, dodging unnecessary fatigue and making fitness gains wherever possible.
3. There are a number of ways to progress the strength exercises, if you cannot add resistance in the way we have described we suggest slowing down the movement using the same resistance.
4. For the max strength exercises, you will need to calculate your 1RM percentages, this can be done by searching 1RM calculator on google or the app store or manually using a calculator after you have actually tested and found your 1RM for that exercise. Be sure to make a note of your scores to refer back to whilst you train.
5. Some of the exercises are single leg in nature, perform the sets and reps outlined per side.
6. Remember that the aim of additional training is to boost your performance on the field. If at any particular time you feel that the extra training will make you too tired, you can

either reduce the volume (sets/reps), decide to rest completely, or replace the session with a lower intensity session such as injury prevention or active recovery.

7. This programme progresses through a number of training elements and intensities throughout the 10 weeks. No week is ever the same and you will complete over 130 different exercises. Once you have completed this programme you can repeat it, or move onto one of our programmes which focuses on one element for 4 weeks. You'll find this with our speed, stamina and fat burn programmes for example.
8. If after 4-6 weeks you feel you will benefit from added rest time, you can include a 50% de-load week where you will perform only half the number of sets or reps for each exercise.
9. Choosing the best time possible to train your lower body during the week is very important, you don't want to over fatigue your legs for training and matches.

PROGRAMME SCHEDULE

Remember that this is our example, you may have to alter the layout to suit your week. You can do this by printing out the blank table on the final page of this programme.

EXAMPLE WEEKLY SCHEDULE									
	REST	UPPER BODY	LOWER BODY	CORE	SPEED	STAMINA	INJURY PREVENTION	PRE-MATCH ROUTINE	ACTIVE RECOVERY
WHEN		EARLY MORNING AS FAR AWAY FROM TEAM TRAINING AS POSSIBLE	EARLY MORNING AS FAR AWAY FROM TEAM TRAINING AS POSSIBLE	IMMEDIATELY AFTER TEAM TRAINING	IMMEDIATELY BEFORE TEAM TRAINING	IMMEDIATELY AFTER TEAM TRAINING	ANY TIME OF DAY	1.5 - 3 HOURS BEFORE KICK OFF	IDEALLY IN THE MORNING
MONDAY	✓								
TUESDAY		✓		✓	✓				
WEDNESDAY			✓	✓		✓			
THURSDAY	✓								
FRIDAY							✓		
SATURDAY								✓	
SUNDAY									✓

UPPER BODY WORKOUTS

WEEKS 1 & 2: EXPLOSIVENESS

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
BB PUSH PRESS	7	3	90 SECS
BASIC HANG CLEAN	7	3	90 SECS
DB EXPLOSIVE CHEST PRESS	7	3	90 SECS
BB SHRUG	7	3	90 SECS
EXPLOSIVE PULL UP	7	3	90 SECS
BB HIGH PULL	7	3	90 SECS

NOTES: SELECT A RESISTANCE WHICH CHALLENGES YOU, STARTS TO FATIGUE YOU BY THE FINAL REP BUT ALLOWS YOU TO STILL BE ABLE TO PERFORM THE MOVEMENT WITH SPEED AND EXPLOSIVELY THROUGHOUT THE SET.

WEEKS 3 & 4: SPEED

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
CLAP PRESS UP	6	5	60 SECS
BAND ELBOW DRIVES	6	5	60 SECS
MED BALL SLAMS	6	5	60 SECS
MED BALL VERTICAL THROW	6	5	60 SECS
WOODCHOP HOLD & RETURN	6	5	60 SECS

REBOUND PRESS UP

6

5

60 SECS

NOTES: WITH THE REBOUND PRESS UP YOU DON'T NEED TO LOWER YOUR CHEST TO THE FLOOR, SIMPLY TRY TO GET BACK ONTO THE BALL AS QUICKLY AS POSSIBLE.

WEEKS 5 & 6: ENDURANCE

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
LAT PULLDOWN	12-15	3	90 SECS
DB SB SHOULDER PRESS	12-15	3	90 SECS
TRX PRESS UP	12-15	3	90 SECS
TRX ROW	12-15	3	90 SECS
BAND STRAIGHT PULL DOWN	12-15	3	90 SECS
SB BACK EXTENSION	12-15	3	60 SECS

NOTES: SELECT A RESISTANCE WHICH YOU CAN MOVE WITH CONTROL AND GOOD FORM BUT HAS YOU VERY FATIGUED BY THE FINAL REP, IN SOME CASES (BACK EXTENSION) THIS MAY JUST BE BODYWEIGHT.

WEEKS 7 & 8: HYPERTROPHY

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
UNDERARM PULL UP	10	4	90 SECS
FRONT RAISE	10	4	90 SECS
SB INVERSE ROW	10	4	90 SECS
LATERAL RAISE	10	4	90 SECS
CABLE FLY	10	4	90 SECS

BB BENT OVER ROW

10

4

60 SECS

NOTES: SELECT A RESISTANCE WHICH YOU CAN MOVE WITH CONTROL AND GOOD FORM BUT HAS YOU VERY FATIGUED BY THE FINAL REP.

WEEKS 9 & 10: MAX STRENGTH

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS	%1RM
WIDE GRIP PULL UP	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%
BENCH PRESS	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%
MILITARY PRESS	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%
DB BENCH ROW	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%

NOTES: EACH SET WILL HAVE ONE LESS REP, BUT THE RESISTANCE WILL BE MORE THAN THE PREVIOUS REP.

LOWER BODY WORKOUTS

WEEKS 1 & 2: EXPLOSIVENESS

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
BOX SQUAT	7	3	90 SECS
CALF RAISE JUMPS	7	3	90 SECS
KB CLEAN & PRESS	7	3	90 SECS
SQUAT JUMPS	7	3	90 SECS
KB SWINGS	7	3	90 SECS
DB STEP UP JUMPS	7	3	90 SECS

NOTES: SELECT A RESISTANCE WHICH CHALLENGES YOU, STARTS TO FATIGUE YOU BY THE FINAL REP BUT ALLOWS YOU TO STILL BE ABLE TO PERFORM THE MOVEMENT WITH SPEED AND EXPLOSIVELY THROUGHOUT THE SET. TIPS: ON THE BOX SQUAT LOWER SLOWER AND THEN RETURN TO STANDING WITH AS MUCH SPEED AS POSSIBLE AFTER TOUCHING THE BOX. FOR SQUAT JUMPS PULL THE BAR DOWN INTO YOUR BODY THROUGHOUT THE MOVEMENT. DRIVE THE HIPS FORWARD ON THE KETTLEBELL SWINGS.

WEEKS 3 & 4: SPEED

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
KNEE'S TO FEET	3	5	60 SECS
BOX JUMP	6	5	60 SECS
DEPTH JUMP	6	5	60 SECS

LATERAL SINGLE LEG BOX JUMP	6	5	60 SECS
LUNGE JUMP	6	5	60 SECS
KNEE TUCK JUMP	6	5	60 SECS

WEEKS 5 & 6: ENDURANCE

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
RESISTED FORWARD LUNGE	12-15	3	90 SECS
LYING BAND HAMSTRING CURL	12-15	3	90 SECS
BAND FRONT PULL	12-15	3	90 SECS
LEG ABDUCTION	12-15	3	90 SECS
LEG ADDUCTION	12-15	3	90 SECS
CALF RAISE	12-15	3	60 SECS

NOTES: SELECT A RESISTANCE WHICH YOU CAN MOVE WITH CONTROL AND GOOD FORM BUT HAS YOU VERY FATIGUED BY THE FINAL REP; IN SOME CASES, THIS MAY JUST BE BODYWEIGHT.

WEEKS 7 & 8: HYPERTROPHY

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS
FRONT SQUAT	10	4	90 SECS
KB LATERAL STEP UP	10	4	90 SECS
LEG CURL	10	4	90 SECS
LEG EXTENSION	10	4	90 SECS
BULGARIAN SPLIT SQUAT	10	4	90 SECS
BB BENT OVER ROW	10	4	60 SECS

NOTES: SELECT A RESISTANCE WHICH YOU CAN MOVE WITH CONTROL AND GOOD FORM BUT HAS YOU VERY FATIGUED BY THE FINAL REP.

WEEKS 9 & 10: MAX STRENGTH

 WATCH WORKOUT

EXERCISE	REPS	SETS	REST BETWEEN SETS	%1RM
TRX SINGLE LEG SQUAT	6	1	FULLY RECOVERED	BW
	5	1	FULLY RECOVERED	BW
	4	1	FULLY RECOVERED	BW
	3	1	FULLY RECOVERED	BW
BB STEP UP	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%
DEADLIFT	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%
LEG PRESS	6	1	FULLY RECOVERED	70%
	5	1	FULLY RECOVERED	75%
	4	1	FULLY RECOVERED	80%
	3	1	FULLY RECOVERED	85%

NOTES: EACH SET WILL HAVE ONE LESS REP, BUT THE RESISTANCE WILL BE MORE THAN THE PREVIOUS REP. FOR THE TRX SINGLE LEG SQUAT USE YOUR BODYWEIGHT WITH CONTROL, KEEPING YOUR HEEL ON THE GROUND.

CORE WORKOUTS

WEEKS 1 & 6

WATCH WORKOUT

- | | |
|------------------|---------------------|
| 1. CRUNCH | 4. DIAGONAL PLANK |
| 2. SKY KICKS | 5. BUTTERFLY SIT UP |
| 3. RUSSIAN TWIST | |

WEEK 1 | 30 SECS ON : 20 SECS OFF | 1 X CIRCUIT

WEEK 6 | 35 SECS ON : 10 SECS OFF | 1 X CIRCUIT

WEEKS 2 & 7

WATCH WORKOUT

- | | |
|----------------------|------------------|
| 1. KNEE'S UP CRUNCH | 4. KNEE TO ELBOW |
| 2. LYING CRISS CROSS | 5. KNEE PENDULUM |
| 3. V SIT | |

WEEK 2 | 35 SECS ON : 20 SECS OFF | 1 X CIRCUIT

WEEK 7 | 40 SECS ON : 10 SECS OFF | 1 X CIRCUIT

WEEKS 3 & 8

WATCH WORKOUT

- | | |
|------------------------|-----------------------|
| 1. LEGS UP/DOWN | 3. SEATED CRISS CROSS |
| 2. LYING FLUTTER KICKS | 4. KNEE TOUCHES |

5. V HOLD

WEEK 3 | 40 SECS ON : 20 SECS OFF | 1 X CIRCUIT
WEEK 8 | 45 SECS ON : 10 SECS OFF | 1 X CIRCUIT

WEEKS 4 & 9

 WATCH WORKOUT

- | | |
|-------------------------|------------------|
| 1. TOE REACH | 4. REVERSE PLANK |
| 2. KNEE TO CHEST | 5. LYING CYCLE |
| 3. SEATED FLUTTER KICKS | |

WEEK 4 | 45 SECS ON : 20 SECS OFF | 1 X CIRCUIT
WEEK 9 | 30 SECS ON : NO REST | 1 X CIRCUIT

WEEKS 5 & 10

 WATCH WORKOUT

- | | |
|-------------------|-------------|
| 1. SIT UP | 4. SWIMMER |
| 2. REVERSE CRUNCH | 5. BOAT SIT |
| 3. SEATED CYCLE | |

WEEK 5 | 30 SECS ON : 10 SECS OFF | 1 X CIRCUIT
WEEK 10 | 35 SECS ON : NO REST | 1 X CIRCUIT

SPEED WORKOUTS

WEEKS 1 & 6

SPRINT 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 1	8	1	1-2 MINS
WEEK 6	6	1	1-2 MINS

- 20M IN LENGTH WITH A POLE IN THE CENTRE AT THE 10M MARK

SPRINT 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 1	8	1	1-2 MINS
WEEK 6	6	1	1-2 MINS

- 20M IN LENGTH WITH 4 EVENLY SPACED AGILITY POLES

WEEKS 2 & 7

SPRINT 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 2	8	1	1-2 MINS
WEEK 7	5	1	1-2 MINS

- 20M IN LENGTH WITH 4 EVENLY SPACED AGILITY POLES

SPRINT 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 2	8	1	1-2 MINS
WEEK 7	5	1	1-2 MINS

- 20M IN LENGTH WITH TWO CONES 3M AWAY FROM THE START, PLACED 5M APART

WEEKS 3 & 8

SPRINT 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 3	7	1	1-2 MINS
WEEK 8	4	1	1-2 MINS

- 20M IN LENGTH WITH 3X3M SQUARE PLACE 3M FROM START

SPRINT 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 3	7	1	1-2 MINS
WEEK 8	4	1	1-2 MINS

- 20M IN LENGTH WITH ONE BALL PLACE ON START LINE AND OTHER BALL PLACED 5M FROM START LINE

WEEKS 4 & 9

SPRINT 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 4	7	1	1-2 MINS
WEEK 9	3	1	1-2 MINS

- 20M IN LENGTH WITH A CONE PLACED 7M FROM THE START AND A POLE PLACED 2M DIAGONALLY TO THE LEFT
- THE NEXT CONE IS 7M FROM THE FIRST MARKER WITH A POLE PLACED 2M DIAGONALLY TO THE RIGHT

SPRINT 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 4	7	1	1-2 MINS

WEEK 9

3

1

1-2 MINS

- 20M IN LENGTH WITH MARKERS PLACED AT 7M AND 14M TO MARK WHERE TO DECELERATE

WEEKS 5 & 10

SPRINT 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 5	6	1	1-2 MINS
WEEK 10	3	1	1-2 MINS

- 20M IN LENGTH WITH MARKERS PLACED 5M APART AT 10M

SPRINT 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 5	6	1	1-2 MINS
WEEK 10	3	1	1-2 MINS

- 20M IN LENGTH WITH MARKERS PLACED AT 3M FROM THE START LINE TO MARK WHERE TO BACK PEDDLE TO

SPRINT 3  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 5	N/A	N/A	N/A
WEEK 10	3	1	1-2 MINS

- 20M IN LENGTH WITH MARKERS PLACED AT 3M FROM THE START LINE AND 4 MARKERS EVENLY PLACED STARTING AT 10M

STAMINA WORKOUTS

WEEKS 1 & 6

RUN 1 CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 1	1	5	2-3 MINS
WEEK 6	1	7	2-3 MINS

- SET UP AN ODD SHAPED 20X20M SQUARE BUT WITH ONE SIDE 25M LONG
- USE ONE BALL, WHENEVER YOU MEET THE BALL YOU DRIBBLE IT TO THE NEXT POLE AT THE RELEVANT SPEED AND LEAVE IT THERE UNTIL YOU MEET IT AGAIN
- 1 REP = THE FOLLOWING:
 - 1 X JOG | 1 X SPRINT
 - 1 X JOG | 2 X SPRINT
 - 1 X JOG | 3 X SPRINT
 - 1 X JOG | 2 X SPRINT
 - 1 X JOG | 1 X SPRINT

RUN 2 CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 1	4	2	1-2 MINS
WEEK 6	4	4	1-2 MINS

- 20M IN LENGTH WITH MARKERS PLACES AT 5, 10 AND 15M (5M APART)
- GETTING FROM ONE SIDE TO THE OTHER EQUALS ONE REP
- WAIT FOR 10 SECONDS AND THEN PERFORM THE NEXT REP GOING BACK TO THE OTHER SIDE
- REPEAT UNTIL ALL REPS ARE COMPLETE FOR THAT SET

- 100% INTENSITY

WEEKS 2 & 7

RUN 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 2	6	5	2-3 MINS
WEEK 7	10	3	2-3 MINS

- PLACE TWO POLES 40M APART AND AT HALF WAY PLACE TWO POLES 20M APART TO MAKE A DIAMOND SHAPE
- FROM ONE END PLAY YOURSELF A THROUGH BALL AND SPRINT AROUND THE HALF WAY POLE TO MEET YOUR THROUGH BALL
- DRIBBLE THE BALL AROUND THE END POLE AND REPEAT
- ONE REP EQUALS RUNNING FROM ONE END TO THE OTHER

RUN 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 2	4	2	1-2 MINS
WEEK 7	6	3	1-2 MINS

- LENGTH 20M WITH THREE MARKERS PLACES EVENLY 3M FROM THE START AND THE END
- WITH A TRIANGLE IN THE MIDDLE
- ONE REP EQUALS RUNNING FROM ONE END TO THE OTHER
- WAIT FOR 10 SECONDS BETWEEN REPS AND REPEAT GOING THE OTHER WAY UNTIL ALL REPS ARE COMPLETE

WEEKS 3 & 8

RUN 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 3	1	6	2-3 MINS
WEEK 8	2	3	2-3 MINS

- SET UP A 25MX20M RECTANGLE
- YOU WILL ALWAYS RUN ALONG THE 25M SIDES AND THEN DIAGONALLY TO THE OPPOSITE CORNER
- USE ONE BALL, WHENEVER YOU MEET THE BALL YOU DRIBBLE IT TO THE NEXT MARKER AT THE RELEVANT SPEED
- 1 REP = THE FOLLOWING:
1 X JOG | 1 X SPRINT
1 X JOG | 2 X SPRINT
1 X JOG | 3 X SPRINT

RUN 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 3	4	3	1-2 MINS
WEEK 8	6	3	1-2 MINS

- LENGTH 20M WITH MARKERS PLACED AS SEEN IN THE VIDEO 5M FROM EACH END
- WITH A BALL PERFORM FOUR TURNS AND THEN DRIBBLE AROUND EACH OF THE NEXT FOUR MARKERS AT 100% INTENSITY
- GETTING FROM ONE SIDE TO THE OTHER WITH THE BALL EQUALS ONE REP
- WAIT FOR 10 SECONDS AND THEN PERFORM THE NEXT REP GOING IN THE OPPOSITE DIRECTION UNTIL YOU HAVE COMPLETED ALL RELEVANT REPS FOR THAT SET

WEEKS 4 & 9

RUN 1  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 4	6	6	2-3 MINS
WEEK 9	10	4	2-3 MINS

- PLACE TWO POLES 60M APART WITH POLES PLACED 10M IN FROM EACH OF THOSE
- PLACE TWO MARKERS TOWARDS THE MIDDLE OF THE COURSE TO MAKE A SLALOM WITH THE BALL (PLACED AT THE FIRST MARKER)

- ALWAYS JOG THE 10M DISTANCES AND SPRINT THE LONGER DISTANCE FROM BOX TO BOX WHILST MOVING THE BALL ON YOUR WAY
- GETTING FROM ONE END TO THE OTHER EQUALS ONE REP

RUN 2 CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 4	4	2	1-2 MINS
WEEK 9	6	3	1-2 MINS

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- LENGTH 20M WITH MARKERS PLACED AT 7M AND 14M
 - COPY THE EXERCISE AS DISPLAYED IN THE VIDEO AT 100% INTENSITY
 - GETTING FROM ONE SIDE TO THE OTHER EQUALS ONE REP
 - WAIT FOR 10 SECONDS AND THEN PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION UNTIL YOU HAVE COMPLETED ALL REPS FOR THE SET

WEEKS 5 & 10

RUN 1 CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 5	6	6	2-3 MINS
WEEK 10	4	4	2-3 MINS

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- PLACE TWO POLES 50M APART AND SPLIT THE DISTANCE INTO FIVE EVEN SECTIONS, PLACING THE MARKERS TO FORM A SLALOM
 - USE ON BALL, WHENEVER YOU MEET THE BALL YOU DRIBBLE IT TO THE NEXT MARKER AT THE RELEVANT SPEED
 - 2 X SPRINTS WOULD BE THE DISTANCE OF SPRINTING TWO SLALOMS
 - 1 REP = THE FOLLOWING:
 - 1 X JOG | 1 X SPRINT
 - 1 X JOG | 2 X SPRINT
 - 1 X JOG | 3 X SPRINT
 - 1 X JOG | 2 X SPRINT
 - 1 X JOG | 1 X SPRINT

RUN 2  CLICK TO WATCH

	REPS	SETS	REST BETWEEN SETS
WEEK 5	4	2	1-2 MINS
WEEK 10	5	4	1-2 MINS

-
- LENGTH 20M WITH MARKERS PLACED ALONG THE EDGE AT 7M AND 14M (ON OPPOSITES SIDES) AS SHOWN IN THE VIDEO. PLACE ANOTHER MARKER 2M INFRONT OF BOTH OF THESE.
 - GETTING FROM ONE SIDE TO THE OTHER EQUALS ONE REP
 - PERFORM AT 100% INTENSITY
 - WAIT FOR 10 SECONDS AND THEN PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION UNTIL YOU HAVE COMPLETED ALL REPS FOR THE SET

INJURY PREVENTION WORKOUTS

Combine the workout below and the foam roller routine to make your injury prevention workout whilst following this programme.

WEEKS 1 - 10



WATCH WORKOUT

PERFORM THE EXERCISES IN SUPERSETS (PAIRS HIGHLIGHTED)

EXERCISE	REPS	SETS	REST BETWEEN SETS
MINI BAND SIDE STEPS	30 SECS	2	NO REST
BALL KNEE SQUEEZE	30 SECS	2	NO REST
SB HAMSTRING PRESS	30 SECS	2	NO REST
SINGLE LEG STAND UP	30 SECS	2	NO REST
STABILITY CUSHION	30 SECS	2	NO REST
MINI BAND HIP OPENERS	30 SECS	2	NO REST
DYNAMIC ACHILLES STRETCH	30 SECS	2	NO REST
SINGLE LEG CALF RAISE	30 SECS	2	NO REST
NORDICS	30 SECS	2	NO REST
CALF DROPS	30 SECS	2	NO REST
TRUNK ROTATIONS	30 SECS	2	NO REST
DEEP SITE	30 SECS	2	NO REST

FOAM ROLLER ROUTINE

▶ CLICK TO WATCH

Find the tight areas and gently roll for 20-30 secs before moving onto the next area.

CALFS → SINGLE LEG CALF → HAMSTRINGS → SINGLE LEG HAMSTRING → GLUTES (LEG CROSSOVER) → LOWER BACK → LOWER BACK (ON THE SIDE) → UPPER BACK (ARMS OVER HEAD) → UPPER BACK (ARMS HUGGING) → NECK (ROLL HEAD SIDE TO SIDE) → IT BANDS → QUADS → SINGLE LEG QUAD → ADDUCTORS (INSIDE LEG)

PRE-MATCH ROUTINE

Perform this pre-match routine between 1-2 hours prior to kick off. You can do this just before you leave your house or in the changing room area.

You will need a mini band, a foam roller, and a tennis ball or equivalent. With the muscle activation exercises you are simply aiming to tense/contract the muscles and hold for 8-10 seconds pushing against the surface which is offering resistance to activate them.

PART 1: FOAM ROLLER ROUTINE

CLICK TO WATCH

Find the tight areas and gently roll for 20-30 secs before moving onto the next area.

CALFS  SINGLE LEG CALF  HAMSTRINGS  SINGLE LEG HAMSTRING  GLUTES (LEG CROSSOVER)  LOWER BACK  LOWER BACK (ON THE SIDE)  UPPER BACK (ARMS OVER HEAD)  UPPER BACK (ARMS HUGGING)  NECK (ROLL HEAD SIDE TO SIDE)  IT BANDS  QUADS  SINGLE LEG QUAD  ADDUCTORS (INSIDE LEG)

PART 2: MYOFASCIAL RELEASE ROUTINE

CLICK TO WATCH

EXERCISE	SETS	TIME
FOOT SOLE ROLL	1	30 SECS MINIMUM

Place your foot on top of the ball and target areas of tightness, paying particular attention to the area just in front of the heel.

CALF	1	30 SECS MINIMUM
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Target areas of tightness and also explore the outer and inner calf.

GLUTE	1	30 SECS MINIMUM
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Position the ball just to the side of the glute, ensuring you're not on the bone.

LOWER BACK	1	30 SECS MINIMUM
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Position in the spongy area to either side of the spine in the lower back just above the pelvis.

HAMSTRING	1	30 SECS MINIMUM
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Sit on a solid and raised surface and place the ball beneath your thigh. Lean forwards to get deeper.

PART 3: MUSCLE ACTIVATION ROUTINE

 **CLICK TO WATCH**

ACTIVATION EXERCISE	SETS	REPS
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OUTSIDE LEG PUSH	1 PER LEG	8-10 SECS
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Keep the leg straight and push the outside of the foot into the box/solid surface.

INSIDE LEG PUSH	1 PER LEG	8-10 SECS
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Keep the leg straight, hold onto the box and push the inside of your foot into the box.

FRONT LEG PUSH	1 PER LEG	8-10 SECS
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Position your body to the side of the box and push the top of your foot forwards into the box with knee bent.

HEEL PULL	1 PER LEG	8-10 SECS
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Bend the knee of the leg you are activating and push the heel into the ground whilst trying to drag it towards your body.

THIGH PUSH	1 PER LEG	8-10 SECS
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Place both hands on top of the working leg, push both hands down into the leg as you try to resist and push back up against your hands with your thigh.

STANDING REAR LEG RAISE	1 PER LEG	15-20 SECS
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Lift the working leg back as far as possible whilst squeezing the glute to hold the contraction.

LYING HIP ABDUCTIONS	1 PER LEG	UNTIL FATIGUED
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Raise the leg as high as possible whilst keeping it straight and hold, then repeat with the leg positioned in front of and behind the body. Hold each position until you feel slight fatigue.

PART 4: MINI-BAND EXERCISES

 **CLICK TO WATCH****PERFORM THE EXERCISES IN SUPERSETS (PAIRS HIGHLIGHTED)**

EXERCISE	REPS	SETS	REST BETWEEN SETS
MINI BAND SIDE STEPS	30 SECS	2	NO REST
HIP ADDUCTION	30 SECS	2	NO REST
HIP OPENERS	30 SECS	2	NO REST

COACHING VIDEOS

In this section you'll find a selection of videos, podcasts and snippets from live video sessions answering various topics to help further enhance your results on this programme. Simply click title to start watching the video.

-  **DYNAMIC VS STATIC STRETCHING**
-  **HOW TO REDUCE RECOVERY TIME**
-  **KEY STRETCHES FOR IMPROVED PERFORMANCE**
-  **SHOULD YOU KEEP TRAINING WITH SORENESS**
-  **STAMINA WORKOUTS IN THE POOL**
-  **THE BENEFITS OF HOT, COLD AND CONTRAST BATHS**
-  **THE BENEFITS OF TRAINING BAREFOOT**
-  **THE BENEFITS OF USING UNSTABLE SURFACES**
-  **TRAINING STAMINA ON A TREADMILL**
-  **USING BLOOD FLOW RESTRICTION BANDS**
-  **WEIGHT TRAINING FOR YOUTH PLAYERS**
-  **WHAT YOU SHOULD INCLUDE IN A RECOVERY SESSION**
-  **WHY RECOVERY IS SO IMPORTANT**
-  **WHY TO AVOID USING TREADMILLS**
-  **YOUR INJURY RISK IS INCREASED POST-MATCH**

FINAL WORDS

Thank you for putting your trust in us and becoming a Matchfit player! We cherish every single customer and will always do our utmost to help you in your football career in whatever way we can. Don't forget, if you would like to:

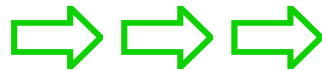
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...you can join The Matchfit Online Academy by clicking below. We'd all really love to connect with you at a deeper level inside our online academy and support you towards achieving your ultimate footballing goals.

Keep training smart and hopefully catch you in the online academy!

James
Founder
Matchfit Conditioning

YES! Join the Online Academy



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