



STAMINA

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PROGRAMME ***GUIDELINES***

Click to watch the video above for all details about how to follow the programme and answers to frequently asked questions. The video will open in Vimeo.

F O R S U P P O R T E M A I L :

.....
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STAMINA IS THE CAPACITY TO MAINTAIN A SET WORK RATE OVER A GIVEN PERIOD OF TIME...

In the context of football, it refers to your capacity to repeatedly generate primarily 5-30m bursts of speed or effort, with as little drop off in the speed of those movements as possible, throughout the full 90+ minutes.

Given the energy demands of a football match, our training approach will focus on developing the aerobic, anaerobic and ATP-CP energy systems concurrently in each session.

However, building football-specific stamina is not only about conditioning your energy systems, it's also about preparing your joints to endure the various forces and angles that they will experience during a match. By incorporating both elements into your session, not only can we progress your cardiovascular performance but also your injury resilience and agility too!

The most physically demanding (and game-changing) moments in matches always include sudden bursts of speed, changes in direction, landing and propulsion, as well as frequent stops and starts. The ability to perform these actions repeatedly without a decline in intensity throughout a match is crucial, and will heavily determine the level of impact you're able to have every time you step up to a higher level.

One common mistake made by both players and coaches, is training solely to last the DURATION of a match, rather than to match the PACE of the game. A prime example is going out for long steady state runs in an effort to increase match day stamina.

While aerobic fitness is crucial for recovery between intense actions, we can incorporate this aspect into our training whilst also addressing the other key performance elements too, making your sessions far more optimised towards the specific demands of football, leading to adaptations such as the ones listed below...

ADAPTATIONS TO EXPECT:

- ✓ VO2 max improvements of up to 20% (for untrained players). This is your maximum capacity to transport and utilise oxygen during incremental exercise.
- ✓ Improved lactate threshold (the point at which lactic acid begins to accumulate in the bloodstream), meaning you can run harder and for longer before feeling fatigued.
- ✓ Your body will start to use a greater % of fat as the main fuel at any given work rate. This has a 'sparing effect' on your supplies of carbohydrate, allowing you to maintain a higher intensity for longer.
- ✓ Aerobic energy production will become more efficient as the metabolic characteristics of your muscle fibres begin to alter as a result of the training.
- ✓ Your body will be better able to produce ATP via aerobic metabolism (ATP = Adenosine Triphosphate). This occurs in the muscle tissue and is essential for cellular reactions.
- ✓ Enhanced exchange of oxygen and blood flow in lungs (resulting in a greater supply of oxygen to working muscles).
- ✓ Increased cardiac output (the amount of blood the heart pumps around your circulatory system in 1 minute).
- ✓ Increased red blood cell and haemoglobin concentration in your blood (greater supply and exchange of oxygen/carbon dioxide between the muscles and the blood).
- ✓ Enhanced blood flow to your skeletal muscle (enhanced return of deoxygenated blood to the lungs and rate of oxygen replenishment to fatiguing working muscles).

PROGRAMME LAYOUT

OPTION 1

4 X PER WEEK

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	SESSION 1	SESSION 1	SESSION 1	SESSION 1
TUESDAY	SESSION 2	SESSION 2	SESSION 2	SESSION 2
WEDNESDAY	REST	REST	REST	REST
THURSDAY	SESSION 3	SESSION 3	SESSION 3	SESSION 3
FRIDAY	SESSION 4	SESSION 4	SESSION 4	SESSION 4
SATURDAY	REST	REST	REST	REST
SUNDAY	REST	REST	REST	REST

PROGRAMME LAYOUT

OPTION 2

3 X PER WEEK

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	REST	REST	REST	REST
TUESDAY	SESSION 1	SESSION 4	SESSION 3	SESSION 2
WEDNESDAY	SESSION 2	SESSION 1	SESSION 4	SESSION 3
THURSDAY	SESSION 3	SESSION 2	SESSION 1	SESSION 4
FRIDAY	REST	REST	REST	REST
SATURDAY	REST	REST	REST	REST
SUNDAY	REST	REST	REST	REST

COMPLETE THESE ROUTINES



BEFORE/AFTER EVERY SESSION

***WARM UP &
COOL DOWN***

SESSION 1

PART 1

MULTI-SPRINT STAMINA



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	6	6	6	6
SETS	5	6	7	8
REST	60 SECS	60 SECS	60 SECS	60 SECS
EQUIPMENT	4-8 MARKERS + 1 BALL			
NOTES	REPS: THERE AND BACK = 2 REPS REST: TIME SHOWN IS BETWEEN SETS			

SESSION 1

PART 2

SPEED REPEATABILITY

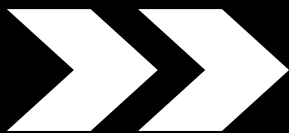


	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	4	4	4	4
SETS	3	4	5	5
REST	90 SECS	90 SECS	90 SECS	90 SECS
EQUIPMENT	4-8 MARKERS + 1 BALL			
NOTES	REPS: WALK BACK BETWEEN REPS AND IMMEDIATELY BEGIN NEXT REP REST: TIME SHOWN IS BETWEEN SETS			

SESSION 2

PART 1

MULTI-SPRINT STAMINA



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	6	6	6	6
SETS	5	6	7	8
REST	60 SECS	60 SECS	60 SECS	60 SECS
EQUIPMENT	6-12 MARKERS			
NOTES	REPS: THERE AND BACK = 2 REPS REST: TIME SHOWN IS BETWEEN SETS			

SESSION 2

PART 2

SPEED REPEATABILITY



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	4	4	4	4
SETS	3	4	5	5
REST	90 SECS	90 SECS	90 SECS	90 SECS
EQUIPMENT	6-12 MARKERS			
NOTES	REPS: WALK BACK BETWEEN REPS AND IMMEDIATELY BEGIN NEXT REP REST: TIME SHOWN IS BETWEEN SETS			

SESSION 3

PART 1

MULTI-SPRINT STAMINA



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	6	6	6	6
SETS	5	6	7	8
REST	60 SECS	60 SECS	60 SECS	60 SECS
EQUIPMENT	6-12 MARKERS			
NOTES	REPS: THERE AND BACK = 2 REPS REST: TIME SHOWN IS BETWEEN SETS			

SESSION 3

PART 2

SPEED REPEATABILITY



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	4	4	4	4
SETS	3	4	5	5
REST	90 SECS	90 SECS	90 SECS	90 SECS
EQUIPMENT	8-16 MARKERS			
NOTES	REPS: WALK BACK BETWEEN REPS AND IMMEDIATELY BEGIN NEXT REP REST: TIME SHOWN IS BETWEEN SETS			

SESSION 4

PART 1

MULTI-SPRINT STAMINA



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	6	6	6	6
SETS	5	6	7	8
REST	60 SECS	60 SECS	60 SECS	60 SECS
EQUIPMENT	10-14 MARKERS + 2 BALLS			
NOTES	REPS: THERE AND BACK = 2 REPS REST: TIME SHOWN IS BETWEEN SETS			

SESSION 4

PART 2

SPEED REPEATABILITY



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
REPS	4	4	4	4
SETS	3	4	5	5
REST	90 SECS	90 SECS	90 SECS	90 SECS
EQUIPMENT	6-12 MARKERS			
NOTES	REPS: WALK BACK BETWEEN REPS AND IMMEDIATELY BEGIN NEXT REP REST: TIME SHOWN IS BETWEEN SETS			



PLAN B

TREADMILL WORKOUTS



SPEED	TIME (SECS)	WEEK 1	WEEK 2	WEEK 3	WEEK 4
50%	50	3 ROUNDS	4 ROUNDS	5 ROUNDS	6 ROUNDS
0%	10				
75%	50				
100%	10				
0%	50				
50%	10				
75%	50				
100%	10				
NOTES	ONCE YOU REACH THE SECOND 100%, RETURN TO THE TOP (STARTING AGAIN AT 50%) TO BEGIN ROUND 2 AND SO ON UNTIL YOU COMPLETE ALL REQUIRED ROUNDS				



PLAN B

BIKE WORKOUTS



SPEED	TIME (SECS)	WEEK 1	WEEK 2	WEEK 3	WEEK 4
50%	50	3 ROUNDS	4 ROUNDS	5 ROUNDS	6 ROUNDS
100%	10				
50%	50				
0%	10				
75%	50				
100%	10				
75%	50				
0%	10				
NOTES	ONCE YOU REACH THE SECOND 0%, RETURN TO THE TOP (STARTING AGAIN AT 50%) TO BEGIN ROUND 2 AND SO ON UNTIL YOU COMPLETE ALL REQUIRED ROUNDS				

PLAN B H.I.I.T WORKOUTS



WORKOUT 1



WORKOUT 2

EXERCISE	TIME (SECS) ON OFF	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ACCELERATE & BACK PEDDLE	10 ON 15 OFF	3 ROUNDS	4 ROUNDS	5 ROUNDS	6 ROUNDS
BALL SIDE SWEEPS	20 ON 15 OFF				
CANCAN JUMPS	30 ON 15 OFF				
BURST FORWARD SQUARE	20 ON 15 OFF				
SPRINTER STEPS	10 ON 15 OFF				
NOTES	ONCE YOU REACH SPRINTER STEPS, RETURN TO THE TOP TO BEGIN ROUND 2 AND SO ON UNTIL YOU COMPLETE ALL REQUIRED ROUNDS				

EXERCISE	TIME (SECS) ON OFF	WEEK 1	WEEK 2	WEEK 3	WEEK 4
ACCELERATE & SHUFFLE BACK	10 ON 15 OFF	3 ROUNDS	4 ROUNDS	5 ROUNDS	6 ROUNDS
DRIBBLE & TURN	20 ON 15 OFF				
PUPPET SPIN	30 ON 15 OFF				
DIAGONAL SIDE STEPS	20 ON 15 OFF				
BOSU STEPS	10 ON 15 OFF				
NOTES	ONCE YOU REACH BOSU STEPS, RETURN TO THE TOP TO BEGIN ROUND 2 AND SO ON UNTIL YOU COMPLETE ALL REQUIRED ROUNDS				

PLEASE NOTE

**THIS PROGRAMME IS JUST ONE PART OF A
FULL SEASON TRAINING SYSTEM**

MONTH	PROGRAMME/GUIDE				
JANUARY	SPEED	INJURY PREVENTION	NUTRITION	MINDSET	TRACKING
FEBRUARY	STAMINA				
MARCH	IN SEASON				
APRIL					
MAY	OFF				
JUNE	PRE SEASON				
JULY					
AUGUST					
SEPTEMBER	IN SEASON				
OCTOBER					
NOVEMBER					
DECEMBER	BODYWEIGHT/ FAT BURN				

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AGES 12-18

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WITH

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