

# Program Summary – 16 week pro level

Block	Emphasis	Notes
<b>Block 1</b> (Week 1-4)	Aerobic Capacity	Block 1 is designed as a starter block where the player is coming off their annual break, where they have done minimal training for the last 2-4 weeks. The sessions are designed as a gradual introduction back to training, with focus on aerobic capacity whilst introducing faster running, top speed and acceleration runs.
<b>Block 2</b> (Week 5-8)	Speed & Power	Block 2 the emphasis is on speed & power development, whilst continuing to work on underlying aerobic capacity and aerobic power qualities. The program in block 2 includes time for technical football.
<b>Block 3</b> (Week 9-12)	Repeat Speed	Block 3 we convert the speed and power into repeat speed. The aerobic sessions are more biased towards aerobic power, whilst we overload the speed endurance sessions. More time in this block is also dedicated to technical football.
<b>Block 4</b> (Week 13-16)	Specific pre season preparation	In block 4 the sessions are designed to replicate a typical weekly rhythm for a 7 day in season cycle. The sessions are designed to mimic the physical demands of in season team training.

## Other points:

This program is biased towards running and the physical development of the qualities outlined in the program (aerobic capacity, aerobic power, speed endurance, speed & power, repeat speed).

Players should consider what the priority is for their off season – this could be gym, technical development, tactical understanding. Players need to determine what is the limiting factor in their game right now, and use this to decide what to focus on in the off season.

For example – if you are already the fittest player in your team, perhaps a focus on technical/tactical may provide more upside than a focus on running. If you are already aerobically fit enough, but lack some speed and strength – perhaps a focus on gym may be more valuable.

A focus on running is appropriate for players in many situations. These include younger players who are stepping up to the pro level. Players who are stepping into a starter role where they previously often played off the bench. A player who has been injured and lost a lot of fitness. Often during rehab periods the player loses a lot of base aerobic fitness and struggles to last a full 90 minutes and to play at a high quality each week. In this situation, a block of hard conditioning running over the off season can help the player to get back to their pre injury level.

**Avoid de conditioning** - It is important that all players in the off season complete a base level of running to ensure they do not lose aerobic fitness and tolerance to a normal football weekly training load. Aerobic fitness is one of the quickest qualities to decrease when a player stops training. It is also the hardest to get back. For these reasons I would argue it is vitally important for players to complete 2 hard aerobic stimulus sessions per week.

**Volume** - In season players are covering between 20-35km in a week depending on their club. This may range between 300-500 minutes of on field time per week. In the off season players need to be covering this volume to help prepare for the physical demands of the season. They don't need to be covering this volume in the early off season, but certainly in the mid to late stages of the off season it is important for the player to prepare for this volume.

**Why not have it all** – I would argue that a professional player can complete the below running program, plus adequate football practice, plus gym during their off season.

I believe a pro player can complete -

4 running session + technical or team practice

4 gym sessions

1 stand alone football session

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	An ideal week for a pro player – good hard running, gym plus a pick up game. 2 off days. 9 sessions per week
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Run plus football	Run plus football	OFF	Run plus football	Run plus football	30-45 min pick up or team training	OFF	
Gym	Gym		Gym	Gym			

Or – early phase off season

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run - Short Intervals	OFF	Run - Fartlek	OFF	Run - Threshold	Recovery Activity	OFF
Gym – LME		Gym – LME		Gym - LME		

**Gym** – completing gym is an important part of the off season for all players. Gym is vital for injury prevention as well as performance and should be completed all year round by all players.

This program does not include a written gym program – however I have nominated on the schedule which days you should complete gym. You will see I have nominated gym 2 x per week. This should be the minimum. As stated above players can complete gym 4 x per week.