

Double Periodised Year

WEEK 1 -4.	a.m.	p.m.
Sunday	Rest	Rest
Monday	Rest	Running drills Touch bounding Accelerations
Tuesday	Hurdle walking Sand pit exercises	General Resistance
Wednesday	Core exercises A	Interval runs Contrast bathing
Thursday	Hurdle walking Sand pit work	General resistance
Friday	Core Exercises B Contrast bathing	Endurance bounding Circuit training
Saturday	Strides Massage	Rest

WEEKS 5 - 8

Sunday	Rest	Rest
Monday	Rest	Running drills Touch bounding Technique Accelerations
Tuesday	Hurdle walking + med ball Sand pit work	General resistance Core exercises A
Wednesday	Touch bounding Interval runs	Circuit training Contrast bathing
Thursday	Hurdle walking + med ball Sand pit work	Specific Resistance
Friday	Core exercises B Contrast bathing	Accelerations Box & hurdle plyo's Endurance bounding
Saturday	Strides Massage	Rest

WEEKS 9 -13

Sunday	Rest	Rest
Monday	Rest	Touch bounding Technique Accelerations
Tuesday	Hurdle walking +med ball Sand pit work	General resistance Core exercises A
Wednesday	Touch bounding Hollow runs	Hill runs Med ball session Contrast bathing
Thursday	Hurdle walking + med ball Sand pit work	Specific resistance [ complex ]
Friday	Core exercises B Contrast bathing	Rhythm runs Power bounding Boxwork & hurdle Plyo's
Saturday	Strides Massage	Rest

WEEKS 14 – 17

Sunday	Rest	Rest
Monday	Rest	Accuracy runs Technique
Tuesday	Hurdle work + med ball Sand pit exercises Power bounding	General resistance Core exercises A Hill runs
Wednesday	Touch bounding Med ball session	Block work Contrast bathing
Thursday	Hurdle work + med ball Sand pit work	Specific resistance [ complex ]
Friday	Core exercises B Contrast bathing	Rhythm runs Power bounding Depth jumping
Saturday	Strides Massage	Rest

WEEKS 18 – 21

Sunday	Rest	Rest
Monday	Rest	Accuracy runs Technique
Tuesday	Hurdle work + med ball Sand pit work	Power bounding Depth jumps
Wednesday	Touch bounding Med ball session	Specific resistance Contrast bathing
Thursday	Hurdle work + med ball Sand pit work	Accelerations or/and blockwork
Friday	Core session B	Power bounding Depth jumping Contrast bathing
Saturday	Strides Massage	Rest

## Training Progression

### Strength

<i>General</i>	Power Cleans	½ Squats	Lunges	Step-ups
<i>Specific</i>	Power Cleans	¼ Squats	Split Cleans	Step-ups
<i>Dynamic / Pre Comp</i>	Split Cleans	¼ Squats	Hamstring Curls	Step-ups

Front squats will be introduced to underpin 'Receive/Catch' position in Cleans.

### Plyometrics

Endurance Football Pitch circuits  
Horizontal specific co-ordination  
Vertical obstacles – Low intensity  
Vertical obstacles – Horizontal drive  
Progression 2 footed to 1 footed  
Including Hurdles and Boxwork  
Single leg work will be utilised to enhance Core Stability

### Circuits

Progressed from body weight to Medicine Ball exercises

### Speed

Accelerations	Progress from 10m to 40m
Pure Speed	Block starts Flying sprints
Speed Development	Tempo runs/ Hollow runs Plyometrics
Running Conditioning	Intervals
Running Power	Hill Sprints

Speed Bounding exercises to be incorporated to reinforce horizontal momentum.

### Technique

Running Drills	
Take off drills	
Approach running	Rhythm & Accuracy
Flight	Balance and Co-ordination
Landing	Postural and Core exercises

Conditioning Resistance Progression

	Sets	Reps	%	Sessions/Week
<i>October</i>	3	10	60	2
<i>November</i>	3	10	70	1
	3	8	75	1
<i>December</i>	3	8	75	1
	4	4	80	1
<i>January</i>	3	4	80	1
	2	4	90	1
<i>February</i>	2	2	95	1

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## Core A Conditioning

Dorsal Leg Lifts	3 x 10
Wall Bar Hang – Tuck Lift	3 x 16
Lumbar Arch (Feet anchored)	3 x 10
Lying Down – Windscreen Wipers	3 x 20
Gluteal Lift & Hold (Balance on Bench)	3 x 10
Plank position – Side hold	2 x 3 x 10 - 10 secs
Slow sit-up – Straight arms & hold	2 x 3 x 10 - 10 secs

## Core B Conditioning

Slow sit-up with twist	3 x 10
Plank Position	3 x 10 - 10secs
Hop & Stop & Hold	2 x 3 x 10 - 5 secs
Hamstring Curls	2 x 3 x 10
'V' sits – Alternate legs	2 x 3 x 10
Wall bar hang & Straight leg & straddle	3 x 6
Lie with legs vertical & lower to sides	2 x 3 x 6



Running Drill before all sessions as warm-up.

3 repetitions - 10/15m

- High Knees Walk - Adapt t/off position with eyes forward, hips high, Straight back, toes up, arms bent.
- High Knees Run - As High Knees Walk but with 1 rep slow, 1 rep medium pace, 1 rep fast.
- Bum Flick run - Increase speed of each repetition.
- Ankle Walk - Quick small steps.
- Straight leg drill - Think of yourself as a "pendulum"  
Balance front leg, reach distance with back leg  
extension distance.

Endurance Bounding Session – Around Football Pitch

- 25m Right Foot Hop
- 25m High Knees Run
- 25m Skipping
- 25m Bunny Jumps
- 75m Stride Run – width of Pitch – not a Jog
- 25m Left Foot Hop
- 25m Bum Flicks
- 25m Tripling Run
- 25m Ankle Jumps – Keep feet together
- 75m Stride Run -  
This is one repetition – it is continuous movement.  
5 minutes recovery between reps.

Accelerations - A + Touch Bounding

Runway start position and accelerate for 10m x 4 with 3 minutes recovery.

Touch bounding –(straight/upright body) over 10m

Right Foot side Hop to the left

Left Foot side Hop to the right

Left Foot side Hop to the Left

Right Foot side Hop to the Right

Hop forwards, Hop backwards (without stopping) – Right Foot

Hop forwards, Hop backwards (without stopping) – Left Leg

Crab Walk one foot forward, next foot to meet front foot then alternate feet for 10m.

Runway start position and accelerate for 15m x 4 with 3 minutes recovery.

Touch Bounding as before.

Accelerations - B + Touch Bounding

Runway start position and accelerate for 15m x 4.

Touch bounding as before.

Runway start position and accelerate for 20m x 4.

Touch bounding as before.

## **Body Circuit**

**Aerobic Circuit** – 20 secs with each exercise with a jog 20m away and 20m back in between each exercise. (the jogging must not take no longer than 20secs).

### **Exercises:**

1. Press- ups.
2. Sit- ups.
3. ½ Squats.
4. Reverse Press- ups.
5. Chinnies.
6. Back Extensions.
7. Press- ups with alternate leg raises.
8. Side raises.
9. Side raises- other side.
10. Dorsal raises.
11. Treadmill.
12. Wall sit.
13. Hip extensions.
14. Two footed treadmill
15. Side leg raises
16. Side leg raises- other side.
17. Star jumps.

## **Medicine Ball Exercises**

- Standing back-to-back, pass ball side to side.
- Standing back-to-back, figure of 8 passing.
- Collect high, deliver low.
- Sit up with feet off – catch ball around the clock.
- Sit up with feet off- throw back from chest.
- Lying on front- throw back at knee level.
- Lying on back- ball rolled down side and thrown across body where caught.
- High and low- touching hand and toe.
- Sit up with feet off- catch ball from the side, load and return.
- Sit up- receive the ball as going back, and then return as sitting up.
- Stand on partner's toes- stand up with ball.
- ½ squat with ball out stretched.
- Bunny jumps with ball out stretched. (4 contacts x 3)
- Sit with feet apart touching- pass ball from person to person.
- Rolling ball down backs of legs- flick back to partner.
- Sit against low mat- catch ball high- throw down with straight arms.
- Lying on back- kick ball back.
- Ball between feet- jump to propel ball and catch.
- Partner on bench behind- Catch ball from sitting and drive ball back up.
- Lay on front- ball rolled towards you- collect and extend to throw ball over back.
- Lie on back- hold legs straight up and drop ball on feet, push back up with toes.
- Lung walks with ball out front.
- Lung walk with ball out to side.

- Lung walk with ball out to other side.