



Conditioning Options

Before and after each session it is important to warm up and cool down appropriately with 8-10 minutes of movement and some dynamic stretching followed by some specific movements to the session you are completing.

5-10-15-20 Shuttle

Sprint to 5 and back 10 and back etc. then perform 30 seconds of an upper body exercise push-ups, horizontal rows, med ball slam downs etc. Rest for 30 seconds and repeat by 6 to complete one set. Take 3-4mins of rest and complete 3-4 sets. Add one set the next time you do this session to a maximum of 8 sets.

100's

Sprint/stride the pitch length and rest for 30 seconds and repeat by 4. Rest for two minutes and complete 4 sets. Add one set the next time you do this session to a maximum of 8 sets. If you have a partner you can do this while passing laterally and can add in switches and loops etc.

Pitch Ladders

Starting on the goal line sprint\stride to the 22 and take jog back recovery to the goal line. On returning to the goal line sprint\stride to the half way and take jog back recovery. Then complete the same process to the far 22 and the far goal line. Complete 4 sets and take 3 minutes rest between sets. If you have a partner you can do this while passing laterally and can add in switches and loops etc. Without a partner you can kick the ball ahead and accelerate to pick it up. Add one set the next time you do this session to a maximum of 8 sets.

50 Turnabouts

Sprint\stride 50 meters decelerate past the line and take a walk back recovery to the line you have just crossed this is one rep sprint back to the starting line and repeat the deceleration and recovery aspect to complete the second rep. 1 set is 6 reps complete 4 sets with 2 minutes rest between sets. Add one set the next time you do this session to a maximum of 8 sets.

50 Intervals

Sprint\stride 50 meters and take 15 seconds rest and repeat by 4 to complete one set. Rest for two minutes and complete 4 sets. Add one set the next time you do this session to a maximum of 8 sets.

Pyramid Interval

Sprint\stride to the 22 and take a walk back recovery. Do the same to the half way the far 22 and the far goal line. Each time you return to the goal line after your walk back recovery complete a 30 second shuttle between the dead ball line and the goal line before you begin your next sprint. Complete 4 sets taking 3 minutes rest between each set. Add one set the next time you do this session to a maximum of 8 sets taking 5 minutes rest between sets 4 and 5.

20 Turnabouts

Sprint\stride 20 meters decelerate past the line and take a walk back recovery to the line you have just crossed this is one rep sprint back to the starting line and repeat the deceleration and recovery aspect to complete the second rep. 1 set is 8 reps complete 6 sets with 2 minutes rest between sets. Add one set the next time you do this session to a maximum of 10 sets.

30 Second Drill

Starting on the try line set markers out at the 22, the 10 meter line and the far 10 meter line.

30 Second 1: Sprint from the try line out to the 22 and back as many times as possible in 30 seconds then rest for 30 seconds

30 Second 2: Sprint from the try line out to the 10 meter line and back as many times as possible in 30 seconds then rest for 30 seconds

30 Second 3: Sprint from the try line out and back to the far 10 meter line as many times as possible in 30 seconds then rest for 30 seconds

Rest is for 90 seconds then repeat above a further 3 times with another 90 seconds rest between sets.

7 Second Drill

7 Second Drill 1: 7 seconds run, 23 seconds jog x 6 rest 1 minute

7 seconds run, 13 seconds jog x 6 rest 3 minutes

7 Second Drill 2: 7 seconds run, 13 seconds jog x 3

7 seconds run, 23 seconds jog x 2

7 seconds run, 13 seconds jog x 3

7 seconds run, 23 seconds jog x 2

7 seconds run, 13 seconds jog x 3 Rest 3 minutes

Repeat 7 Second drill 1

60's

Complete 5 x 60 meter sprints with 25 seconds recovery between each (You are looking to complete the 60 meters in under 10 seconds) Rest for 3 and a half minutes and repeat

Rest for 3 and a half minutes the complete a 5 x 60 meter shuttle (Try to complete in less than 90 seconds) Rest for 3 and a half minutes then repeat the shuttle.

Bike/Row Options

Rowing Session 1: 150 meters x 10 with 30 seconds rest between each. 4 minutes rest and repeat.

Rowing Session 2: 1 minute x 3 with 30 second recovery between each. 2 minutes rest and repeat.

4 minutes rest and repeat then take a further 4 minutes and repeat again. You will have completed 18 x 1 minute rows.

Bike Session 1: 30 seconds on 30 seconds off, 20 on 20 off, 10 on 10 off, 10 on 10 off, 20 on 20 off, 30 on 30 off (2min) 3 minutes rest complete 4 sets

Bike Session 2: 30 seconds on 15 seconds off x 8 on medium/high resistance. 3 minutes rest complete 4 sets

(Rest periods for bike sessions should be easy pedaling on low resistance)