

PRE-SEASON FITNESS TRAINING

Equipment needed:

- ✓ Stopwatch,
- ✓ Measuring device (e.g. a car's distance counter),
- ✓ Heart rate monitor (optional).

Week 1 (Monday, Wednesday, Friday):

45 min continuous run covering at least 5 miles (preferably 6 miles).

Week 2 (Monday, Wednesday, Friday):

22 min continuous run covering half of the distance achieved in week 1, then have 6 minutes rest (walking or sitting), before another 22 min continuous run covering the same distance as the first 22 min run (pace yourself so that you complete each run without stopping).

Week 3 (Monday, Wednesday, Friday):

40 min continuous run covering the same distance as week 1.

Week 4 (Monday, Wednesday, Friday):

20 min continuous run covering half the distance as that achieved in week 1, then have 6 minutes rest (walking or sitting), before another 20 min continuous run covering the same distance as the first 20 min run. Don't go too fast on the first run and be too slow on the last.

Week 5 (Monday, Wednesday, Friday):

5 x 1 mile runs with 5 min rest (walking or sitting) between runs and aim for a pace of 6 min per mile. Pace yourself so that the last run is about the same time as the first; don't go too fast on the first run and be too slow on the last.

Practical tips:

- ✓ Using a car or internet map programme identify a landmark (e.g., a shop or street) that is 3 miles away from your house. You can then use this distance to run out to (3 miles), before turning round and running back (6 miles covered). Use this route in weeks 1-4.
- ✓ Complete each session three times in a week and stick to the rest and exercise timings given.
- ✓ Use proper running trainers in all sessions and thoroughly warm up before any exercise begins; *if any pain occurs then stop immediately* and see your doctor about it.
- ✓ Programme starts 5 weeks before reporting back to your team for the pre-season.
- ✓ Don't worry if you can't complete the distances stated above in the first session of the week, as long as you push yourself on the next session to do better than the first session then you are getting better.
- ✓ Time goes a lot faster when your mind is occupied, so try to listen to music, train with a partner or in a group and/or run through interesting scenery.
- ✓ Try to consume a protein bar or shake in the half hour following each session. Please email mail@scientific-football.com for special discounts on supplements.

FOR MORE INFORMATION CONTACT YOUR COACH OR VISIT THE WEBSITE BELOW.

www.scientific-football.com