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Week	1	2	3		4	5	6	7	8	9		10	
Gym based	Rest/recreational fitness	Rest/recreational fitness	Testing	Movement fundamentals	Anatomical adaptation	Anatomical adaptation	Strength	Strength	Strength	Strength	Power	Power	Testing
Aerobic	None	None	Testing	None	1 x HIIT	1 x HIIT	1 x HIIT	1 x HIIT	2 x HIIT	1 x HIIT	1 x HIIT	1 x HIIT	Testing

HIIT = High intensity interval training

Programme designed around a three session per week availability (2 x resistance training, 1 x treadmill) over an 8 week pre-season block.

Programme ended 10 days before the start of the season, in which practice matches and skills sessions were the main focus.

Speed and agility were also focused on in the immediate period before the first competitive match.