

Pre-Season Training Plan

28th July 2010 Test Date

Plan Commences on 2nd June 2010

This is a 6 week programme that has been split into 2 sections, each with its own aim.

2 weeks of General Preparatory Training

Medium intensity training with a structured re-introduction to running

Aims

- A short reintroduction to training
- Establish an aerobic 'base' on which to increase training intensity
- Develop general strength and stability to minimise injury risk
- Lay the foundations for power development

6 weeks of Specific Preparatory Training

High Intensity, Speed Endurance and Speed training

Aims

- Improve your aerobic fitness by introducing high-intensity exercise
- Develop speed and speed endurance by introducing anaerobic training
- Continue to develop strength and stability

GENERAL TRAINING ADVICE:

- Perform all runs on a **forgiving surface**, such as grass
- Perform the **specific warm up** prescribed. It will help reduce your injury risk
- Do not underestimate the **importance of stretching** during the cool down. Hold each stretch for 25 - 30", repeating each stretch 2-3 X per muscle group
- Your two Strength Workouts have been placed at the bottom of this document. **Alternate** between the 2 workouts for each strength session you perform. A video of the exercises can be found on refworld.com

SPECIFIC TRAINING ADVICE:

- This plan will **not suit everybody**. However, try to ensure that you have at least 6 weeks of training in preparation for your PGMOL fitness test.
- Take **2 days rest** (unloading) before the day of your fitness test.
- It is important to ensure **progressive overload** in your training. As you get fitter, you need to raise the intensity of your training to continue to benefit from each session. So, for your HI and SE sessions, keep track of the speed you are running at and the distance you are covering for each repetition. Then aim to beat them during subsequent sessions. The same applies to your sprint reps. Try to keep a record of your times (and recovery) so that you have a target to beat.

All sessions should contain the following warm up and cool down:

Warm Up: 5' jogging, then mobility, dynamic flexibility and speed / plyo drills
(See warm up program below)

Warm Up	
Hip Flexor Stretch	1 x 4(5s holds)
Bridge	1 x 8
Split Squat	1 x 8
Lateral Split Squat	1 x 6
S/Leg Stiff Leg Deadlift	1 x 6
Side Steps (L & R)	2 x 10m
Over the Gate (FW & BW)	2 x 10m
Straight Leg Swings	2 x 10m
High Knee Skips	2 x 10m
Cross Body Skips	2 x 10m
Heel to Bum	2 x 10m
Jog	1 x 10m
<i>For Speed / Speed Endurance sessions include:</i>	
$\frac{3}{4}$ Sprints	2 x 10m, 2 x 20m

Cool Down: 5' jogging, then full body static stretching of 20-30s holds

GENERAL PREPARATORY WEEK 1*Wed 2nd June - Tues 8th June 2010***WEDNESDAY 2nd**

STRENGTH WORKOUT – See bottom of document

THURSDAY 3rd

MEDIUM INTENSITY AEROBIC TRAINING

- Intensity Guide = RPE 3 – 5
 - 12'30" running at 84-86% Max HR
 - 5' active recovery
 - Repeat (25' MI Running)

FRIDAY 4th

REST DAY

SATURDAY 5th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

SUNDAY 6th

MEDIUM INTENSITY AEROBIC TRAINING

- Intensity = RPE 3 - 5
 - 20' running at 80-85% Max HR
 - (20' MI Running)

MONDAY 7th

REST DAY

TUESDAY 8th

REST DAY

GENERAL PREPARATORY WEEK 2*Wed 9th June - Tues 15th June 2010***WEDNESDAY 9th**

STRENGTH WORKOUT – See bottom of document

THURSDAY 10th

MEDIUM INTENSITY AEROBIC TRAINING

- Intensity Guide = RPE 3 – 5
 - 12'30" running at 84-86% Max HR
 - 3' active recovery
 - Repeat (25' MI Running)

FRIDAY 11th

REST DAY

SATURDAY 12th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

SUNDAY 13th

MEDIUM INTENSITY AEROBIC TRAINING

- Intensity = RPE 3 - 5
 - 20' running at 80-85% Max HR
 - (20' MI Running)

MONDAY 14th

REST DAY

TUESDAY 15th

REST DAY

SPECIFIC PREPARATORY WEEK 1*Wed 16th June - Tues 22nd June 2010***WEDNESDAY 16th**

STRENGTH WORKOUT – See bottom of document

THURSDAY 17th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 5 x 10m sprints, with 30" rest in between each sprint
 - 3' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - 3' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - Total sprint distance = 250m

FRIDAY 18th

REST DAY

SATURDAY 19th

STRENGTH WORKOUT – See bottom of document

SUNDAY 20th

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 5 – 7
 - 5' running at 86%+ Max HR
 - 1'30" recovery
 - Repeat x 4 (20' HI Running)

MONDAY 21st

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds



PROFESSIONAL GAME
MATCH OFFICIALS

TUESDAY 22nd
REST DAY

SPECIFIC PREPARATORY WEEK 2

Wed 23rd June – Tues 29th June 2010

WEDNESDAY 23rd

STRENGTH WORKOUT – See bottom of document

THURSDAY 24th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 5 x 10m sprints, with 30" rest in between each sprint
 - 3' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - 3' recovery
 - 5 x 25m sprints, with 50" rest in between each sprint
 - Total sprint distance = 275m

FRIDAY 25th

REST DAY

SATURDAY 26th

STRENGTH WORKOUT – See bottom of document

SUNDAY 27th

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 5 – 7
 - 5' running at 86%+ Max HR
 - 1' recovery
 - Repeat x 4 (20' HI Running)

MONDAY 28th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds



PROFESSIONAL GAME
MATCH OFFICIALS

TUESDAY 29th

REST DAY

SPECIFIC PREPARATORY WEEK 3*Wed 30th June – Tues 6th July 2010***WEDNESDAY 30th**

STRENGTH WORKOUT – See bottom of document

THURSDAY 1st JULY

SPEED ENDURANCE SESSION

- Intensity Guide = RPE 7 – 9 (with Peak HR >90% Max HR)
 - 5 x 20m sprints, with 20" rest in between each sprint
 - 3' recovery
 - 5 x 20m sprints, with 20" rest in between each sprint
 - 3' recovery
 - 4 x 25m sprints, with 25" rest in between each sprint
 - Total sprint distance = 300m

FRIDAY 2nd

REST DAY

SATURDAY 3rd

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 6 – 8
 - 2' running at 86%+ Max HR
 - 2' recovery
 - Repeat x 10 (20' HI Running)

SUNDAY 4th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 5 x 10m sprints, with 30" rest in between each sprint
 - 2' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - 2' recovery
 - 5 x 10m sprints, with 30" rest in between each sprint
 - Total sprint distance = 200m

MONDAY 5th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

TUESDAY 6th

REST DAY

SPECIFIC PREPARATORY WEEK 4*Wed 7th July – Tues 13th July 2010***WEDNESDAY 7th**

STRENGTH WORKOUT – See bottom of document

THURSDAY 8th

SPEED ENDURANCE SESSION (with Peak HR >90% Max HR)

- Intensity Guide = RPE 7 - 9
 - 5 x 40m sprints, with 20" rest in between each sprint
 - 3' recovery
 - 5 x 50m sprints, with 25" rest in between each sprint
 - Total sprint distance = 450m

FRIDAY 9th

REST DAY

SATURDAY 10th

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 6 - 8
 - 45" running at 90%+ MaxHR
 - 45" recovery
 - Repeat x 12
 - 4' rest
 - Repeat x 12 (18' HI Running)

SUNDAY 11th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 5 x 10m sprints, with 30" rest in between each sprint
 - 2' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - 2' recovery
 - 5 x 20m sprints, with 45" rest in between each sprint
 - Total sprint distance = 250m

MONDAY 12th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

TUESDAY 13th

REST DAY

SPECIFIC PREPARATORY WEEK 5

Wed 14th July – Tues 20th July 2010

WEDNESDAY 14th

STRENGTH WORKOUT – See bottom of document

THURSDAY 15th

SPEED ENDURANCE SESSION (with Peak HR >90% Max HR)

- Intensity Guide = RPE 7 - 9
 - 4 x 25m sprints, with 30" rest in between each sprint
 - 3' recovery
 - 3 x 40m sprints, with 45" rest in between each sprint
 - Total sprint distance = 220m

FRIDAY 16th

REST DAY

SATURDAY 17th

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 6 - 8
 - 45" running at 90%+ MaxHR
 - 30" recovery
 - Repeat x 12
 - 4' rest
 - Repeat x 12 (18' HI Running)

SUNDAY 18th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 6 x 10m sprints, with 30" rest in between each sprint
 - 3' recovery
 - 6 x 20m sprints, with 45" rest in between each sprint
 - Total sprint distance = 180m

MONDAY 19th

REST DAY

TUESDAY 20th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

SPECIFIC PREPARATORY WEEK 6*Wed 21st July – Tues 27th July 2010***WEDNESDAY 21st**

STRENGTH WORKOUT – See bottom of document

THURSDAY 22nd

HIGH INTENSITY AEROBIC TRAINING

- Intensity = RPE 6 - 8
 - 30'' running at 90%+ MaxHR
 - 30'' recovery
 - Repeat x 12
 - 4' rest
 - Repeat x 12 (12' HI Running)

FRIDAY 23rd

REST DAY

SATURDAY 24th

SPEED SESSION

- Intensity Guide = RPE 2 - 3
 - 6 x 10m sprints, with 30'' rest in between each sprint
 - 3' recovery
 - 6 x 20m sprints, with 45'' rest in between each sprint
 - Total sprint distance = 180m

SUNDAY 25th

REST DAY

MONDAY 26th

RECOVERY TRAINING & FLEXIBILITY

- Intensity Guide = RPE 1
 - 20' jogging / cycling / swimming at 55 - 70% HRmax
 - 20' static stretching with 20-30s holds

TUESDAY 27th

REST DAY

WEDNESDAY 28th JULY

TEST DAY - GOOD LUCK!!

Gym Session – Training Program 1

Warm Up	Tempo	Sets x Reps
Bridge	1/X/1	2 x 10
Prone I Y T W	1/1/1	2 x 8
4 Point Hip Extension	1/1/1	2 x 8

Workout 1

			Session No.					
Exercise 1	Sets	Reps	1	2	3	4	5	6
Squat Rest: 60s Tempo: 2/0/X	1	8						
	1	8						
	1	8						

Exercise 2	Sets	Reps	1	2	3	4	5	6
Press Ups Rest: 60s Tempo: 2/0/X	1	8						
	1	8						
	1	8						

Exercise 3	Sets	Reps	1	2	3	4	5	6
S/Leg Stiff Leg Deadlift Rest: 60s Tempo: 2/0/X	1	8						
	1	8						
	1	8						

Exercise 4	Sets	Reps	1	2	3	4	5	6
Pull Ups Rest: 60s Tempo: X/0/2	1	6						
	1	6						
	1	6						

Stability Exercise	Sets	Reps	1	2	3	4	5	6
Plank	3	45s						

Training Program – Workout 1 Descriptions

Bridge

- Lying on back, knees bent, and feet flat on ground.
- Contract Glutes, and lift hips up, so knees, hips and shoulders are in a straight line.
- Return to start position and repeat for prescribed number of reps.

Prone I Y T W

- Lying chest down on an incline bench, arms hanging down. Pull shoulders back and down.
- With arms straight, raise them above head, thumbs up to sky, squeezing shoulder blades back and down (I). Lower arms to start.
- Repeat with arms in Y shape (arms above head, wide position), then in a T shape (arms out to sides), then a W shape (bend at elbows and squeeze elbows into sides of body).
- Repeat for the prescribed number of reps.

4 Point Hip Extension

- In 4 point position, with hands directly under shoulders, and knees directly under hips, and spine straight.
- Keeping hips and shoulders level extend one leg backwards, again keeping spine straight.
- Bring knee back to start position, again with spine in straight position.
- Repeat for prescribed number of reps, and then switch legs.

Squat

- Standing with arms straight out in front, feet shoulder width apart and straight ahead.
- Initiate movement with hips, sit back and down until the thighs are parallel to the floor. Keep chest up, and natural arch in back.
- Return to standing position by pushing through the hips
- Repeat for prescribed number of reps.

Press Ups

- Start in press up position; core braced, with body in straight line from shoulders to ankles, hands directly under shoulders and shoulder width apart.
- Lower chest towards floor, keeping elbows tucked into sides of body, and body in straight line.
- Push back up to start position, again keeping body in a straight line and core braced.
- Repeat for prescribed number of reps.

Single Leg Stiff Leg Deadlift

- Standing on one leg, with arms out to sides, squeeze shoulder blades together.
- Bend at hips, keep ankle, knee, hips and shoulders in a straight line, kick heel up to the sky.
- When stretch is felt in hamstring, return to start position and repeat for prescribed number of reps, then switch legs.

Pull Ups

- Hanging from a pull up bar with palms facing forwards and slightly wider than shoulder width apart.
- Keeping body and legs still, with no swinging, pull chest to bar.
- Lower yourself back down, extending arms completely after each rep.
- Repeat for prescribed number of reps.

Plank

- Start by lying on front, with forearms on floor, elbows under the shoulders, and on balls of feet, with feet together.
- Push your hips off the ground, creating a straight line from ankles to shoulders.
- Keep hips up and head in neutral position, hold for prescribed duration.
- Repeat for the prescribed number of sets.

Gym Session – Training Program 2

Warm Up	Tempo	Sets x Reps
Clam Shells	1/X/1	2 x 10
Lying Shoulder Slides	2/2/2	2 x 6
Inline Split Squat	1/1/1	2 x 8

Workout 2

			Session No.					
Exercise 1	Sets	Reps	1	2	3	4	5	6
Split Squat Rest: 60s Tempo: 2/0/X	1	8						
	1	8						
	1	8						

Exercise 2	Sets	Reps	1	2	3	4	5	6
Inverted Row Rest: 60s Tempo: X/1/2	1	8						
	1	8						
	1	8						

Exercise 3	Sets	Reps	1	2	3	4	5	6
Single Leg Squat Rest: 60s Tempo: 2/0/X	1	8						
	1	8						
	1	8						

Exercise 4	Sets	Reps	1	2	3	4	5	6
Russian Hamstrings Rest: 60s Tempo: 4/0/X	1	6						
	1	6						
	1	6						

Stability Exercise	Sets	Reps	1	2	3	4	5	6
Side Plank	3	30s						

Training Program – Workout 2 Descriptions

Clam Shells

- On side with knees bent and top hip slightly rolled forward.
- Lift knee away from ground while maintaining contact between feet.
- Initiate movement from hip rotators in outside of hip.
- Return to start position and repeat for prescribed number of reps.

Inline Split Squat

- Standing in split position, with front heel, directly in line with back toe.
- Drop hips straight down toward ground by bending both knees.
- Back knee should be directly behind front heel.
- Keep chest up, drive up through front heel.
- Repeat for prescribed number of reps, then switch legs.

Inverted Row

- Start lying under a squat rack, with barbell set about 3 feet from floor.
- Grab barbell at about shoulder width, keeping arms straight, and body in a straight line.
- Contract Glutes and core, and pull chest towards bar, keeping elbows into sides.
- Touch chest to bar, keeping in a straight line return to start position and repeat for prescribed number of reps.

Russian Hamstrings

- Start in a tall kneeling position, with a partner holding your ankles, or with them secured in place.
- In a position that has your core tight, knees, hips, and shoulders aligned, lean forward, increasing the angle at the knee, but keeping a straight line from shoulder to knee.
- Control the lowering of the body until you cannot maintain a straight line, then put your hands out and fall to the floor, catching yourself on your hands.
- Push yourself back up to the start position, and repeat for the prescribed number of reps.

Lying Shoulder Slides

- Start lying on back, with knees bent, and feet flat on floor, arms out to sides, and bent at 90°.
- Slides arms over head, keeping arms bent, and wrists, hands and arms in contact with floor.
- Keeping back flat, reverse movement, bringing arms back toward sides.
- Repeat for the prescribed number of reps.

Split Squat

- Standing in split position, front foot flat, back foot on ball of foot.
- Drop hips and back knee straight down towards floor.
- Without touching floor, drive up through front heel, keeping body in straight line.
- Repeat for prescribed number of reps.

Single Leg Squat

- Start by standing on one leg, with other leg slightly behind you.
- Squat back and down initiating movement with hips, lower until the thigh is parallel to the floor. Keep chest up, and natural arch in back.
- Return to standing position by pushing through the hips
- Repeat for prescribed number of reps.

Side Plank

- Start by lying on side, with forearm on floor under the shoulder, with hips and feet directly on top of each other.
- Push your hip off the ground, creating a straight line from ankles to shoulders.
- Keep hips forward and head in neutral position, hold for prescribed duration.
- Move on to other side then repeat for the prescribed duration and number of sets.