

FOOTBALL SPECIFIC WORKOUT

WORKOUT GOAL	The aim of the programme is to increase performance in specific components of athletic fitness related to football						
WORKOUT DESCRIPTION	In this workout programme there are 4 different workouts to choose from based on athletic disciplines. Either choose the workout that is revolved around your specific training goal or perform all the workouts but on different days/weeks						
SAFETY BRIEF	Perform a full body effective warm up. Stay hydrated. Select appropriate weight for experience. Please seek guidance from your GP for any injuries or medical conditions						
EQUIPMENT	Functional and strength kit						
DURATION	45 - 60 minute sessions						
WARM UP	2 x 30 secs for each exercise	Squat variations		Straight leg toe reach	Over head reach change hands		
THE WORKOUTS	Session design & equipment			Methodology			
	Complete each exercise for 60 secs. After you have completed all exercises in the set, complete another two sets. Use a range of functional and strength kit			In the strength sets, focus on time under tension and the power in the lift. In the power sections look to maximise the performance of the move with every rep			
	Workout	Set	Exercise	Time	Equipment	Exercise recovery	Target reps
	Workout 1	Strength A1	4 x deadlifts	60 secs	Barbell	60-90 secs	5-8
		Strength A2	4 x pull ups	60 secs	Pull up bar	60-90 secs	5-8
		Strength A3	3 x curtsy squats	60 secs	Barbell	45-60 secs	8-14 alternating
		Strength A4	3 x seated row	60 secs	Seated Row	45-60 secs	8-14
		Strength A5	4 x heavy sled push	60 secs	Sled/track	60-90 secs	20 metres
	Workout 2	Power A1	4 x cleans	60 secs	Barbell	60-90 secs	8-14
		Power A2	3 x box jumps (change plane each set)	60 secs	Plyo box	40-60 secs	8-14
		Power A3	3 x hops (3 sets: forward, left, right)	60 secs	Track	40-60 secs	Track length each leg
		Power A4	3 x single leg jumps (add rotation through the air)	60 secs	Plyo box	40-60 secs	6-8 each side
		Power A5	3 x lateral 2-1 with leave and retrieve	60 secs	Sandbell	40-60 secs	6-8 each side
		Power A6	3 x sideways suicides (shuffle and turn)	60 secs	Bodyweight track	40-60 secs	
	Workout 3	Strength B1	4 x front squat	60 secs	Barbell/ rack	60-90 secs	5-8
Strength B2		4 x bench press	60 secs	Bench Press	60-90 secs	5-8	
Strength B3		3 x single arm row	60 secs	TRX	60 secs	6-8 each side	
Strength B4		3 x walking lunges	60 secs	2 x kettlebell	60 secs	6-8 each side	
Strength B5		3 x upright row	60 secs	Barbell	60 secs	8-14	
Workout 4	Power B1	4 x squat and push	60 secs	Barbell/ landmine	40-60 secs	8-12	
	Power B2	4 x single leg hop	60 secs	TRX	40-60 secs	6-8 each side	
	Power B3	3 x jump, land, turn, run (vary jump and turn)	60 secs	Bodyweight /track	40-60 secs	8-14	
	Power B4	3 x ice skater	60 secs	VIPR	40-60 secs	30 alternating	
	Power B5	3 x hop with toe reach	60 secs	VIPR	40-60 secs	8-12 each side	
	Power B6	4 x light sled push	60 secs	Sled/track	40-60 secs	20 metres	
COOL DOWN	Slow mobilisers						
STRETCH	30 secs per stretch	Foot outside hand mountain climbers		Sprawl stretch	Straight leg toe reach		
IF YOU LIKE THIS, TRY...	For more sport specific training, speak to a specialised Personal Trainer						