



NORTH RIDING COUNTY FA

Week 2 Training Programme





Track / Road Run Session 2

Start by:

10 minute low speed warm up & dynamic stretching

400m timed run: Rest for 30 seconds
(Repeat x 4)
Try and maintain time for each rep

3 minute rest

400m timed run: Rest for 30 seconds
(Repeat x 4)
Try and maintain time for each rep

3 minute rest

400m timed run: Rest for 30 seconds
(Repeat x 4)
Try and maintain time for each rep

3 minute rest

Followed by:

5 minute low intensity cool down jog and stretch

#WeonlydoPositive



Metabolic Conditioning Session 2

<p>1 – Single Leg Wall Squat 30 sec hold: 30 sec rest x 2 (1 Rep each leg)</p>  A woman in a green sports bra and black shorts is performing a single leg wall squat. She is sitting on a wall with her back to it, one leg extended outwards and the other bent.	<p>2 – Plank Shoulder Touches 30 sec on: 30 sec off x 2</p>  A man in black shorts is performing plank shoulder touches. He is in a plank position on his forearms, touching his right shoulder with his left hand and vice versa.	<p>3 – Squat Jump 30 sec on: 30 sec off x 2</p>  A man in black shorts is performing a squat jump. He is shown in three stages: standing, squatting, and jumping.
<p>4 – Kick Through 30 sec on: 30 sec off x 2</p>  A man in black shorts is performing a kick through. He is in a plank position, kicking one leg through his arms.	<p>5 – Standing March 30 sec on: 30 sec off x 2</p>  A man in black shorts is performing a standing march. He is standing on one leg, marching the other leg forward.	<p>6 – Pike Press Ups 30 sec on: 30 sec off x 2</p>  A man in green shorts is performing pike press ups. He is in a pike position, pressing his body up with his arms.

Complete all 6 exercises one after the other. Then rest for 2 minutes. Repeat 3 times (36 minute session)

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Track / Road Speed Session 2

Start by:

10 minute low speed warm up & dynamic stretching

80m Sprints – 2 minutes rest x 2
60m Springs – 90 seconds rest x 2
40m Sprints – 60 seconds rest x 2
20m Sprints – 30 seconds rest x 2

3 minute rest

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3 minute rest

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20m Sprints – 30 seconds rest x 2

3 minute rest

Followed by:

5 minute low intensity cool down jog and stretch

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Match Replication Session 2

Start by:

10 minute low speed warm up & dynamic stretching

6 x 40m Sprints – 80m Walk
6 x 60m Sprints – 100m Walk

1km timed run

1km timed run

3 minute rest

Repeat above
X 4 for Referee
X 2 for Assistant Referee

Followed by:

5 minute low intensity cool down jog and stretch



RESPECT



Outdoor Recovery

Outdoor Cycle:

A 40-60 minute steady state low intensity cycle over varied inclines

For a shorter cycle – Choose a higher gear for 2 minutes before cycling at a low gear for 2 minutes for 6-8 repetitions

Alternatively for some additional stimulus with your recovery Cycle at high gear for 4 minutes before a low gear for 2 minutes. 6-8 repetitions.

Outdoor Walk:

A 40-60 minute fast to medium paced walk over varied inclines

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