



NORTH RIDING COUNTY FA

Week 3 Training Programme



FOR ALL



RESPECT

#Weonlydopositive

ND DEVELOPING YOU



Track / Road Run Session 3

Start by:

10 minute low speed warm up & dynamic stretching

1 minute Hard Run: 1 minute walk
(Repeat x 6)

Try and cover same distance each rep

3 minute rest

1 minute Hard Run: 1 minute walk
(Repeat x 6)

Try and cover same distance each rep

3 minute rest

1 minute Hard Run: 1 minute walk
(Repeat x 6)

Try and cover same distance each rep

3 minute rest

Followed by:

5 minute low intensity cool down jog and stretch

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Metabolic Conditioning Session 1

1 – Bodyweight Squat
60 seconds none stop



2 – Push up
60 seconds none stop



3 – Jumping Lunge
60 seconds none stop



4 – Dips off seat
60 seconds none stop



5 – Glute Bridge
60 seconds none stop



6 – Mountain Climbers
60 seconds none stop



Complete all 6 exercises one after the other with no rest. Then rest for 2 minutes.
Repeat 4 times (32 minute session)

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Track / Road Speed Session 1

Start by:

10 minute low speed warm up & dynamic stretching

50m Sprints – 90 second Rest x 3
10m Sprint – 45 second Rest x 3
100m Sprint – 2 minute Rest x 3

3 minute rest

50m Sprints – 90 second Rest x 3
10m Sprint – 45 second Rest x 3
100m Sprint – 2 minute Rest x 3

Followed by:

5 minute low intensity cool down jog and stretch

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Match Replication Session 1

Start by:

10 minute low speed warm up & dynamic stretching

4 x 10m Sprints – 20m Walk
4 x 30m Sprints – 60m Walk
4 x 40m Sprints – 80m Walk

2km 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



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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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