



NORTH RIDING COUNTY FA

Week 4 Training Programme



FOR ALL



RESPECT



ND DEVELOPING YOU

#Weonlydopositive



Track / Road Run Session 4

Start by:

10 minute low speed warm up & dynamic stretching

1km timed run: Rest for the same time as it takes to run
(Repeat x 2)

3 minute rest

1km timed run: Rest for the same time as it takes to run
(Repeat x 2)

3 minute rest

1km timed run: Rest for the same time as it takes to run
(Repeat x 2)

3 minute rest

Followed by:

5 minute low intensity cool down jog and stretch

#WeonlydoPositive



Metabolic Conditioning Session 2

1 – Single Leg Wall Squat
30 sec hold: 30 sec rest x 2 (1 Rep each leg)



2 – Plank Shoulder Touches
30 sec on: 30 sec off x 2



3 – Squat Jump
30 sec on: 30 sec off x 2



4 – Kick Through
30 sec on: 30 sec off x 2



5 – Standing March
30 sec on: 30 sec off x 2



6 – Pike Press Ups
30 sec on: 30 sec off x 2



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

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

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

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

#Weonlydo**positive**