

Pre-Season Resources

In this booklet you will find a series of resources and templates to help you execute on a high performance pre-season training plan.

Feel free to browse through these materials, print them out and keep them handy of use them as inspiration to create your own training materials.

15 week master plan

We have provided a full week by week plan, detailing every rep to complete over the entire 15 weeks. You might need to adjust the exact specifics to suit your team and their stage of development, but following the progressions laid out will ensure a smooth ramp into the season. There is also a page for you to fill in the important dates for your team in the lead up to the season. When filling in your own pre-season plan, we recommend working backwards from round one to establish all the dates and count up the weeks.

Weekly training structure/plan

This provides guidelines on how to put all the pieces together into your training week for a well rounded approach to strength and conditioning. There are examples provided for three and two per week team training approaches. Following these examples there is a template page for you to print and create your own weekly training plan.

Session training plan

This blank template will allow you to put all the pieces together for a single training session, go into as much or as little detail as you like here to map out every minute of your session. You should print one of these for each training and fill in the specific details of your sessions sprints, fitness work and football drills/activities.

Good luck!

All the best for your pre-season, hopefully these resources and the principles behind them are of value to you as your team builds into round one.

A little planning and structure can be of tremendous help to building a strong, fit and healthy team.

15 week master plan: Block 1

Speed

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Acceleration	4x 10m @ 7/10 effort 30 sec rest	2x4x 10m 8/10 30 sec rest, 90 sec between sets	2x5x 10m 9/10 30 sec / 90 sec rest	2x5x 10m 9/10 30 sec / 90 sec rest	1x5x 10m 9/10 30 sec / 90 sec rest
Flying efforts	4x 20m 6/10 45 sec rest	2x4x 20m 7.5/10 30 sec / 90 sec rest	2x4x 20m 8/10 45 sec / 90 sec rest	2x4x 20m 8/10 45 sec / 90 sec rest	1x4x 20m 8/10 45 sec / 90 sec rest
Curved sprints		2x 20m (each side) 7.5/10 30 sec rest, 90 sec between sides	3x 20m (each side) 8/10 45 sec / 90 sec rest	4x 20m (each side) 8/10 45 sec / 90 sec rest	2x 20m (each side) 8/10 45 sec / 90 sec rest

Stamina

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Short intervals	4x 200m @ 7/10 effort 30sec rest	6x 200m 7/10 30sec rest	2x4x 200m 8/10 30sec rest, 120 sec between sets	2x5x 200m 8/10 30sec / 120 sec rest	1x5x 200m 8/10 30sec rest
Long intervals	2x 400m 6/10 60 sec rest	3x 400m 7/10 60 sec rest	4x 400m 8/10 60 sec rest	6x 400m 8/10 60 sec rest	4x 400m 8/10 60 sec rest
Fartlek		2x4 minute sets	2x5 minute sets	2x6 minute sets	2x4 minute sets
Continuous		2-4km easy	2-4km easy	2-4km easy	2-4km easy

Strength

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Nordics	Straight leg bridge 3x20s	Straight leg bridge 3x30s	2x3	2x4	2x4
Copenhagen			2x10s	2x10s	2x10s
SL RDL			2x6	2x8	2x8
Push Up	2x5-10	2x5-10	2x5-10	2x5-10	2x5-10
W raises	2x6	2x6	2x8	2x8	2x8
Calf raises	2x16	2x20	2x24	2x28	2x28
SL balance	2x20s	2x20s	2x30s	2x30s	2x30s

15 week master plan: Block 2

Speed

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Acceleration	2x4x 15m @ 9/10 effort 40 sec rest, 120 sec between sets	2x4x 15m 9/10 40 sec /120 sec rest	3x3x 15m 9.5/10 40 sec /120 sec rest	3x3x 15m 9.5/10 40 sec /120 sec rest	2x3x 15m 9/10 40 sec /120 sec rest
Flying efforts	2x4x 30m 8/10 40 sec rest, 120 sec between sets	2x4x 30m 9/10 40 sec / 120 sec	3x3x 40m 8/10 50 sec / 120 sec	3x3x 40m 9/10 50 sec / 120 sec	2x3x 40m 9/10 50 sec / 120 sec
Curved sprints	4x 30m (each side) 8/10 40 sec rest, 120 sec between sides	4x 30m (each side) 9/10 40 sec / 120 sec	4x 30m (each side) 9/10 40 sec / 120 sec	4x 40m (each side) 9/10 40 sec / 120 sec	4x 40m (each side) 9/10 40 sec / 120 sec

Stamina

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Short intervals	2x4x 100m @ 8/10 effort 30sec rest, 90 sec between sets	2x5x 100m 9/10 30sec / 90 sec rest	2x5x 150m 9/10 30sec / 90 sec rest	2x6x 150m 9/10 30sec / 90 sec rest	1x6x 150m 9/10 30sec / 90 sec rest
Long intervals	2x4x 400m 8/10 45 sec rest, 90 sec between sets	2x5x 400m 8/10 45 sec / 120 sec rest	2x6x 600m 8/10 45 sec / 120 sec rest	2x6x 600m 8/10 45 sec / 120 sec rest	1x6x 600m 8/10 45 sec rest
Fartlek	2x8 minute sets	2x8 minute sets	1x12 minute set	1x14 minute set	1x8 minute set
Continuous	3-5km easy	3-5km easy	4-6km easy	4-6km easy	2-4km easy

Strength

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Nordics	3x4	3x5	3x6	3x6	2x4
Copenhagen	3x15s	3x20s	3x25s	3x25s	2x20s
SL RDL	2x8	2x8	2x8	2x8	2x6
Push Up	2x7-12	2x7-12	2x7-12	2x7-12	2x7-12
W raises	2x10	2x10	2x10	2x10	2x10
Calf raises	3x12 SL	3x14 SL	3x16 SL	3x18 SL	3x12 SL
Side Plank	2x20s each side	2x30s each side	2x30s each side	2x30s each side	2x30s each side
Front Plank	2x30s	2x30s	2x40s	2x40s	2x40s

15 week master plan: Block 3

Speed

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Acceleration	3x3x 20m @ 8.5/10 effort 45 sec rest, 120 sec between sets	3x4x 20m 9.5/10 45 sec /120 sec rest	3x4x 20m 9.5/10 45 sec /120 sec rest	2x3x 20m 9.5/10 45 sec /120 sec rest	1x4x 20m 9.5/10 45 sec
Flying efforts	3x3x 50m 8/10 45 sec rest, 120 sec between sets	3x4x 50m 9.5/10 45 sec / 120 sec	3x4x 60m 9.5/10 60 sec / 120 sec	2x3x 60m 9.5/10 60 sec / 120 sec	1x3x 50m 9/10 60 sec rest
Curved sprints	3x 40m (each side) 8.5/10 40 sec rest, 120 sec between sides	3x 40m (each side) 9.5/10 40 sec / 120 sec	3x 40m (each side) 9.5/10 40 sec / 120 sec	3x 30m (each side) 9.5/10 40 sec / 120 sec	2x 30m (each side) 9.5/10 40 sec / 120 sec

Stamina

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Short intervals	2x8x 150m @ 7/10 effort 25 sec rest, 75 sec between sets	2x8x 150m 8/10 effort 25 sec / 75 sec rest	2x8x 150m 8/10 effort 25 sec / 75 sec rest	2x8x 100m 8/10 effort 20 sec / 70 sec rest	1x8x 100m 8/10 effort 20 sec rest
Long intervals	2x8x 400m 7/10 40 sec rest, 90 sec between sets	2x8x 400m 8/10 40 sec / 90 sec rest	2x8x 400m 8/10 40 sec / 90 sec rest	2x6x 400m 8/10 40 sec / 75 sec rest	1x6x 400m 8/10 40 sec rest
Fartlek	1x14 minute set	1x15 minute set	1x16 minute set	1x12 minute set	1x10 minute set
Continuous	4-6km easy	4-6km easy	4-6km easy	2-4km easy	2-4km easy

Strength

	Week 1	Week 2	Week 3	Week 4	Week 5 (taper)
Nordics	3x6	3x6	3x6	3x6	2x5
Copenhagen	3x25s	3x30s	3x30s	3x30s	2x20s
SL RDL	2x8	2x8	2x8	2x8	2x6
Push Up	2x8-15	2x8-15	2x8-15	2x8-15	2x8-15
W raises	2x10	2x10	2x10	2x10	2x10
Calf raises	3x18 SL	3x20 SL	3x20 SL	3x20 SL	3x20 SL
Side Plank	2x30s each side	2x35s each side	2x35s each side	2x35s each side	2x30s each side
Front Plank	2x40s	2x45s	2x45s	2x45s	2x40s

Pre-season master plan

Team: _____

	Date:	Weeks to rnd 1:	Notes / opponent
Off-season start:			
Christmas break start:			
Pre-season start date:			
Practice match #1			
Practice match #2			
Practice match #3			
Practice match #4			
Round 1:		Zero / None!	

Notes

Weekly Training Structure

On this page you will find a couple of suggestions weekly training structured based on a two per week or three per week team training schedule.

Speed training - This should be done early in the training session, ideally within the first 30 minutes.

Stamina training - Incorporate these into your training how you like. Some coaches like to get all their speed and conditioning done first thing in the session, others prefer to do it in the middle or at the end, it's really up to you. Experiment and see what you and your team like best.

Strength training - This is ideally done at the end of training as part of the cool down, allow 5-10 minutes to work through all the exercises. Alternatively you can program these for your athletes to be completing on their off days

Flick through the following pages you will then find a blank weekly and daily training session planner, where you can map out the exact specifics of your days training to either print or save to your phone/tablet camera roll. You can incorporate the strength and conditioning work with your football training onto a single page.

Three team trainings

	Team training 1	Team training 2	Team training 3	Solo session
Speed	Acceleration	Flying efforts	Curved Sprints	
Stamina	Long intervals	Fartlek	Short intervals	Long easy run / cross training
Strength	Strength training	Strength training	Strength training	

Two team trainings

	Team training 1	Team training 2	Solo session
Speed	Acceleration Flying efforts	Curved Sprints	
Stamina	Long intervals	Short intervals Fartlek	Long easy run / cross training
Strength	Strength training	Strength training	Strength training

Weekly Training Plan

Team: _____

Start date _____

Week # _____

Weeks to R1: _____

	Team training 1	Team training 2	Team training 3
Warm up			
Speed work			
Football drills			
Stamina work			
Strength work			
Others			

Solo sessions/ extras	
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Weekly Training Plan

Team: _____

Start date _____

Week # _____

Weeks to R1: _____

Team training 1

Team training 2

	Team training 1	Team training 2
Warm up		
Speed work		
Football drills		
Stamina work		
Strength work		
Others		

Solo sessions/ extras/notes	
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