

## **Fitness ideas for performance**

**INTENT** - The aim of this block of work is to condition players to be ready to play the game by working on all-round fitness. If endurance and core strength is improved then players are able to move more efficiently and also recover faster from high-intensity efforts. Also injury can be prevented by suffering less from fatigue as the games progress.

### **FIFA 11+ Exercises**

- [FIFA injury prevention](#)
  - Example of running, stretching and core exercises for football development

### **VO2 Max Style Sessions**

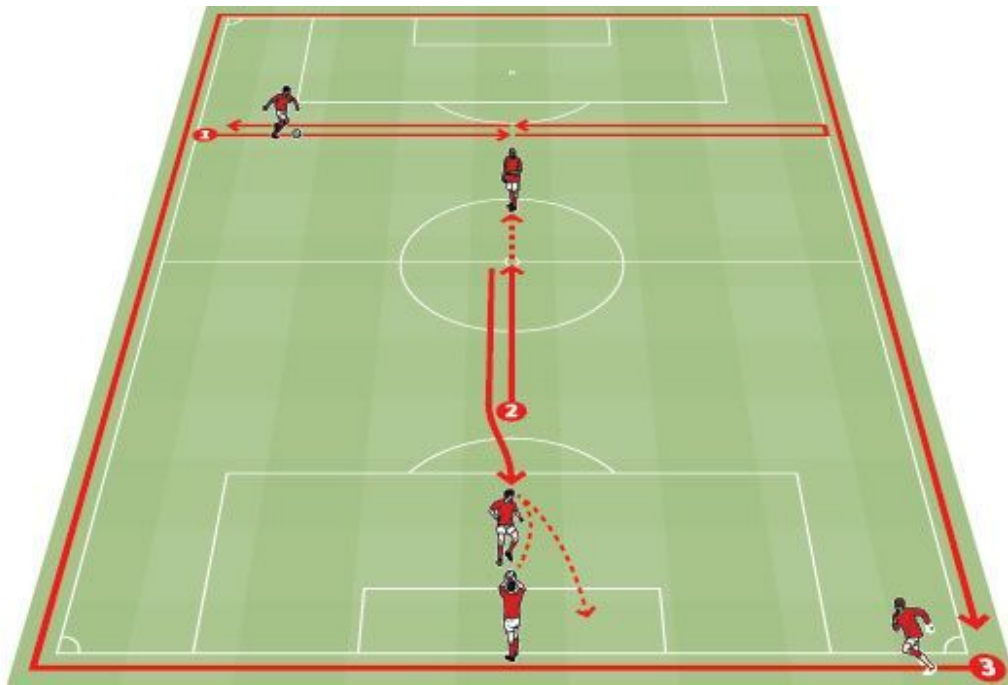
- 6x3mins with 90 standing recovery. Ran at a hard effort, around 5km effort. Can be progressed starting from less reps with longer recovery all the way up to the 6x3. For example you could start with 3 or 4 with a 2min recovery.
  - This session will last 27 minutes (4x3 mins - 18 mins)
- The "Mona" Fartlek. My favourite session! Main set is 2x90 + 4x60s + 4x30s + 4x15s with the rest period being equal to the work period you have just done. So you'd run for 90s hard: 90s easy x2 then into the 60s and so on. This is a continuous run so rest periods are active. The pacing for the session can be done in different ways. When I am really fit I aim for the 90s done at 1/2 marathon, 60s done at 10km, 30s at 5km and 15s flat out with the recovery done at marathon pace. You can equally run all the reps really hard, say 5km pace, and the recovery a bit easier.
  - This session will last 20 minutes

### **Football-based circuits**

- [Scottish FA circuit](#) - with or without ball.
- [Scottish FA colour reaction](#) - with or without ball
- [Scottish FA box drill](#)

### **Manchester City running drills**

- [Endurance running from MCFC Sports Scientist](#)



### Nike Academy

- [Endurance and core](#)
- [Pro-level pre-season](#)