

Become Fitter and Better -What's Stopping you ???

If I do the same things. I stay where I am. If I do better things. I get better.

Weekly training checklist - Optimize your training - How many times for each session.

	Essential	Important	Ideal
Speed	1x a week		
Power	1x a week		
Stamina	1x a week	2x a week	3x a week
Leg Strength	1x a week	2x a week	
Flexibility		1x a week	2x a week
Injury Prevention		1x a week	2x a week
All Body Strength		1x a week	2x a week
Doing it with a training partner and with good music helps			

You won't always be able to do all sessions,

but get your weekly sessions as close to this as you can.

You can do more than 1 of these sessions on a day otherwise you won't fit it all in.

EXAMPLE - MATCH ON TUESDAY

Day	Training
Mon	Rest Day
Tues	MATCH - If match lasts less than 60 minutes and not of v.high intensity, complete up to 60 minutes total time with Top up session
Wed	Speed Session 20 mins Strength Session 30 minutes
Thur	GAME or Coaching- If lasts less than 60 minutes and not of v.high intensity, complete up to 60 minutes total time with Top up session Flexibility/Prehab.
Fri	Power Session 20 minutes Strength Session 30 minutes
Sat	Ball work Flexibility/Prehab 20 minutes
Sun	GAME - If game lasts less than 60 minutes and not of v.high intensity, complete up to 60 minutes total time with Top up session

If Match or game was v.high intensity, you may need to swap sessions or leave one out.

Do not regularly leave out speed and power sessions because they are tough.

These are important.

Ball work/Flexibility sessions can be a game or coaching with 20 minutes flexibility.

Always take 1 rest day per week. Have 2 light easy days before a competition.
Always have good rest and nutrition. Especially before competitions.