

VILLA FOOTBALL 2017/18

Xmas Holiday Conditioning

Always begin the sessions with a standard warm up and stretching/loosening routine that you regularly do/use. This should take anywhere from 10-15 mins minimum.

Day 1:

- 1- 300m runs 60 sec to complete the lap & then 45 sec rest and repeat 4-5 times.
(if you use a rugby / football field you can usually just use a lap as the 300m, just cutting corners off slightly)
- 2- 10m-20m-30m shuttle runs, 30 sec to complete the shuttle and then 30 sec recovery, repeat 5 times
(From your starting point run 10m & return to the starting point then run 20m & return to the starting point, then run 30m & return to the starting point to finish)
- 3- 80m Run in 20 sec, then 20 sec recovery x 4 repeats
90m Run in 20 sec, then 20 sec recovery x 4 repeats
50m Run in 10 sec, then 10 sec recovery x 4 repeats
60m Run in 10 sec, then 10 sec recovery x 2 repeats
Repeat the above circuit twice through
- 4- 100m Runs in 20 sec, then 40 sec recovery
Aim for 10 reps OR until you can't make the time for the run

Day 2:

- 1- 50m Shuttles/returns in 20 sec, with only 10 sec recovery, repeat 4 times
- 2- 30m Sprints (4 sec), with walk back recovery, aim to start each sprint on the minute but don't worry if it's a little more just ensure the speed and quality are maintained from first sprint to last sprint. Repeat 8 times
- 3- 20m Repeat Speed, do the sprint in 3 sec then quickly get ready and repeat again every 15 sec. Aim for 8 repetitions.
- 4- 50m Runs in 10 sec, with 10 sec recovery, repeat 6 times
Repeat the 50m runs set x 3 times
- 5- 20m-40m-60m Shuttle runs, as per the 10m-20m-30m shuttles on Day 1, aim to complete this shuttle in 65 sec, then 55 sec recovery and repeat 3-4 times.

NB Remember to do an easy cool down AND STRETCHES after these sessions.

Cool down should only take 5-10 mins but the stretching should take at least 15 mins (can be done at home)