



Off Season Maintenance Program

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Information

Phases



The three phases cover the stages of your off season program. These are crucial to allowing your body to adapt and become more robust. The transitions through the phases put your body and mind in prime condition for your return to preseason training. This is where you will be able to cope with the demands of the load and develop in a planned manner over the preseason period.

Rest & Recovery Phase

- Repair, regenerate and maintain muscle tissue and lasticity. (strength section)
- Reduce meal sizes by a 1/3 - use a smaller plate
- High in Protein - 50% (using snacks)
- Low in Carbohydrate - 35%
- Low in Fat - 15%
- Activation, Core, Balance and flexibility key areas to work on (mobility section)
- Maintain Aerobic base with Swimming or Bike session. No running (joints need a rest)
- Drink plenty of water - 2L a day

Active Rest Phase

- Building Strength base to maximise adjustment in load
- Increase aerobic fitness base
- High in Protein - 45%
- Low in Carbohydrate - 40%
- Low in Fat - 15%
- Metabolic rate, VO2 Max, Muscle Mass and strength all reduce by up to 30% in the first two phases if you dont follow the plan! It's your job!
- Drink plenty of water - 2.5L a day

Preparatory Phase

- Core phase to aid seamless return back to training
- Stick to the plan! Crucial for the demands that will be asked of you.
- High in Protein - 35% - 40%
- High in Carbohydrate - 45% - 50%
- Low in Fat - 15%
- Fail to prepare, prepare to fail - Don't be that person
- Drink plenty of water - 2.5/3L a day

DO NOT use Ice Baths or Cherry Active at any point through any of this time. We want your body to adapt to working without enhancing quicker recovery times to help supercompensate in preseason.



What To Eat

3 Types Of Diet



The off season is a perfect opportunity to improve your body composition to be in optimal condition for pre-season. This can be manipulated through altering your diet according to your goals. Players with a higher body fat percentage would choose the 'burn' diet in order to reduce calorie intake and burn off any excess body fat. Players with optimal body composition should choose the 'balance' diet with the aim of maintain their current physique. Meanwhile, players who are lacking in muscle mass should choose the 'build' diet allowing for increases in muscle mass to occur.



Burn

- Reduce body fat not body mass
- Graze by eating protein snacks every 3-4 hours
- Main Meal Ratio of 2:1 (Protein:Carbohydrate)
- Reduces cravings for carbohydrates
- Helps maintain the body burning calories more efficiently

Examples

- A fist full of protein
- Two handfuls of veg or salad
- A small palm of fat-based foods or tsp of oil)



Balance

- Balance of energy stores for training
- Keep grazing by eating protein snacks every 3-4 hours
- Main Meal Ratio of 1:1 (Protein:Carbohydrate)
- Snacks always to be real fresh food & not sweets/chocolate or crisps

Examples

- A fist full of protein
- A handful of veg or salad
- A handful of carbohydrate
- A small palm of fat-based foods or tsp of oil



Build

- Snacks always to be real fresh food & not sweets/chocolate or crisps
- Keep grazing by eating protein snacks every 3-4 hours
- Main Meal Ratio of 1:2 (Protein:Carbohydrate)

Examples

- A fist full of protein
- A fist or two veg or salad
- Two handfuls of carbohydrate
- One or Two palm of fat-based foods or 2 tsp of oil

Food Groups



Red

To improve heart & blood health & support joints

Orange

To prevent cancer & promote collagen growth

Yellow

Helps your heart, vision, digestion and your immune system

Green

Powerful detoxers, fight free radicals, improve immune system

Blue

Improve mineral absorption, powerful anti-oxidants

Grey

Activate our natural killer cells & reduce cancer risk

Superfoods

Beetroot

Kale

Spinach

Pomegranate

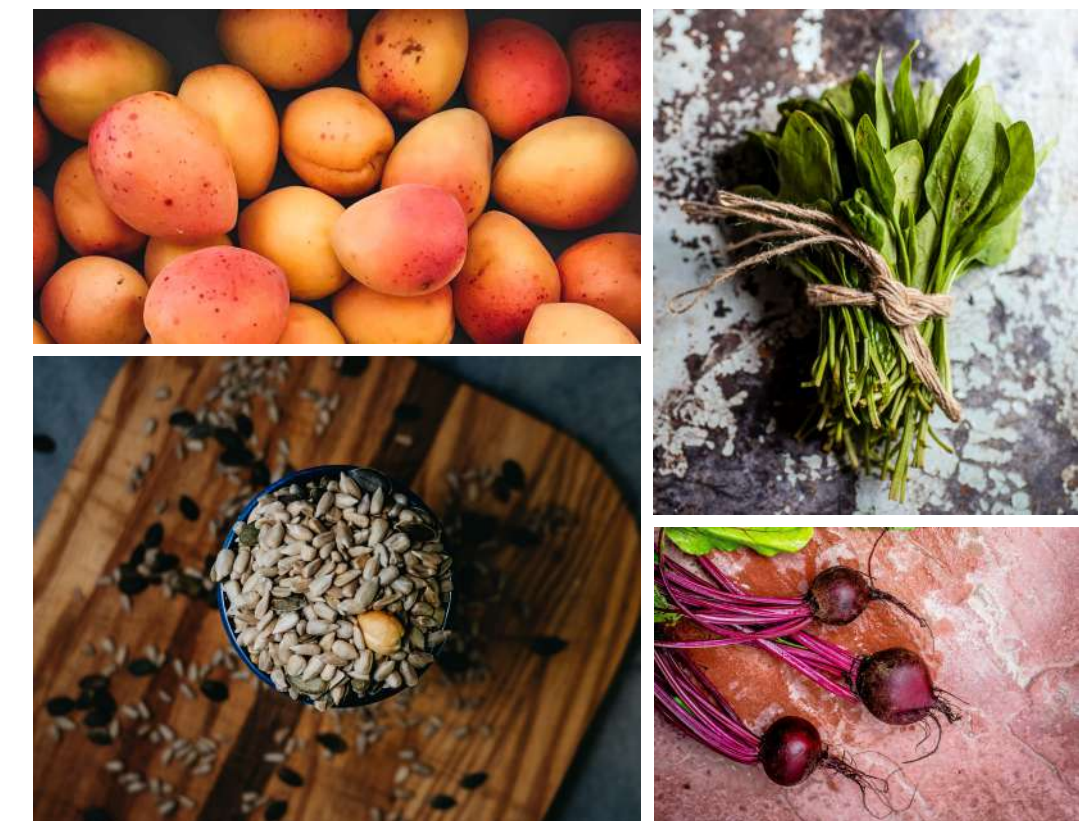
Mango

Pumpkin Seeds

Cauliflower

Cranberry

Blueberry



Good Habits



Good Food Choices

Fresh Fish

Tuna Steaks
Salmon
Mackerel
Prawns
Crab

Fresh Fruit

Apples
Oranges
Strawberry
Blueberry
Raspberries
Grapes
Pomegranate
Cranberry
Mango

Beans & Nuts

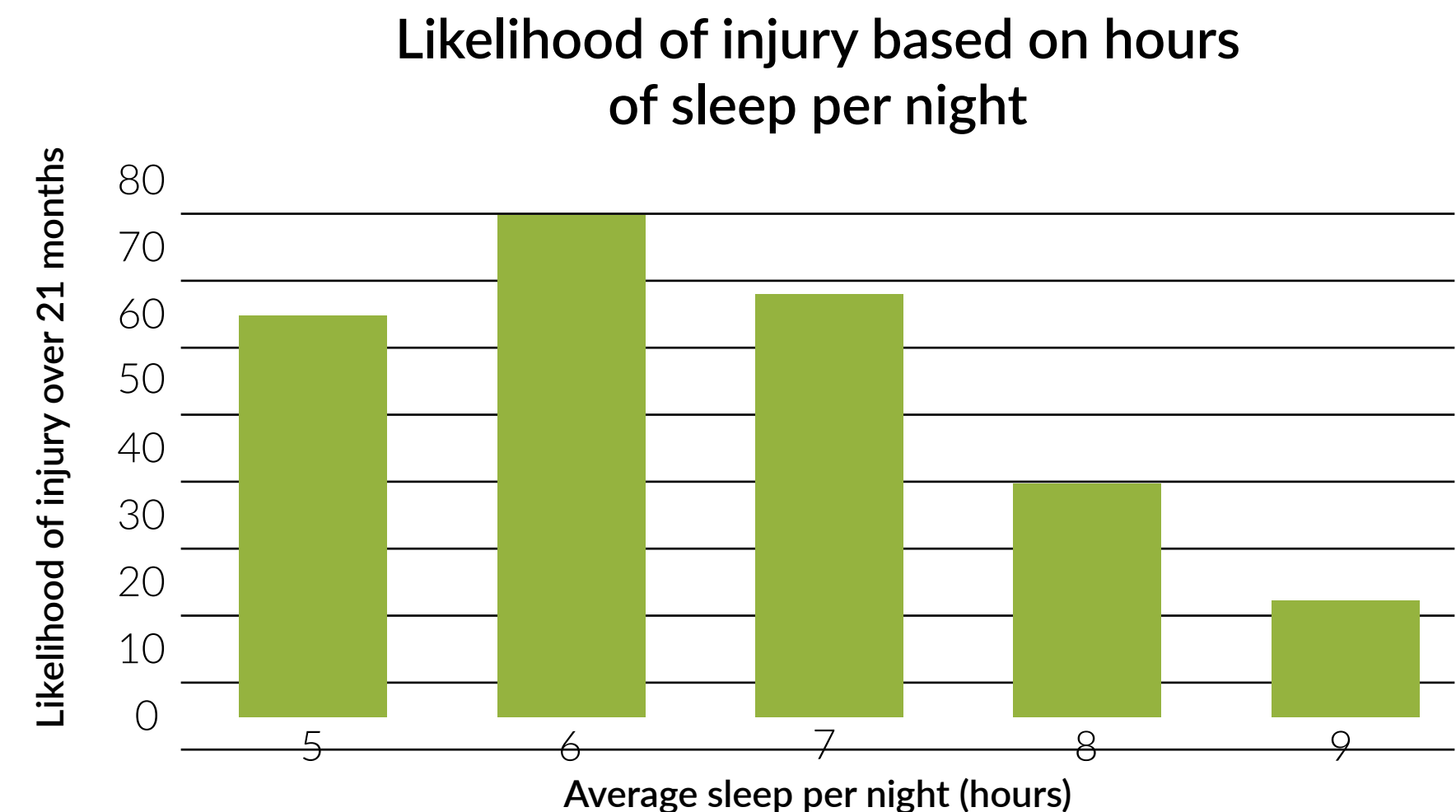
Kidney Beans
Chick Peas
Lentils
Pulses
Pumpkin, Flax, Chia Seeds,
Macadamia, Cashew, Pecans,
Pistachio Nuts (handful)

Others

Green Tea
Low Fat Yoghurt
Low Fat Cottage Cheese
Low Fat Milk
Wholemeal Bread
Wholemeal Pasta

Sleep Hygiene

- Take 8 hours sleep in a dark room.
- Don't use phones, ipads or computers one hour before sleeping
- Use Night Shift!
- Use an app to monitor your sleep and train good habits.
- 'Sleep Cycle' is 79p on the app store
- Athletes who sleep on average <8 hours per night have 1.7 times greater risk of being injured than those who sleep > 8 Hours
- **You can train your sleep, like you train your body!**



Protein & Carbohydrates



The 2 macronutrients that should be particularly emphasised during the off season are protein and carbohydrate. Manipulation of these macronutrients can allow for changes in body composition to occur by increasing muscle protein synthesis and increasing or decreasing the fuel supplied to the body.

Protein

Protein is responsible for muscle growth and repair. It is important to consume protein regularly (every ~3 hours) in sufficient quantities (~25 grams) in order to maximise protein uptake in to the muscle. Below are some examples of high-quality protein sources.

Examples % of Protein

Chicken - 25%
Beef - 25%
Lamb - 25%
Turkey - 24%
Salmon - 20%
Pulses - 19-24%
White Fish - 18-21%
Cheese - 14-28%
Nuts - 14 - 21%
Grains - 14 - 18%
Eggs - 13%
Edamame - 11%
Cottage Cheese & Yoghurt - 10 - 12%
Tofu - 8%



Carbohydrates

Carbohydrates are responsible for providing the body with energy. This should be manipulated carefully during the off season as a reduction in energy expenditure is likely to occur. However, you should do so inline with your off-season training goals. Below are some examples of high-quality carbohydrate sources.

Examples % of Carbohydrates

Rice Noodles - 83%
Rice - 80%
Couscous - 77%
Pasta - 75%
Oats - 66%
Quinoa - 64%
Chickpeas - 61%
Pinto Beans - 61%
Kidney Beans - 60%
Lentils - 60%
Sweet Potato - 20%
Potato - 18%
Butternut Squash - 12%
Carrot - 10%





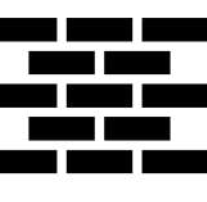
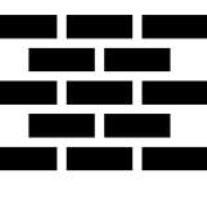




The Schedule

6 Week Schedule



Week / Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Nutrition
1	Mobility		Mobility		Mobility			
			Swim/Bike					
2	Swim/Bike				Swim/Bike		Mobility	
	Strength				Strength			
3	Aerobic Base		Mobility		Swim/Bike	Aerobic Base		
	Strength		Swim/Bike		Strength			
4	Aerobic Base		Swim/Bike		HSR		Mobility	
	Strength		Strength		Strength			
5	HSR		Aerobic 1		Sprint End	Bike		
	Strength		Strength		Strength			
6		Sprint End	Aerobic 1		HSR	Bike		
		Strength			Strength			

	Rest & Recovery
	Active Rest
	Preparatory Phase

	Outdoor endurance
	Indoor (non-weight bearing) endurance
	Outdoor High Speed Running (HSR)

	Outdoor Sprint (Speed Endurance)
	Gym Based Strength
	Indoor Mobility

Strength Schedule



		Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
		Sets	Reps	Kgs	Sets	Reps	Kgs	Sets	Reps	Kgs	Sets	Reps	Kgs	Sets	Reps	Kgs	Sets	Reps	Kgs
Warm Up	Bridge	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-
	Mountain Climbers	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-
	Elevated Split Squat	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-	2	12	-
	Co-Contraction w/ Plate	2	5	10	2	5	10	2	5	10	2	5	10	2	5	10	2	5	10
Lower Body	Elevated Split Squats (DB's)	4	12	-	4	12	-	3	10	inc	3	8	inc	3	8	inc	3	6	inc
	Calf Raises	4	12	-	4	12	inc	4	12	inc	4	15	inc	4	15	inc	4	20	inc
	Walking Lunges	4	12	-	4	12	-	3	10	inc	3	8	inc	3	8	inc	3	6	inc
	Leg Press/Squat/DL	4	12	-	4	12	-	3	10	inc	3	8	inc	3	8	inc	3	6	inc
	Hamstring Slide Outs	4	6	-	4	8	-	3	8	-	3	10	-	3	10	-	3	12	-
	Hip Thrust	4	12	-	4	12	-	3	10	inc	3	8	inc	3	8	inc	3	6	inc
	SL RDL (Split the reps)	4	12	-	4	12	-	3	16	-	3	16	-	3	16	-	3	16	-
Press	Pike Press	4	10	-	4	10	-	4	12	-	4	12	-	4	15	-	4	15	-
	Press ups (slow or walking)	4	10	-	4	10	-	4	15	-	4	15	-	4	20	-	4	20	-
	Landmine Press (Split the reps)	4	10	-	4	10	-	4	12	inc	4	12	-	4	14	inc	4	14	-
Pull	Wide arm pull ups	4	8	-	4	8	-	4	10	-	4	10	-	4	12	-	4	12	-
	Inverted row - Hands to face	4	10	-	4	10	-	4	12	-	4	12	-	4	15	-	4	15	-
	S/A Dumbell Row	4	10	-	4	10	-	4	10	inc	4	10	-	4	10	inc	4	10	-

Aim is to build a solid base and resilience for the season ahead. To stay lean and strong. Weights lifted need to be down to the individuals capabilities. You should ask a qualified professional to oversee these. Please contact for further information and/or plans.

*Db's = Dumbells
inc = Increase



The Drills

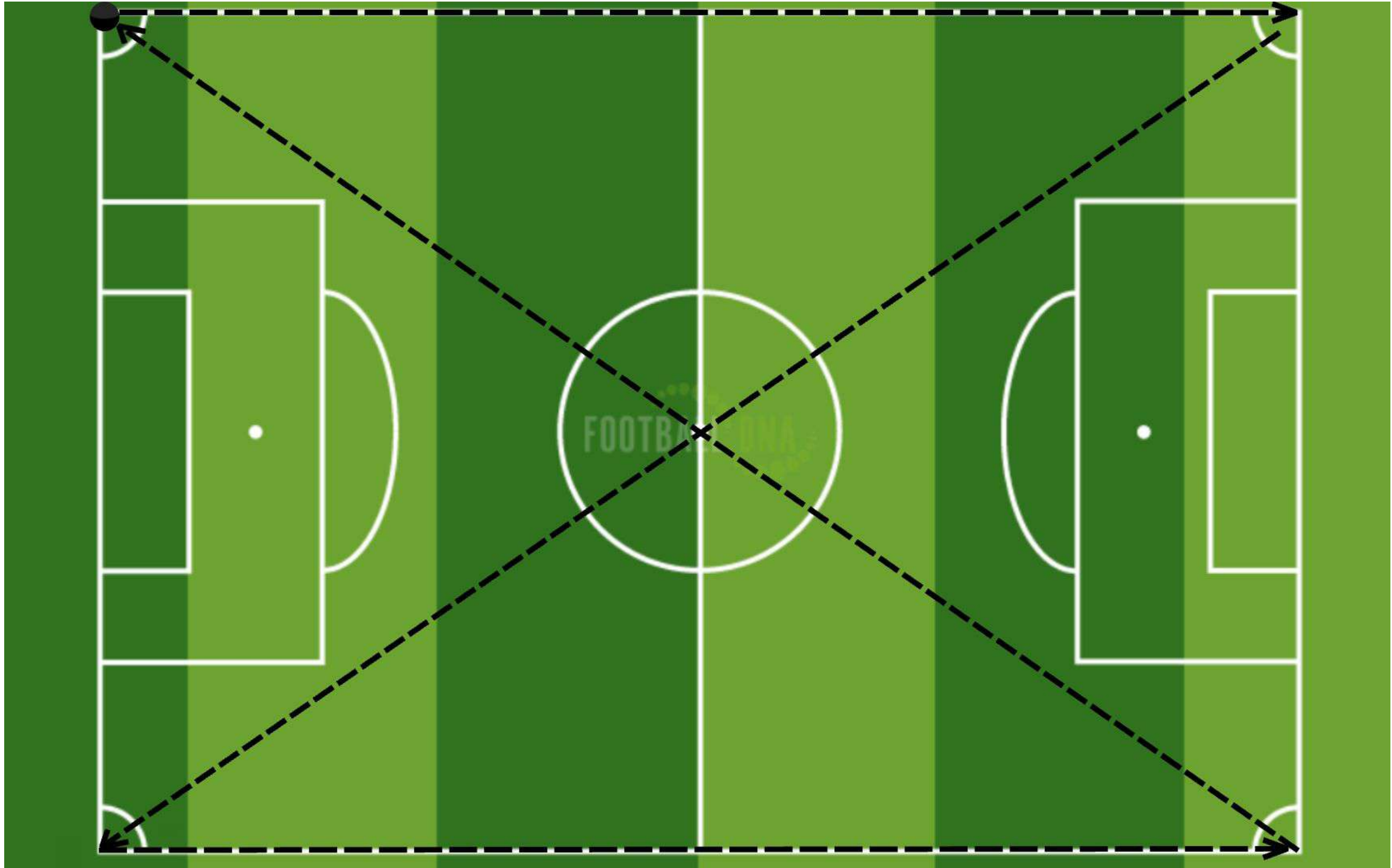
Aerobic Base



Instructions

Start at a corner flag, run along the length of the pitch to the other corner flag then diagonally across the pitch repeat, so that you complete a figure of 8 pattern as shown. Maintain a good pace making sure you change the speed of your run, without plodding or walking. Complete as many laps of the pitch as you can and take note for next time! Complete for 4-5 sets.

No.			Aerobic base	Time
1			Jog	5 mins
2			Dynamics	5 mins
1			Jog	60 secs
2			Run Hard @ 70-75%	30 secs
3			Jog	60 secs
4			Run Hard @ 70-75%	30 secs
5			Jog	30 secs
6			Run Hard @ 70-75%	30 secs
7			Rest	3 min
Detail				
1 Rep				4 mins
Rest				3 mins
Sets				4 - 5



Watch the video - [Aerobic Base Run](#)

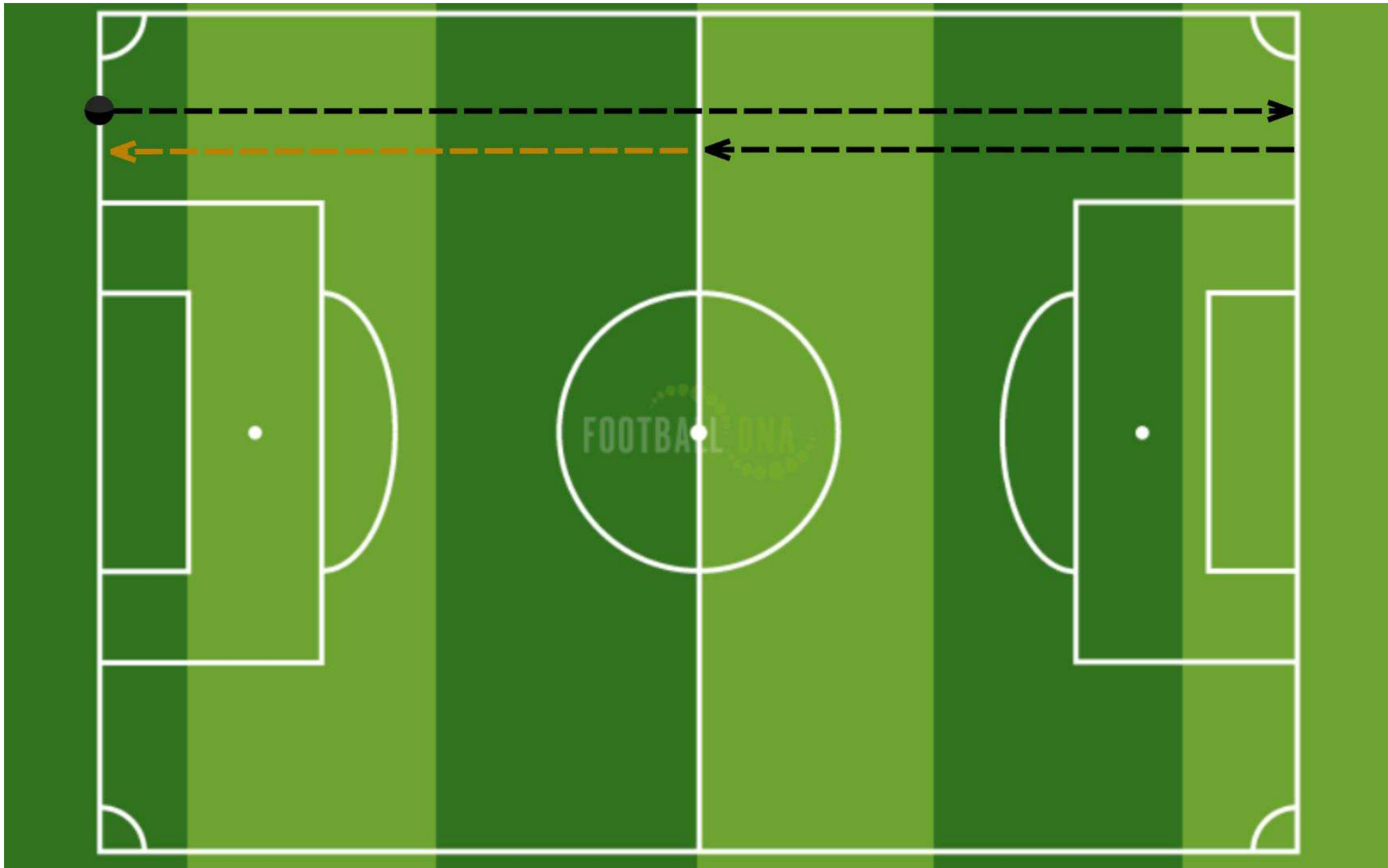
Aerobic 1



Instructions

Start at the goal line, run the length of the pitch and return to the halfway line in 30 seconds, slow jog back to the starting goal line in 30 seconds and repeat.

Warm Up		
1	Jog	5 mins
2	Dynamic	5 mins
Cool Down		
1	Jog	5 mins
2	Stretch	5 mins
Detail		
Reps	8 reps	
Rest between reps	30 secs	
Sets	3 sets	
Rest between Sets	3 mins	



Watch the video - [Aerobic Run 1](#)

High Speed Runs



Warm Up

1	Jog	5 mins
2	Dynamic	5 mins

Cool Down

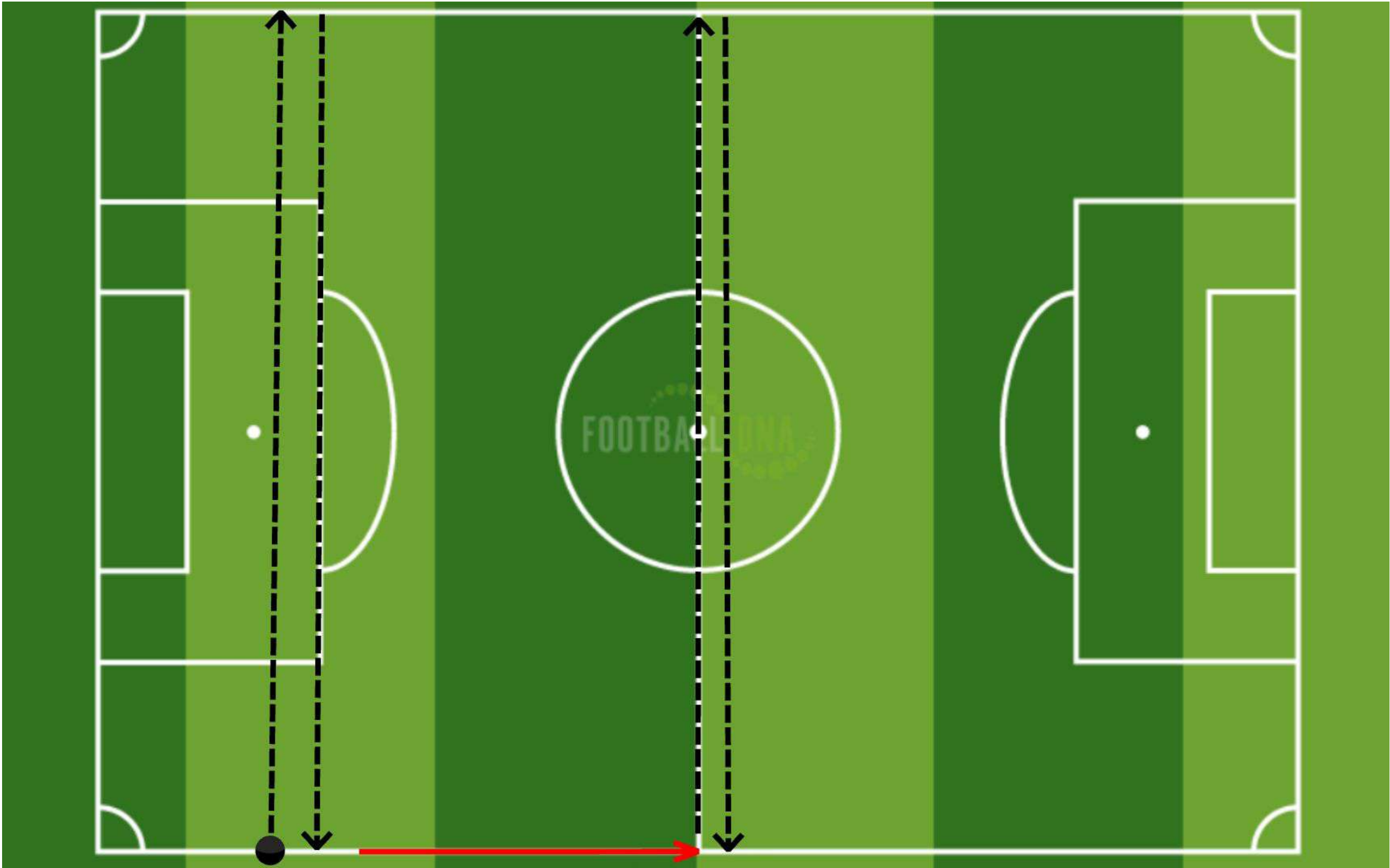
1	Jog	5 mins
2	Stretch	5 mins

Instructions

1	Start at the touchline in line with 18 yard box
2	Run to the opposite touchline and back in 25 sec
3	Jog to the halfway line in 25 sec
4	Repeat the same run at the halfway line

Detail

Reps	8 reps
Rest between reps	30 secs
Sets	3 sets
Rest between Sets	3 mins



Watch the video - [High Speed Runs](#)

Speed Endurance



Warm Up

1	Jog	5 mins
2	Dynamic	5 mins

Cool Down

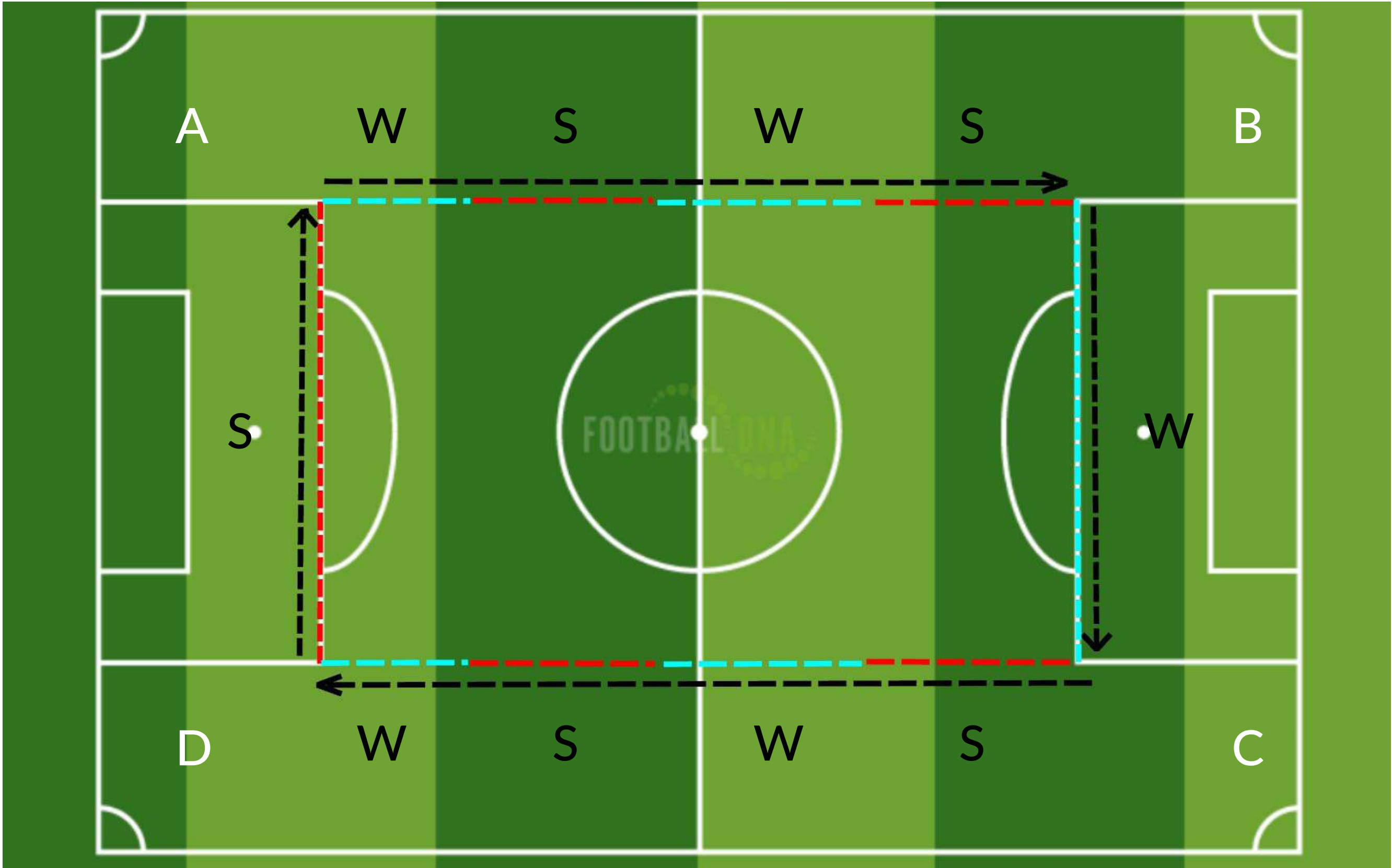
1	Jog	5 mins
2	Stretch	5 mins

Instructions

1	1 run = A - B - C - D without the ball.
2	1 run = A - B - C - D with the ball
3	1 run = A - B - C - D without the ball.
4	W = Walk, S = Sprint

Detail

1	3 runs = 1 set
2	4 sets
3	2 minutes active rest between sets
4	Active rest = walking, keepie ups



Watch the video - [Speed Endurance Run](#)

Other Exercises



Bike Aerobic Pyramid Base

Type	Time	RPM	Level	Reps
Warm Up	5 min	100	7	1
Work	4 min	100	9	2
Recovery	2 min	60	9	
Work	2 min	110 +	9	3
Recovery	1 min	60+	9	
Time	5 min	100	7	1

Bike HIIT

Type	Time	RPM	Level	Reps
Warm Up	5 min	100	7	1
Work	4 min	100	9	2
Recovery	2 min	60	9	
Work	2 min	110 +	9	3
Recovery	1 min	60+	9	
Time	5 min	100	7	1

Swimming

Type	Lengths/Time	Reps
Warm Up	10	1
Work	4	3
Recovery	2 min	
Work	3	3
Recovery	90 secs	
Work	2	3
Recovery	60 secs	
Work	1	3
Recovery	30 secs	
Cool Down	5	1

NB: Work should be done as quick as possible on the swim

Watch all workout videos:

[Off Season Mobility Workout](#)

[Off Season Gym Warm Up](#)

[Off Season Lower Body Workout](#)

[Off Season Upper Body Pull Workout](#)

[Off Season Upper Body Press Workout](#)

Mobility

		Sets	Reps
1	Squat Sit	2	10
2	Plank Rotation	2	10
3	Warrior Pose	2	5
4	Left & Right Plank Pulses	2	20
5	Staggered Foot Rotation	2	10
6	Spidermans	2	10
7	Bosu Stick & Hold	2	5
8	Step Stand Balance	2	30s
9	Mountain Climber	2	10
10	Downward Dog Flow	2	10

The Website



What is Football DNA?

Football DNA is everything to do with our beautiful game. It's the best aspects from inside the professional game, brought to coaches, players and general lovers of football for your enjoyment and implementation. Giving you access to the latest coaching drills, in depth sports science ideas and the latest Strength & Conditioning trends. As well as top level Wellness and Nutrition ideas, latest athlete monitoring tools and top analysis videos plus features from professional football clubs around the world.

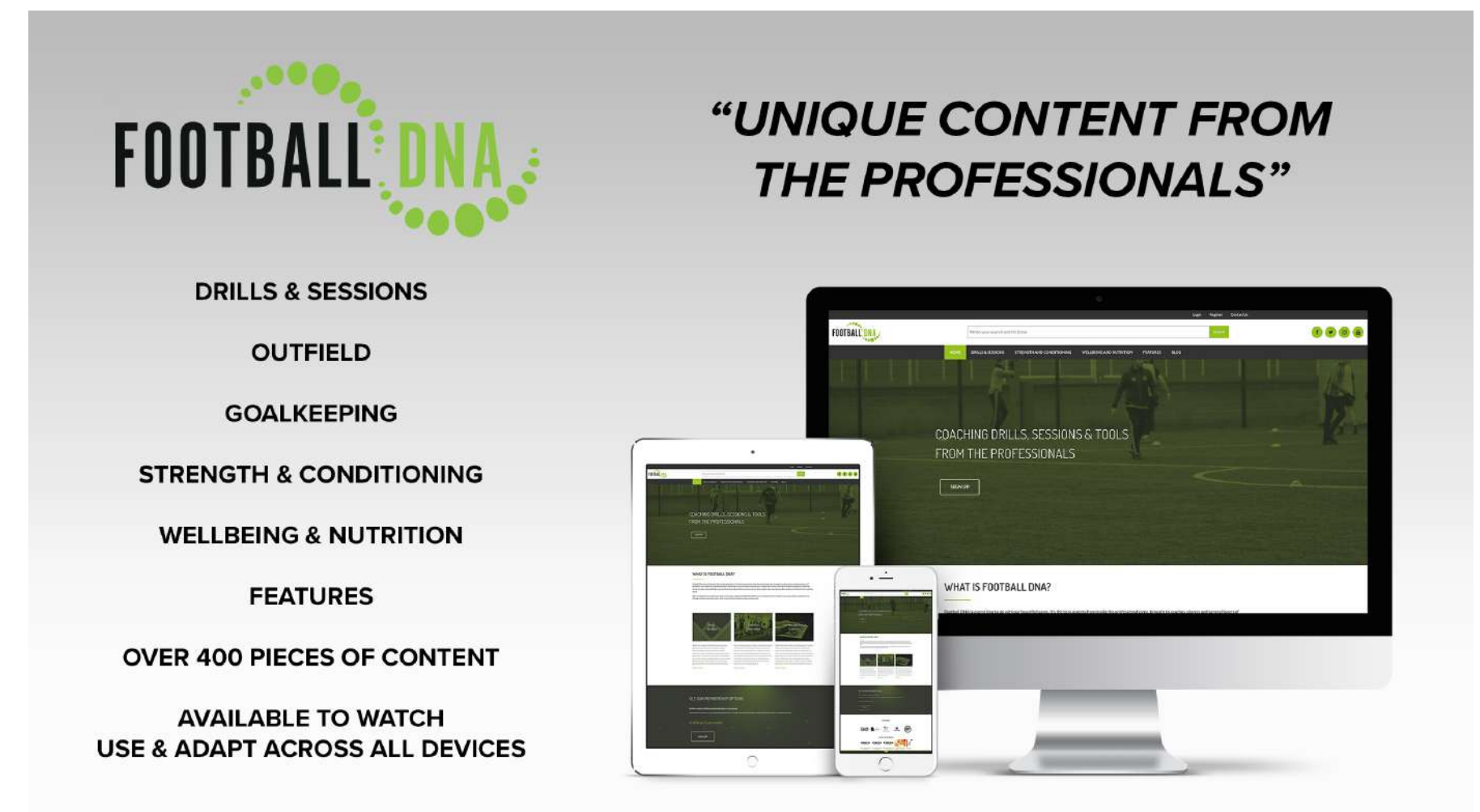
We are so blessed in the professional game to have every top detail available. We at DNA are so excited to be able to make the same opportunities available for you through our DNA community, where all of us can benefit and enjoy this usually closed world.

What we offer?

Every week we upload content from the professionals viewable on Mobile, Laptop & Tablet. Covering every aspect of the game, you will not need to look anywhere else for your footballing content either as a player or as a coach. Access over 500 videos now by joining the DNA Community. For further off season & pre season content, click onto the Sport Science area.

How to sign up

Go to the website, sign up and instantly have access to free drills. You can then sign up and pay monthly, six monthly or annually.



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