

## Elite Level Football Conditioning Program (16 Week)

ProfessionalSoccerCoaching.com

This is a successful running protocol for high-level football (soccer) players that will condition both the aerobic and anaerobic energy systems.

The total length of the program is 16 weeks. It contains 4 linked phases of training ideal for building the fitness profile of a football (soccer) player. It contains 2 programs. A Full program and a Half Program which is an easier version. The 4 phases of training **must be completed in order** to gain maximum training benefits. This program is designed to be combined with SAQ agility training which will be performed at practice. Conversions: 1km = .6Miles, 3km = 1.8Miles, 6km = 3.7Miles, 10km = 6.2Miles, 12km = 7.4Miles. If no VO2 Max available, use the percentage as a guide: 100% sprinting, 86% (Threshold) Above a Cruise, 75% cruising, 60% jogging. Treadmills at Gyms or personal may also be used to complete the activities.

### Phase 1 (Aerobic)

#### FULL

e.g. Tick off activity when complete

#### HALF

#### Week

1	Day #1	Long Distance Run - 12km	60-70% VO2 MAX	<input checked="" type="checkbox"/>
	Day #2			<input type="checkbox"/>
	Day #3	Long Distance Run - 6km	70-75% VO2 MAX	<input type="checkbox"/>
	Day #4			<input type="checkbox"/>
	Day #5	Long Distance Run - 8km	70-75% VO2 MAX	<input type="checkbox"/>
	Day #6			<input type="checkbox"/>
	Day #7	Long Distance Run - 12km	60-70% VO2 MAX	<input type="checkbox"/>
2	Day #1			<input type="checkbox"/>
	Day #2	Long Distance Run - 12km	60-70% VO2 MAX	<input type="checkbox"/>
	Day #3			<input type="checkbox"/>
	Day #4	Long Distance Run - 12km	60-70% VO2 MAX	<input type="checkbox"/>
	Day #5			<input type="checkbox"/>
	Day #6	Long Distance Run - 12km	60-70% VO2 MAX	<input type="checkbox"/>
	Day #7	Long Distance Run - 6km	70-75% VO2 MAX	<input type="checkbox"/>
3	Day #1	Thereshold - 20mins	86-88% VO2 MAX	<input type="checkbox"/>
	Day #2			<input type="checkbox"/>
	Day #3	Long Distance Run - 12km	60-70% VO2 MAX	<input type="checkbox"/>
	Day #4			<input type="checkbox"/>
	Day #5	Thereshold - 20mins	86-88% VO2 MAX	<input type="checkbox"/>
	Day #6			<input type="checkbox"/>
	Day #7	Long Distance Run - 8km	70-75% VO2 MAX	<input type="checkbox"/>
4	Day #1	Thereshold - 20mins	86-88% VO2 MAX	<input type="checkbox"/>
	Day #2			<input type="checkbox"/>
	Day #3	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
	Day #4			<input type="checkbox"/>
	Day #5	Long Distance Run - 8km	70-75% VO2 MAX	<input type="checkbox"/>
	Day #6			<input type="checkbox"/>
	Day #7			<input type="checkbox"/>

Day #1	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #2			<input type="checkbox"/>
Day #3	Long Distance Run - 3km	70-75% VO2 MAX	<input type="checkbox"/>
Day #4			<input type="checkbox"/>
Day #5	Long Distance Run - 4km	70-75% VO2 MAX	<input type="checkbox"/>
Day #6			<input type="checkbox"/>
Day #7	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #1			<input type="checkbox"/>
Day #2	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #3			<input type="checkbox"/>
Day #4	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #5			<input type="checkbox"/>
Day #6	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #7	Long Distance Run - 3km	70-75% VO2 MAX	<input type="checkbox"/>
Day #1	Thereshold - 10mins	86-88% VO2 MAX	<input type="checkbox"/>
Day #2			<input type="checkbox"/>
Day #3	Long Distance Run - 6km	60-70% VO2 MAX	<input type="checkbox"/>
Day #4			<input type="checkbox"/>
Day #5	Thereshold - 10mins	86-88% VO2 MAX	<input type="checkbox"/>
Day #6			<input type="checkbox"/>
Day #7	Long Distance Run - 4km	70-75% VO2 MAX	<input type="checkbox"/>
Day #1	Thereshold - 10mins	86-88% VO2 MAX	<input type="checkbox"/>
Day #2			<input type="checkbox"/>
Day #3	Long Distance Run - 3km	60-70% VO2 MAX	<input type="checkbox"/>
Day #4			<input type="checkbox"/>
Day #5	Long Distance Run - 4km	70-75% VO2 MAX	<input type="checkbox"/>
Day #6			<input type="checkbox"/>
Day #7			<input type="checkbox"/>



#### Purpose:

**Increase ability to run at low intensities over long periods.**

- Create a solid Aerobic Base
- 65-75% VO2Max Running increases muscle capillary density which means more blood to the muscle cells, more efficient.
- Lactate clearance becomes more efficient
- Increased number of mitochondria in the muscle allows more aerobic metabolism and less lactate production.



**TIPS FOR TRAINING:** Wear comfortable good footwear. Perform a small active warm-up. Eat properly whilst doing a fitness program, especially before and after exercise. Rehydrate during and after activities. Listen to music when exercising on a walkman, ipod, etc. Get team-mates to go out with you as a group or pair. Try not to miss out days. You will be sore to start, but persist it will get easier. Always remember why you are training and your goals and the collective goals of the team.

## Phase 2 (Threshold Training)

### FULL

Week 5	Day #1	Threshold - 20mins	86-88% VO2 MAX	
	Day #2			
	Day #3	Long Distance Run - 8km	70-75% VO2 MAX	
	Day #4			
	Day #5	Threshold - 20mins	86-88% VO2 MAX	
	Day #6			
	Day #7	Long Distance Run - 6km	70-75% VO2 MAX	
Week 6	Day #1	Threshold - 20mins	86-88% VO2 MAX	
	Day #2			
	Day #3	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
	Day #4	Long Distance Run - 8km	70-75% VO2 MAX	
	Day #5			
	Day #6	Threshold - 20mins	86-88% VO2 MAX	
	Day #7	Repetition - 100m 14 sec full recovery x 20		
Week 7	Day #1	Threshold - 20mins	86-88% VO2 MAX	
	Day #2	Long Distance Run - 12km	60-70% VO2 MAX	
	Day #3		60-70% VO2 MAX	
	Day #4	Threshold - 20mins	86-88% VO2 MAX	
	Day #5	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
	Day #6			
	Day #7	Repetition - 100m 14 sec full recovery x 20		
Week 8	Day #1			
	Day #2	Long Distance Run - 6km	60-70% VO2 MAX	
	Day #3			
	Day #4	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
	Day #5	Threshold - 20mins	86-88% VO2 MAX	
	Day #6			
	Day #7			

### HALF

Day #1	Threshold - 10mins	86-88% VO2 MAX	
Day #2			
Day #3	Long Distance Run - 4km	70-75% VO2 MAX	
Day #4			
Day #5	Threshold - 10mins	86-88% VO2 MAX	
Day #6			
Day #7	Long Distance Run - 3km	70-75% VO2 MAX	
Day #1	Threshold - 10mins	86-88% VO2 MAX	
Day #2			
Day #3	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
Day #4	Long Distance Run - 4km	70-75% VO2 MAX	
Day #5			
Day #6	Threshold - 10mins	86-88% VO2 MAX	
Day #7	Repetition - 100m 14 sec full recovery x 10		
Day #1	Threshold - 10mins	86-88% VO2 MAX	
Day #2	Long Distance Run - 6km	60-70% VO2 MAX	
Day #3		60-70% VO2 MAX	
Day #4	Threshold - 10mins	86-88% VO2 MAX	
Day #5	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
Day #6			
Day #7	Repetition - 100m 14 sec full recovery x 10		
Day #1			
Day #2	Long Distance Run - 3km	60-70% VO2 MAX	
Day #3			
Day #4	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24		
Day #5	Threshold - 10mins	86-88% VO2 MAX	
Day #6			
Day #7			



### Purpose:

**To increase a players ability to sustain running at moderate to high intensities over repeated bouts of exercise.**

- 'Threshold Training'
- Make sure the aerobic base is solid before going to anaerobic work.
- Anaerobic reserves will only be used at higher VO2Max (Higher HR)
- 86-88% of VO2MAX - Forces muscles to use Glycogen stored more rapidly.

### Phase 3 (Transition)

#### FULL

#### Week

9	Day #1	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #2	Repetition - 25m 4 sec full recovery x 30	
	Day #3	Threshold - 20mins 86-88% VO2 MAX	
	Day #4		
	Day #5	Long Distance Run - 6km 70-75% VO2 MAX	
	Day #6	Repetition - 50m 8 sec full recovery x 15	
	Day #7		
10	Day #1	Repetition - 50m 8 sec full recovery x 15	
	Day #2	Long Distance Run - 8km 70-75% VO2 MAX	
	Day #3	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #4		
	Day #5	Repetition - 25m 4 sec full recovery x 30	
	Day #6	Threshold - 20mins 86-88% VO2 MAX	
	Day #7		
11	Day #1	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #2	Repetition - 25m 4 sec full recovery x 30	
	Day #3		
	Day #4	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #5	Long Distance Run - 6km 70-75% VO2 MAX	
	Day #6	Repetition - 25m 4 sec full recovery x 30	
	Day #7	Threshold - 20mins 86-88% VO2 MAX	
12	Day #1	Repetition - 25m 4 sec full recovery x 30	
	Day #2		
	Day #3	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #4		
	Day #5	Threshold - 20mins 86-88% VO2 MAX	
	Day #6		
	Day #7		

#### HALF

Day #1	Fartlek - 10sec - 100%VO2max + 20sec - 50% x24	
Day #2	Repetition - 25m 4 sec full recovery x 15	
Day #3	Threshold - 10mins 86-88% VO2 MAX	
Day #4		
Day #5	Long Distance Run - 3km 70-75% VO2 MAX	
Day #6	Repetition - 50m 8 sec full recovery x 10	
Day #7		
Day #1	Repetition - 50m 8 sec full recovery x 10	
Day #2		
Day #3	Fartlek - 10sec - 100%VO2max + 20sec - 50% x24	
Day #4		
Day #5	Repetition - 25m 4 sec full recovery x 20	
Day #6		
Day #7		
Day #1	Fartlek - 10sec - 100%VO2max + 20sec - 50% x15	
Day #2	Repetition - 25m 4 sec full recovery x 20	
Day #3		
Day #4	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
Day #5	Long Distance Run - 3km 70-75% VO2 MAX	
Day #6	Repetition - 25m 4 sec full recovery x 20	
Day #7	Threshold - 10mins 86-88% VO2 MAX	
Day #1	Repetition - 25m 4 sec full recovery x 20	
Day #2		
Day #3	Fartlek - 10sec - 100%VO2max + 25sec - 50% x24	
Day #4		
Day #5	Threshold - 10mins 86-88% VO2 MAX	
Day #6		
Day #7		



#### Purpose:

**Transition Phase to train a mixture of both aerobic and anaerobic systems.**

- Trains both the fast and slow twitch fibres at the same time.
- Fartlek style training
- Full recovery required between bouts
- ATP-PC system stressed.

## Phase 4 (Repetition)

### FULL

Week			
13	Day #1	Lac Tolerance- 18 sec - 110%(100m) 40 sec rest x 24	
	Day #2	Long Distance Run - 8km 65-75% VO2 MAX	
	Day #3		
	Day #4	VO2 MAX Interval 100% - 3mins - 2.45 rest x 7	
	Day #5	Repetition - 50m 7 sec full recovery x 16	
	Day #6	Repetition - 25m 4 sec full recovery x 30	
	Day #7	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
14	Day #1	Lac Tolerance- 18 sec - 110%(100m) 40 sec rest x 24	
	Day #2		
	Day #3	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
	Day #4	VO2 MAX Interval 100% - 3mins - 2.45 rest x 7	
	Day #5	Repetition - 50m 7 sec full recovery x 16	
	Day #6		
	Day #7	Lac Tolerance- 70 sec - 100%(400m) 2mins rest x 8	
15	Day #1	Thereshold - 20mins 86-88% VO2 MAX	
	Day #2		
	Day #3	VO2 MAX Interval 100% - 3mins - 2.45 rest x 7	
	Day #4		
	Day #5	Repetition - 25m 4 sec full recovery x 25	
	Day #6		
	Day #7	VO2 MAX Interval 100% - 4mins - 3.45 rest x 6	
16	Day #1		
	Day #2		
	Day #3	Fartlek - 15sec - 100%VO2max + 15sec - 50% x24	
	Day #4		
	Day #5	Lac Tolerance- 35 sec - 105% VO2MAX-60secs- x16	
	Day #6		
	Day #7	Repetition - 25m 4 sec full recovery x 30	

### HALF

Day #1	Lac Tolerance- 10 sec - 110%(100m) 40 sec rest x 15	
Day #2	Long Distance Run - 4km 65-75% VO2 MAX	
Day #3		
Day #4	VO2 MAX Interval 100% - 2mins - 2.45 rest x 5	
Day #5	Repetition - 50m 7 sec full recovery x 8	
Day #6	Repetition - 25m 4 sec full recovery x 15	
Day #7	Fartlek - 10sec - 100%VO2max + 30sec - 50% x15	
Day #1	Lac Tolerance- 18 sec - 110%(100m) 40 sec rest x 15	
Day #2		
Day #3	Fartlek - 10sec - 100%VO2max + 25sec - 50% x15	
Day #4	VO2 MAX Interval 100% - 2mins - 2.20 rest x 5	
Day #5	Repetition - 50m 7 sec full recovery x 10	
Day #6		
Day #7	Lac Tolerance- sec 70 - 100%(400m) 2.5mins rest x 4	
Day #1	Fartlek - 10sec - 100%VO2max + 20sec - 50% x15	
Day #2	Repetition - 25m 4 sec full recovery x 20	
Day #3		
Day #4	Fartlek - 15sec - 100%VO2max + 30sec - 50% x24	
Day #5	Long Distance Run - 3km 70-75% VO2 MAX	
Day #6	Repetition - 25m 4 sec full recovery x 20	
Day #7	Thereshold - 10mins 86-88% VO2 MAX	
Day #1	Repetition - 25m 4 sec full recovery x 20	
Day #2		
Day #3	Fartlek - 10sec - 100%VO2max + 25sec - 50% x24	
Day #4		
Day #5	Thereshold - 10mins 86-88% VO2 MAX	
Day #6		
Day #7		



### Purpose:

**To train ability to perform repeated maximal sprints at high intensities. Also works on core speed and acceleration.**

- Lactate Tolerance
- VO2MAX Intervals
- Players to work at VO2MAX
- Foundation for this intense training has been built in prior phases.
- Maximises the ability of players to work at VO2MAX for longer.