

BROOKE HOUSE COLLEGE FOOTBALL ACADEMY

*OFF SEASON TRAINING PLAN
SUPPORTING DOCUMENT*



Weighted Gym Exercises (SQUAD BASED SESSION)

(Perform 1st set of each exercises then 2nd, 3rd and 4th)

		Lower Leg Strength							
		Exercise	Set 1	Set 2	Set 3	Set 4			
		% Of your Body Weight	50%	50%	80%	80%			
	Primary Lifts	Hip Thrust	Up to 12	Up to 12	Up to 10	Up to 10			
		Hex Bar Lift or Leg Press	Up to 12	Up to 12	Up to 10	Up to 10			
		Calf Raise or Seated Calf Raise	Up to 12	Up to 12	Up to 10	Up to 10			
		Wall Sit Holds	60secs	60secs	60secs	60secs			
		Core and Arms							
		Exercise	Set 1	Set 2	Set 3	Set 4			
	Core + Arms	Sit Ups	30	30	30	30			
		Inverted Row	30	30	30	30			
		Side Plank Left + Right	30secs	30secs	30secs	30secs			
		Push Ups	30 Standard	30 Wide	30 Narrow	30 Standard			
		No Weight Gym Exercise							
		Lower Leg Strength							
		Exercise	Set 1	Set 2	Set 3	Set 4			
		Weight (% RM)	BW	BW	BW	BW			
	Primary Lifts	Hip Thrust	20	20	20	20			
		Bulgarian Split Squats	15	15	15	15			
		Calf Raises	20	20	20	20			
		Wall Sit	60secs	60secs	60secs	60secs			
		Core and Arms							
		Exercise	Set 1	Set 2	Set 3	Set 4			
	Core + Arms	Sit Ups	30	30	30	30			
		Side Plank Left + Right	30secs	30secs	30secs	30secs			
		Push Ups	30 Standard	30 Wide	30 Narrow	30 Standard			



Weighted Gym Exercises (ACCESSORY SESSION)

(Perform 1st set of each exercises then 2nd, 3rd and 4th)

		Lower Leg Strength (Can be performed without weight)						
		Exercise	Set 1	Set 2	Set 3	Set 4		
		% Of your Body Weight	20%	20%	30%	30%		
	Primary Lifts	Bulgarian Split Squat	Up to 12	Up to 12	Up to 10	Up to 10		
		SL RDL	Up to 12	Up to 12	Up to 10	Up to 10		
		Standing Calf Raise	Up to 12	Up to 12	Up to 10	Up to 10		
		Bent Knee Copenhagen's	30secs	30secs	30secs	30secs		
		Power						
		Exercise	Set 1	Set 2	Set 3	Set 4		
	Secondary Lifts	Forefoot Elevated Power Step Up	Up to 4	Up to 4	Up to 4	Up to 4		
		SL Pogo's	20secs	20secs	20secs	20secs		
		Skater Jumps	20secs	20secs	20secs	20secs		
		DL Hurdle Hops (Jump and Stick, Jump and Double Hop, Bounding)	1x4	1x4	1x4	1x4		



Fitness Runs

Perform a warm-up run and or build speed up gradually

	Exercise	Speed Guide	Sets	Reps	Run	Recovery	Rest Between Sets
Run A	Run	70-80%	1	4	4mins	1min	n/a
	Exercise	Speed Guide	Sets	Reps	Run	Recovery	Rest Between Sets
Run B	Run	Full Length Pitch=100m	3	8	20secs	20secs	2-3mins

	Exercise	Sets	Rep	Protocol	Rep Speed	Notes
Sprint A	Sprints	1	12	Run from Goal Line to Halfway line	Rep 1= 60%	When running 90-95% make sure legs have recovered and you feel comfortable to run again at the same speed for each rep, keep the quality and pace. Gradual ease off once hitting the distance don't pull up sharp. BE SAFE with it and be guided by YOUR BODY.
				Build up to 18yd box	Rep 2= 70%	
				Maintain rep % from 18yd line to halfway	Rep 3= 80%	
				Slow walk to far goal line	Rep 4=90%	
				REPEAT	Rep 5-12= 95% MAX	

	Exercise	Sets	Reps	Protocol	Rep Speed	Notes
Sprint B	Sprints	6	2	Sprint from Goal to edge of Box Slow Down and Walk to Half Way (Recovery Jog Back to Goal. Second Rep Sprint to Halfway (Recovery to end of pitch) Restart from opposite side of pitch)	90-95%	Make sure the warm up prepares you for high velocity running

