



Pro Football Support

**8 Week
Maintenance
Programme**

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Introduction

The aim of this e-book is to provide you with a simple 8-week training plan that will keep you fit, fast and strong in the build-up to the start of next season.

Given the current global pandemic, the exercises and drills within this document have been carefully selected so that the sessions can be completed safely and easily with minimal equipment.

This 8-week training plan aims to cover 5 key concepts that we feel are crucial in maintaining and developing your fitness for football:

1. Sprint Training
2. Strength Training
3. Anaerobic Conditioning
4. Aerobic Conditioning
5. Recovery

Sprint
Training

Strength
Training

Anaerobic
Conditioning

Aerobic
Conditioning

Recovery

The plan includes an easy-to-follow, 8-week training calendar providing information on the training sessions to complete each day. The timing and combination of the daily sessions have been carefully selected to provide both an effective training stimulus, as well as allowing for necessary recovery and adaptation.

Each session has detailed information on volume and technique, which have been specifically designed to be progressive over the course of the training plan.

We hope this plan is of use and value to you during these difficult times and brings you some positivity and a training focus, as we look forward to next season and the return of the sport we all love.

Training Calendar

Week 1

M	T	W	T	F	S	S
Aerobic 1	Aerobic 2	Recovery 1	Aerobic 3	LB 1	Aerobic 1	Recovery 1
UB 1		Circuit 1				

Week 2

M	T	W	T	F	S	S
Aerobic 2	Anerobic 1	Circuit 1	Sprint 1	Anaerobic 2	Aerobic 1	Recovery 1
UB 1		Recovery 1	Aerobic 3	LB 1		

Week 3

M	T	W	T	F	S	S
Aerobic 2	Anerobic 1	Circuit 1	Sprint 1	Anaerobic 2	Sprint 2	Recovery 2
UB 1	Aerobic 3	Recovery 1	Aerobic 1	LB 1	Aerobic 2	

Week 4

M	T	W	T	F	S	S
Aerobic 3	Anerobic 1	Recovery 1	Anaerobic 2	LB 1	Sprint 1	Recovery 2
UB 1			Aerobic 1		Aerobic 2	

Training Calendar

Week 5

M	T	W	T	F	S	S
Aerobic 3	Sprint 1	Aerobic 1	Anaerobic 2	Recovery 2	Sprint 2	Recovery 1
UB 2	Anerobic 1	Recovery 1	LB 2		Aerobic 2	

Week 6

M	T	W	T	F	S	S
UB 1	Sprint 1	Aerobic 2	Sprint 2	Aerobic 3	Sprint 1	Recovery 1
	Anerobic 1	Recovery 1	Anaerobic 2	Recovery 2	Aerobic 1	
	Aerobic 1		Circuit 2			
	LB 2					

Week 7

M	T	W	T	F	S	S
Aerobic 2	Anerobic 1	Aerobic 1	Sprint 1	Recovery 2	Sprint 2	Recovery 1
UB 2	Aerobic 3	Recovery 1	Anaerobic 2		Aerobic 2	
	LB 2		Circuit 2			

Training Calendar

Week 8

M

T

W

T

F

S

S

UB 2

Anerobic 1

Aerobic 1

Sprint 1

Circuit 2

Sprint 2

Recovery 1

Aerobic 3

LB 2

Recovery 1

Anaerobic 2

Aerobic 2

Please continue to see the individual plans for each session.

DISCLAIMER

The author and contributors to profootballsupport.com take no responsibility for injuries caused by attempting the exercises presented in this e-book. Profootballsupport.com recommends that you or any person you are coaching always learn new exercises under the guidance of a professional and consult your GP before you start. Profootballsupport.com suggests that you or any person you are coaching consult your doctor or physician before undertaking any form of physical activity or exercise. The material provided in this e-book, and any correspondence you may enter into with any person on the website-profootballsupport.com (whether medically qualified or otherwise), is not intended as, and should not be considered to be, medical advice and you should seek medical opinion as to any condition you might have or any course of treatment on which you choose to embark. You should at all times seek appropriate advice from your doctor. While the Company endeavours to ensure that the information in this e-book is correct, the Company does not warrant the accuracy and completeness of the material in this e-book, or its relevance to any complaint or condition that you might have. The Company may make changes to the material in this e-book, at any time without notice. The material in this e-book may be out of date, and the Company makes no commitment to update such material. The material in this e-book is provided, without any conditions, warranties or other terms of any kind. Accordingly, to the maximum extent permitted by law, the Company provides you with this e-book on the basis that the Company excludes all representations, warranties, conditions and other terms which but for this legal notice might have effect in relation to this e-book.

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Sprint Training

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Sprint Session 1

Complete exercises using the sets and reps prescribed in the weekly progression tables.

A-Skips



2x8

Mechanics

Broad Jump



2x5

Horizontal Force

Starters

Acceleration

The Box

Multi-Directional

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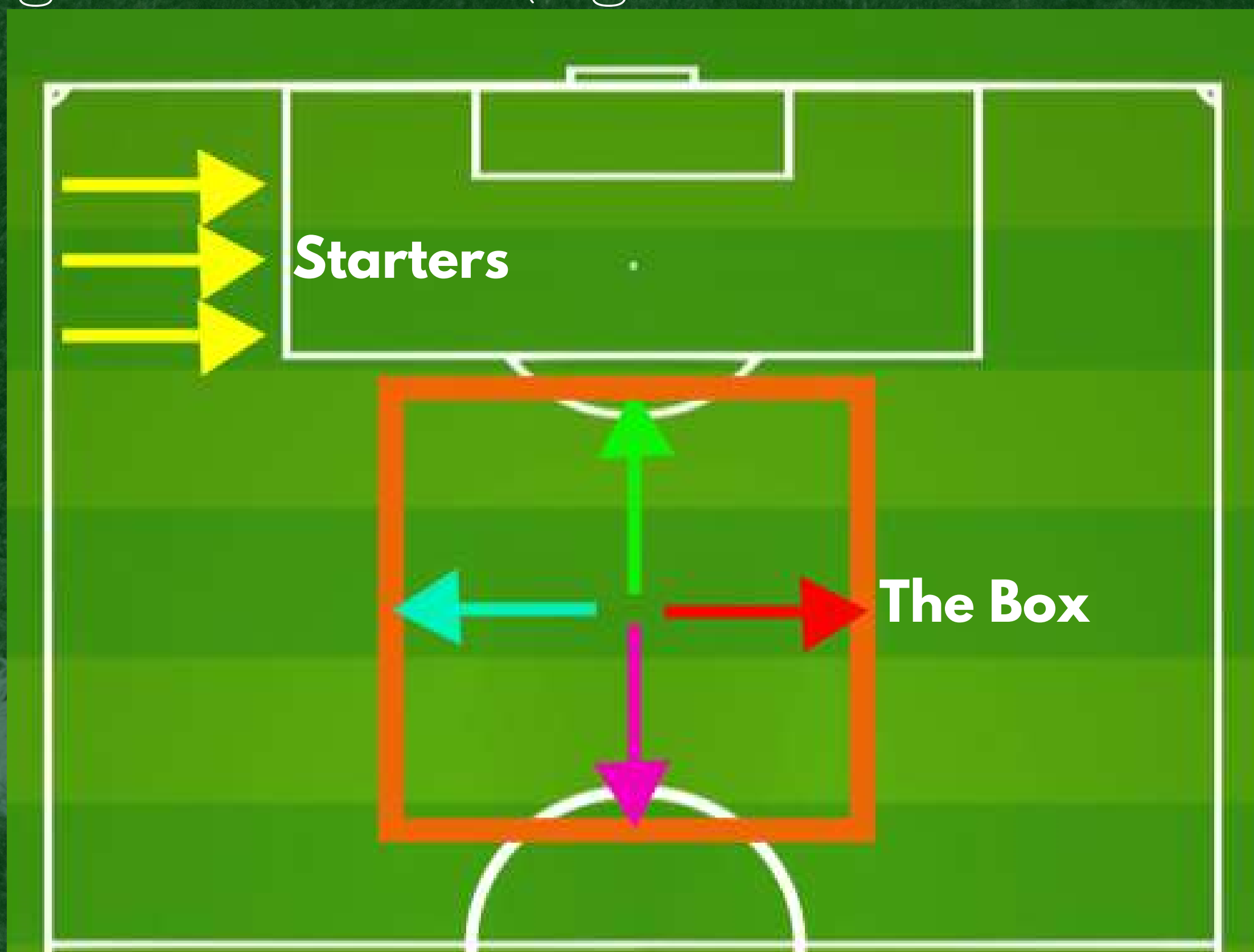
Sprint Session 1 - Starters+The Box

Starters

1. Start in different positions and accelerate over a 10m distance.
2. Positions include: 3-point start, lying on front, lying on back.

The Box

1. Start in the centre of a square with cones 10m away.
2. Accelerate to each cone in a random order or reacting to a stimulus (e.g.-number/colour of cone).



5 Mins rest between sets



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Sprint Session 1 - Weekly Progression Table

Starters

Week 1

N/A

Week 2

2x2

Week 3

2x3

Week 4

2x2

Week 5

2x4

Week 6

2x3

Week 7

3x2

Week 8

3x2

Week 1

N/A

Week 2

2x1

Week 3

2x3

Week 4

2x2

The Box

Week 5

2x2

Week 6

2x3

Week 7

2x1

Week 8

2x2

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Sprint Session 2

Complete exercises using the sets and reps prescribed in the weekly progression tables.

Pogos



2x8

Ground Contact Time

Bounds



2x6
ES

Horizontal Force

Flying 40's

Max Speed

Slalom 40's

Curved Speed

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Sprint Session 2 - Flying 40's+Slalom 40's

Flying 40's

1. Start at one side of the pitch and build up speed for 10m.
2. After 10m sprint maximally for 40m.
3. Decelerate for 10m.

Slalom 40's

1. Sprint maximally for 40m in a slalom pattern.
2. Aim to change direction every 10m.



5 Mins rest between sets

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Sprint Session 2 - Weekly Progression Table

Flying 40's

Week 1

N/A

Week 2

N/A

Week 3

2x2

Week 4

N/A

Week 5

2x3

Week 6

3x4

Week 7

1x3

Week 8

2x2

Week 1

N/A

Week 2

N/A

Week 3

2x2

Week 4

N/A

Week 5

2x2

Week 6

3x3

Week 7

1x3

Week 8

2x2

Slalom 40's



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Strength Training

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Upper Body 1

Complete exercises using the sets and reps prescribed in the weekly progression tables.

Press Up



Push

Door Frame Pull Up



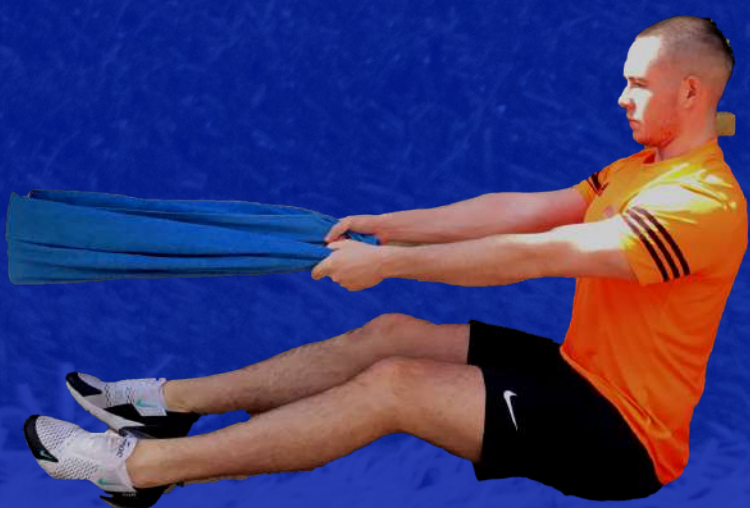
Pull

Pike Press Up



Vertical

Iso Towel Row



Single Arm

Plank Taps



Core

Standing Rotations



Rotate



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Upper Body 1 - Weekly Progression Table

Press Up	Week 1 3x6	Week 2 3x8	Week 3 4x8	Week 4 3x8
Door Frame Pull Up	Week 1 3x6	Week 2 3x8	Week 3 4x8	Week 4 3x8
Pike Press Up	Week 1 2x8	Week 2 2x10	Week 3 3x8	Week 4 2x10
Iso Towel Row	Week 1 3x15s	Week 2 3x25s	Week 3 3x30s	Week 4 4x20s
Plank Taps	Week 1 3x3ES	Week 2 3x4ES	Week 3 4x4ES	Week 4 3x4ES
Standing Rotations	Week 1 3x3ES	Week 2 3x4ES	Week 3 4x4ES	Week 4 3x4ES

Upper Body 2

Complete exercises using the sets and reps prescribed in the weekly progression tables.

Iso Press Up



Push

Iso Frame Hold



Pull

Wall Stand



Vertical

Towel Pull Apart



Single Arm

High Plank Reach



Core

Chops



Rotate



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Upper Body 2 - Weekly Progression Table

Iso Press Up	Week 5 3x15s	Week 6 3x25s	Week 7 3x30s	Week 8 4x20s
Iso Frame Hold	Week 5 3x15s	Week 6 3x25s	Week 7 3x30s	Week 8 4x20s
Wall Stand	Week 5 3x10s	Week 6 3x20s	Week 7 2x30s	Week 8 4x15s
Towel Pull Apart	Week 5 3x6	Week 6 3x8	Week 7 4x8	Week 8 3x8
High Plank Reach	Week 5 3x3ES	Week 6 3x4ES	Week 7 4x4ES	Week 8 3x4ES
Chops	Week 5 3x3ES	Week 6 3x4ES	Week 7 4x4ES	Week 8 3x4ES

Lower Body 1

Complete exercises using the sets and reps prescribed in the weekly progression tables.

Box Squat



Squat

Assisted RDL



Hinge

Single Leg Sit



Single Leg

Bridge Hold



Bridge

Lateral Lunge



Lateral

Broad Jump



Jump and Land



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Lower Body 1 - Weekly Progression Table

Box Squat	Week 1 3x6	Week 2 3x8	Week 3 4x8	Week 4 3x8
Assisted RDL	Week 1 3x6	Week 2 3x8	Week 3 4x8	Week 4 3x8
Single Leg Sit	Week 1 3x3ES	Week 2 3x4ES	Week 3 4x4ES	Week 4 3x4ES
Bridge Hold	Week 1 3x15s	Week 2 3x25s	Week 3 3x30s	Week 4 4x20s
Lateral Lunge	Week 1 3x3ES	Week 2 3x4ES	Week 3 4x4ES	Week 4 3x4ES
Broad Jump	Week 1 3x3	Week 2 3x5	Week 3 3x6	Week 4 3x5

Lower Body 2

Complete exercises using the sets and reps prescribed in the weekly progression tables.

3-Point Iso Squat



Squat

Single Leg RDL



Hinge

Step Up



Single Leg

Long Lever Bridge



Bridge

3-Point Side Lunge



Lateral

Hop and Hold



Jump and Land



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Lower Body 2 - Weekly Progression Table

**3-Point Iso
Squat**

**Week 5
3x10s**

**Week 6
3x15s**

**Week 7
3x20s**

**Week 8
4x10s**

Single Leg RDL

**Week 5
3x3ES**

**Week 6
3x4ES**

**Week 7
4x4ES**

**Week 8
3x4ES**

Step Up

**Week 5
3x3ES**

**Week 6
3x4ES**

**Week 7
4x4ES**

**Week 8
3x4ES**

**Long Lever
Bridge**

**Week 5
3x6**

**Week 6
3x8**

**Week 7
4x8**

**Week 8
3x8**

**3 Point Side
Lunge**

**Week 5
3x3ES**

**Week 6
3x4ES**

**Week 7
4x4ES**

**Week 8
3x4ES**

Hop and Hold

**Week 5
3x3ES**

**Week 6
3x4ES**

**Week 7
4x4ES**

**Week 8
3x4ES**

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Circuit 1

Complete exercises using the sets and reps prescribed in the weekly progression tables.

High Knee Running



Lower

Plank Ups



Upper/Core

Squat Jumps



Lower

Decline Press Ups



Upper

Scissor Jumps



Lower

Crab Rotations



Upper/Core

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Circuit 2

Complete exercises using the sets and reps prescribed in the weekly progression tables.

Pogos



Lower

Bear Crawl Taps



Upper/Core

Tuck Jumps



Lower

Renegade Row



Upper

Shuffle



Lower

Mountain Climbers



Upper/Core

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Circuit 1 + Circuit 2 - Weekly Progression Table

	Week 1	Week 2	Week 3	Week 4
Circuit 1	3x15s	3x20s	4x20s	N/A
	Week 5	Week 6	Week 7	Week 8
Circuit 2	N/A	3x20s	4x20s	3x20s



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Anaerobic Training

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Anaerobic Session 1

Pitch Based Drills

Perform the drills on the following pages, use the sets and reps prescribed below for the different weeks.

Week 1

N/A

Week 2

X-Run

Easy - 1x3

Medium - 1x4

Hard - 1x5

Week 3

S-Run

Easy - 5x2

Medium - 4x3

Hard - 5x3

Week 4

X-Run

Easy - 2x2

Medium - 1x5

Hard - 3x2

Week 5

X-Run+S-Run

Easy - 1x2+3x2

Medium - 1x3+4x2

Hard - 1x3+3x3

Week 6

X-Run+S-Run

Easy - 1x2+3x2

Medium - 1x3+4x2

Hard - 1x3+3x3

Week 7

S-Run

Easy - 6x2

Medium - 5x3

Hard - 4x4

Week 8

X-Run

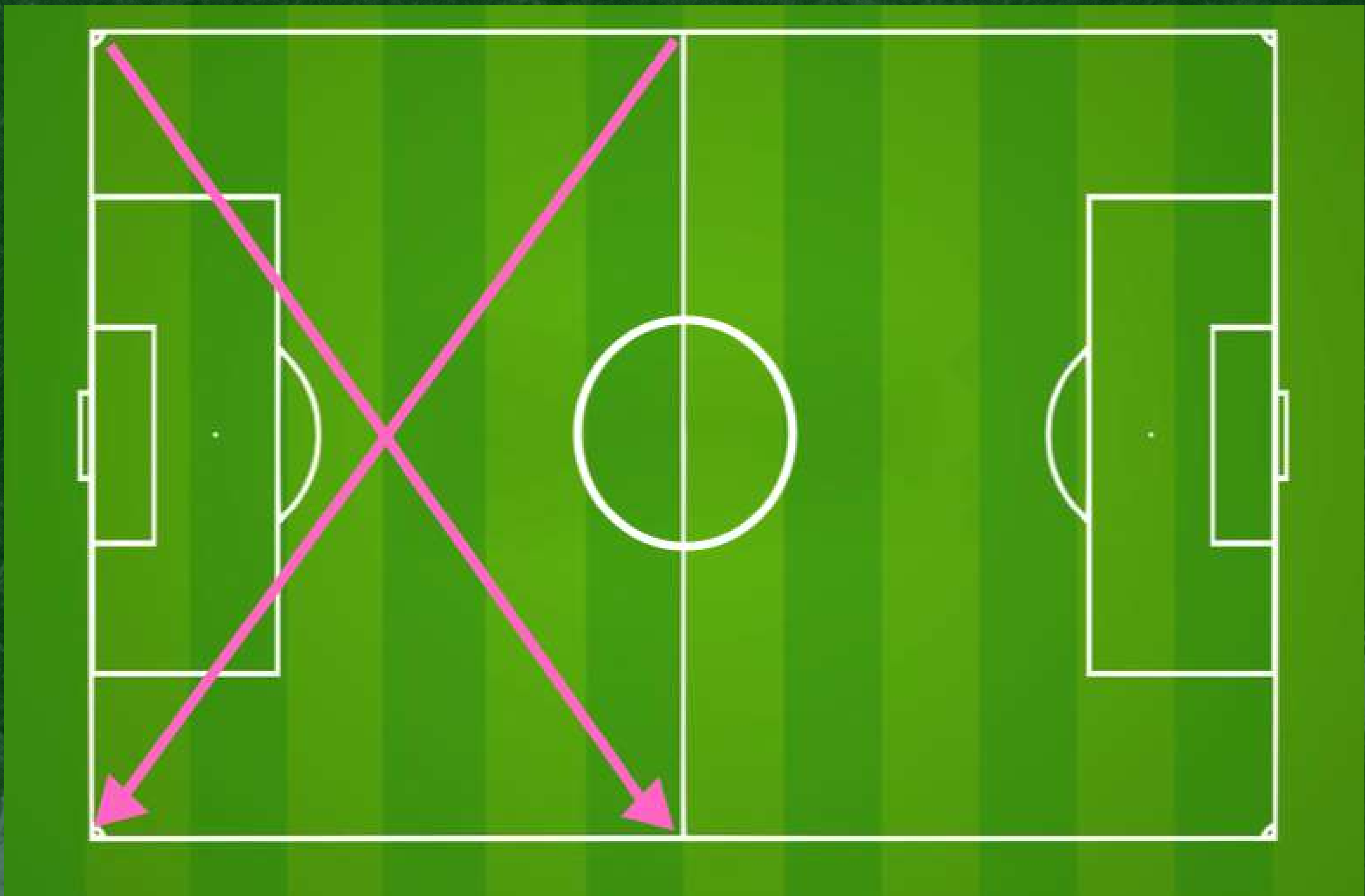
Easy - 2x2

Medium - 1x5

Hard - 2x3

Pro Football Support Anaerobic Session 1 - X-Run

1. Run at 85% from one corner of the pitch diagonally to the other corner on the halfway line.
2. Walk across the halfway line.
3. Run at 85% from this corner diagonally to the corner on the goal line.
4. 2 Runs = 1 Rep

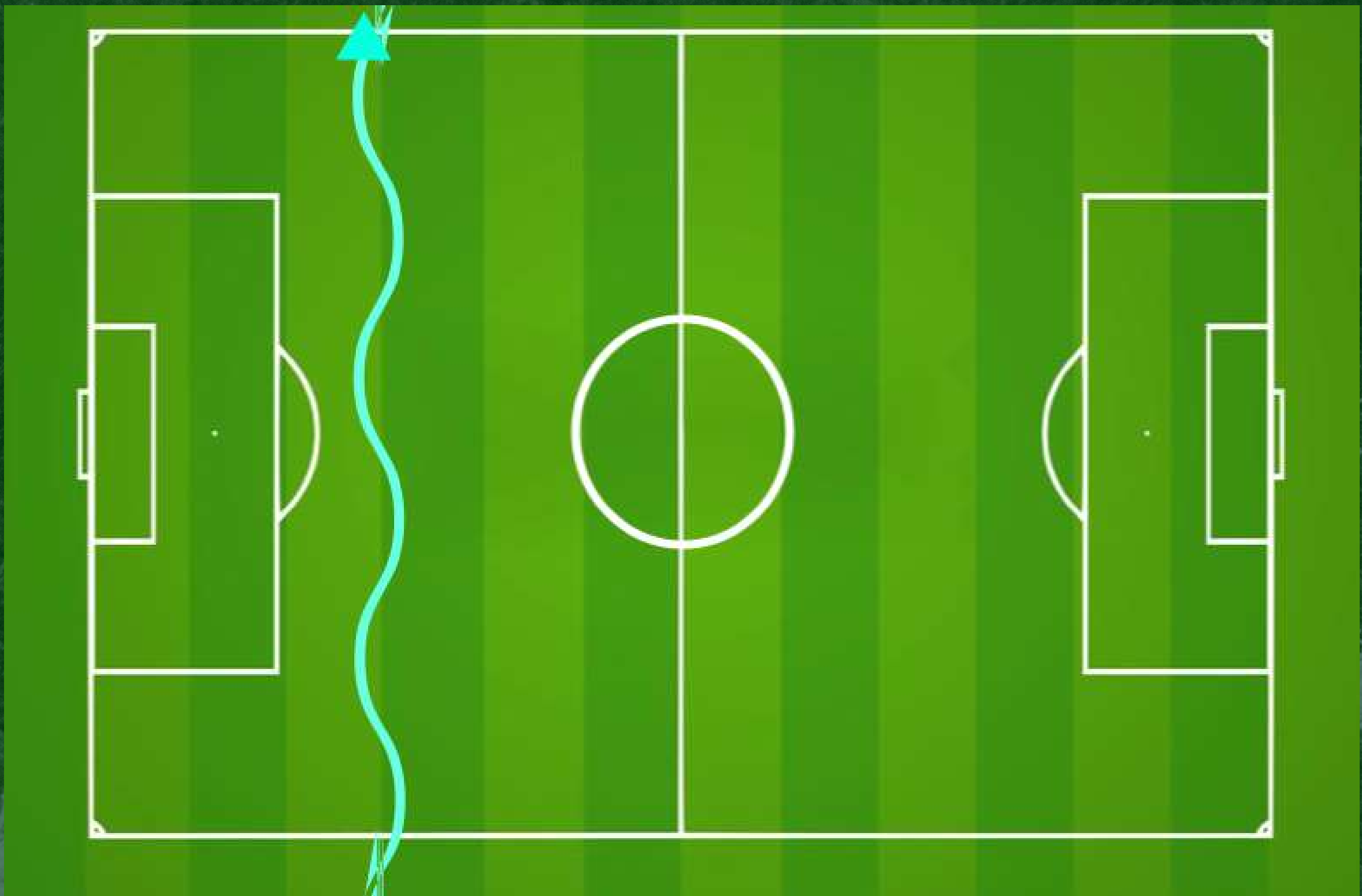


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Anaerobic Session 2

- S-Run

1. Run at 85% in an S-shape across the width of the pitch.
2. Walk back to the start position.



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Anaerobic Session 2

Intensive Intervals

Perform these intervals at 80–95% of your max, using the work:rest ratio described. E.g. W:R=1:4 – if an interval takes you 90 seconds, rest/walk for 6 minutes before the next interval.

Week 1

N/A

Week 2

3 x 150m

W:R = 1:6

Week 3

3 x 200m

W:R = 1:6

Week 4

4 x 200m

W:R = 1:6

Week 5

2 x 300m

W:R = 1:5

Week 6

3 x 400m

W:R = 1:5

Week 7

3 x 250m

W:R = 1:4

Week 8

3 x 250m

W:R = 1:4



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Aerobic Training

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Aerobic Session 1

Low Intensity Steady State Runs

Week 1

4km

Easy - 30 Mins

Medium - 25 Mins

Hard - 20 Mins

Week 2

6km

Easy - 45 Mins

Medium - 38 Mins

Hard - 30 Mins

Week 3

7km

Easy - 53 Mins

Medium - 45 Mins

Hard - 35 Mins

Week 4

6km

Easy - 40 Mins

Medium - 35 Mins

Hard - 28 Mins

Week 5

7km

Easy - 50 Mins

Medium - 43 Mins

Hard - 34 Mins

Week 6

4km

Easy - 30 Mins

Medium - 25 Mins

Hard - 20 Mins

Week 7

5km

Easy - 37 Mins

Medium - 30 Mins

Hard - 25 Mins

Week 8

6km

Easy - 45 Mins

Medium - 38 Mins

Hard - 30 Mins

Aerobic Session 2

Pitch Based Drills

Perform the drills on the following pages, use the sets and reps prescribed below for the different weeks.

Week 1

Lines

4x4

Week 2

Box2Box

4x6

Week 3

**2Sides+
Box2Box**

3x3+3x4

Week 4

Lines

4x5

Week 5

Box2Box

4x4

Week 6

2Sides

5x4

Week 7

**Lines+
Box2Box**

3x3+3x4

Week 8

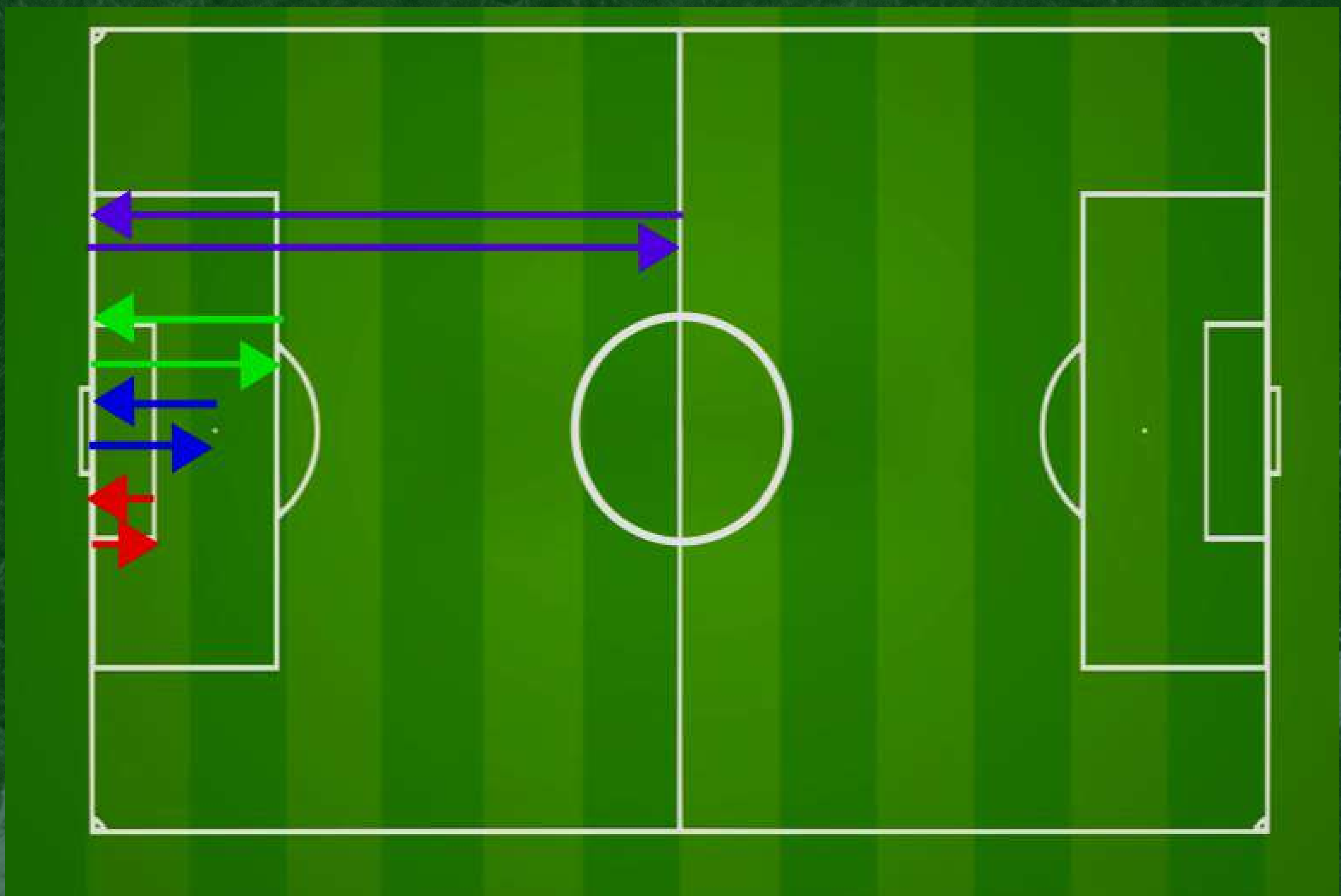
2Sides

4x4

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Aerobic Session 2 - Lines

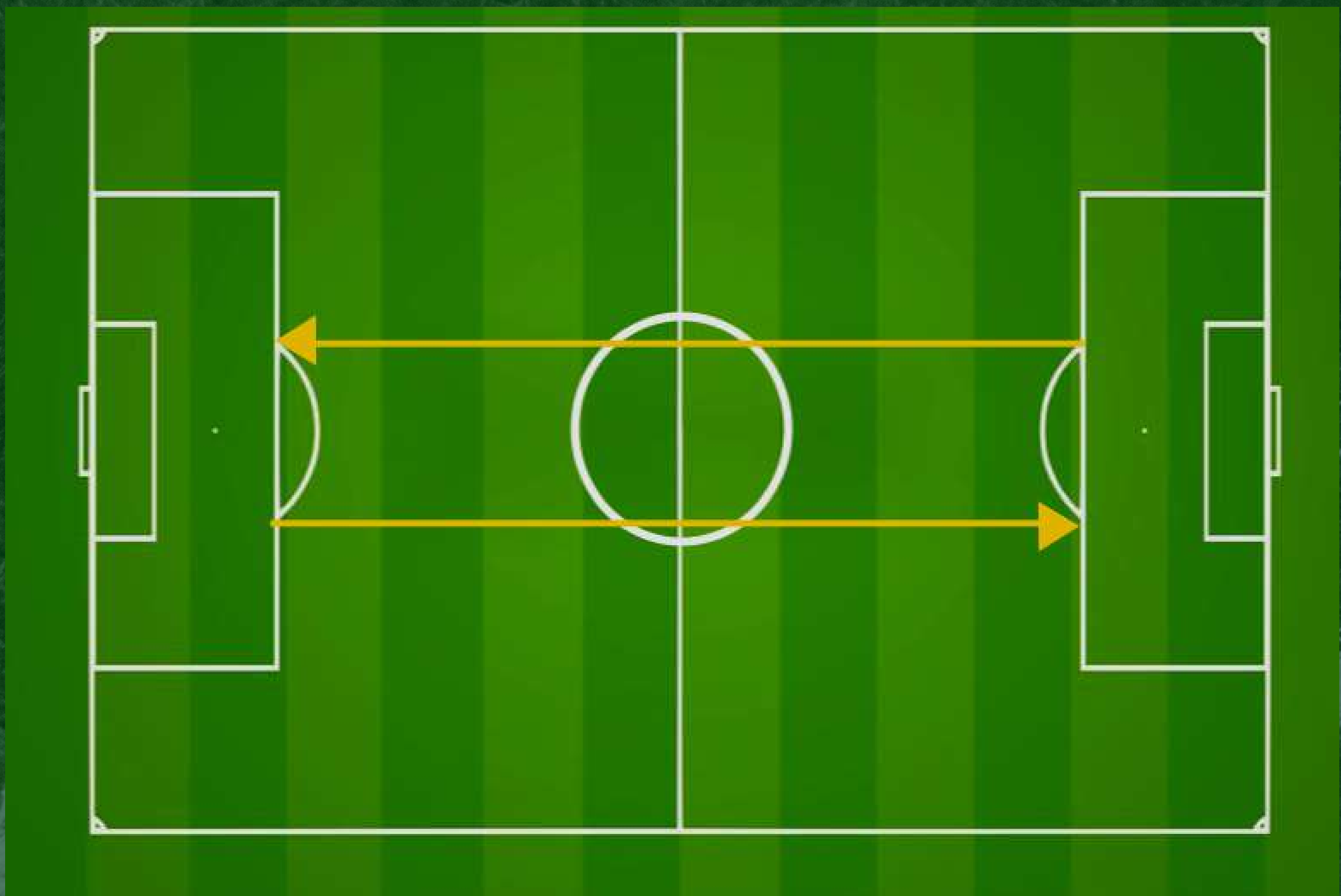
1. Jog from the goal line to the 6 yard box and return.
2. Jog from the goal line to the penalty spot and return.
3. Jog from the goal line to the 18 yard box and return.
4. Jog from the goal line to the halfway line and return.



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Aerobic Session 2 - Box2Box

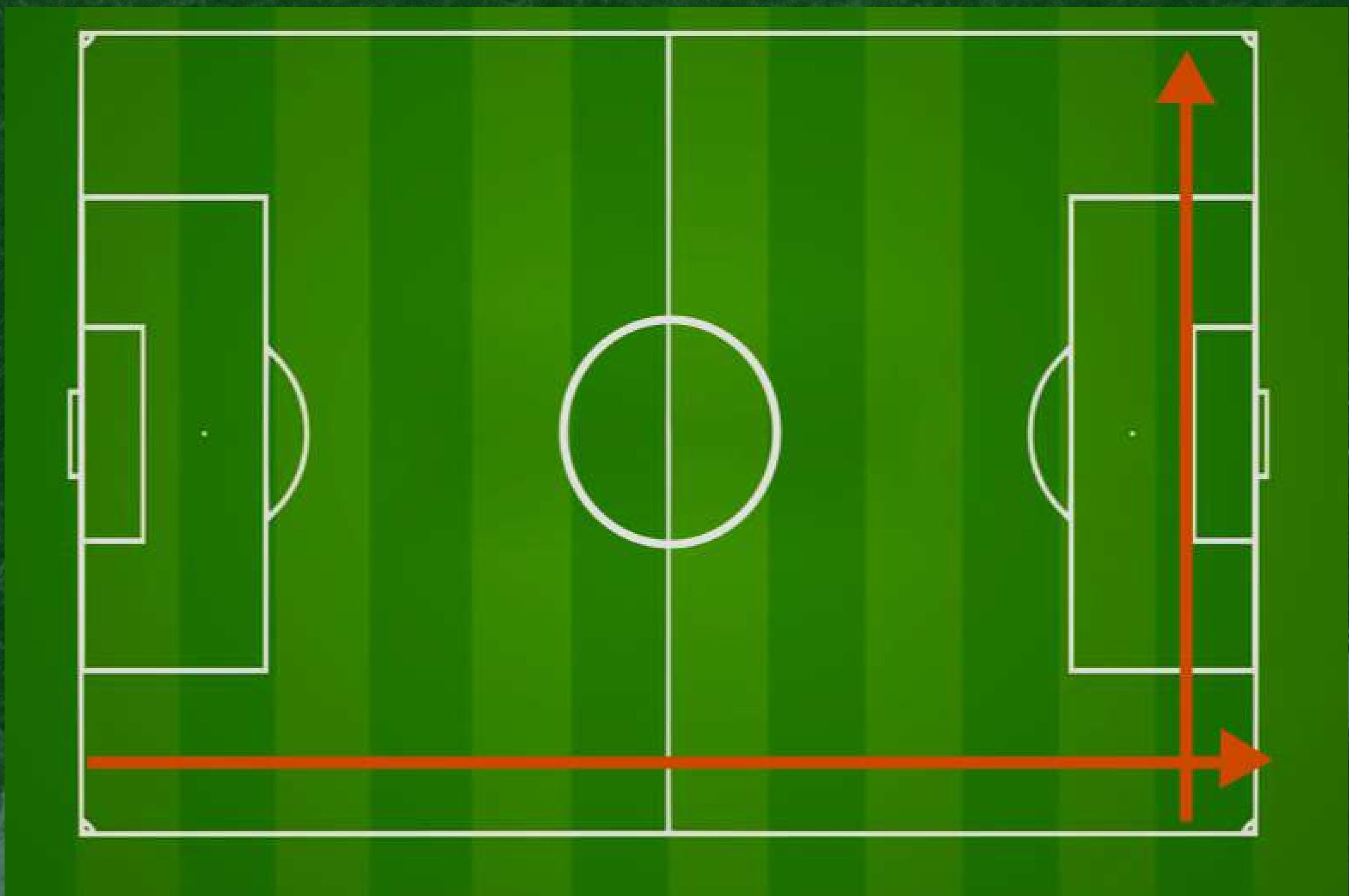
1. Jog from one 18 yard box to the opposite 18 yard box.
2. Turn and jog back to the start.
3. 2 runs = 1 rep.



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Aerobic Session 2 - 2Sides

1. Jog from one corner of the pitch up the entire length of the pitch.
2. Keep jogging and complete an entire width of the pitch.
3. Slow to a walk and rest as you walk an entire length, then entire width of the pitch.



Aerobic Session 3

Aerobic Intervals

Perform these intervals using the work:rest ratios described. E.g. W:R=1:1 – if an interval takes you 6 minutes, rest/walk for 6 minutes before the next interval.

Week 1

5 x 1 km

W:R = 1:1

Week 2

5 x 1.4 km

W:R = 1:1

Week 3

4 x 2 km

W:R = 1:1

Week 4

5 x 1.4 km

W:R = 1:0.75

Week 5

4 x 2 km

W:R = 1:0.75

Week 6

5 x 1km

W:R = 1:1

Week 7

5 x 1.4 km

W:R = 1:0.5

Week 8

4 x 1.6 km

W:R = 1:0.5



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Recovery

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Recovery 1

Complete exercises using the sets and reps prescribed.

Glute Foam Roll



2x45s

Quad Foam Roll



2x45s

Groin Sit Back



3x6ES

Straight Leg Raise



3x6ES

Hip Flexor Reach



3x6ES

Spidermans



3x6ES

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Recovery 2

Complete exercises using the sets and reps prescribed.

Ham Foam Roll



2x45s

Groin Foam Roll



2x45s

Pigeon Sit



3x6ES

Lying Quad



3x6ES

Calf Push



3x6ES

Prayer Sit



3x6



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Thankyou

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