



Dunny's Pre-Season Preparation

Session One

Find a football pitch, ideally somewhere that takes you a 5 minute gentle jog to reach. Complete your warm up with some dynamic (on the move such as high knees, heel flicks, lunges, squats etc) stretches and if required, static stretches.

- 5 minute jog and stretch
- Effort run at 75% of your max for 30 seconds
- Walk and/or jog for 30 seconds recovery
- Repeat to complete a set of 5 efforts and 5 recovery's
- Rest for 1 minute
- Repeat with another set of 5 efforts and 5 recovery's

After each session, but before the cool-down and stretch, perform sets of press-ups and Core.

Alternate the 1 set of press-ups with 1 Core until you have done 3 sets of each.

I recommend: 3 Sets of Press-Ups (15-20 reps in a set) 3 Sets of Core exercises (15-20 reps in a set). If possible vary to Core exercises, include abs and lower back exercises.

Session Two

Imagine the perimeter of the football pitch is divided into 6 sections to run around. From one corner to the half way line is one section, then on to the next corner flag is another. The goal line is the next section, and then up to the half way line is the next, and so on, until you are back to where you began. These 6 sections provide the framework for the next drill.

- 5 minute jog to park, stretches
- Running 6 laps of the pitch, in the following sequence:
 1. Run one section, jog five
 2. Run two sections, jog four
 3. Run three sections, jog three
 4. Run four sections, jog two
 5. Run five sections, jog one
 6. Run all six sections, jog six

Note: You will always be starting your sprints from the same point on the pitch. Also, the running speed should be at 75% of your max effort.

Press ups and sit ups? Jog home and static stretch!

Session Three

- 5 minute jog to park/pitch. Stretch
- 5 three quarter pace sprints/efforts from one touch-line to the other, with 20 second recovery rest between each effort
- Two and a half minute recovery (jog or jog with football)
- 5 max sprints from goal line to 18 yard line with 20 seconds rest between each effort
- 5 minute jog home, cool down and static stretches

Session Four Feeling good?

- As session One, but increase the effort time to 1 minute.
 - Increase the walk and/or jog for 1 minute recovery
 - Repeat to complete a set of 5 efforts and 5 recovery's
 - Increase the time between sets to 2 minute recovery
- Repeat with another set of 5 efforts and 5 recovery's.

Session Five Feeling really good?

- As session One; run 30 seconds at 75% max
 - Walk and/or jog for 30 seconds recovery
 - Repeat to complete a set of 5 efforts and 5 recovery's
 - Rest for 1 minute
 - Repeat with another 2 sets of 5 efforts and 5 recovery's
 - You will have completed 3 sets of 30 second efforts with 30 seconds recovery, with a full 1 min recovery between each set.
 - Cool down static stretch!

Session Six

- 5 minute jog and stretch
- 5 sprints across the pitch, with 20 seconds recovery between each
- 2 minutes rest, but keep moving
- 4 sprints across the pitch, with 15 seconds recovery between each
- 2 and a half minutes rest, keep moving
- 3 sprints across the pitch, with 10 seconds recovery.
- 2 and a half minutes rest, keep moving
- 2 sprints with 10 second recovery

Press ups and Core? Jog home, cool down static stretch!

Session Seven

- Five minute jog to park, stretch
- Five minute run around outside of pitch
 1. Jog corner flag to half way line
 2. Side step half way to corner flag (change lead leg half way)
 3. Jog along goal line
 4. Zig Zag corner to half way
 5. Jog backwards half way to corner
 6. Sprint along goal line
 7. Jog to half way
 8. Continue for full 5 minutes
- Two minutes recovery
- Repeat as above, twice more

Press ups and Core? Jog home, cool down static stretch!

Any problems or questions contact Tony: 07853 942357 tonydunn66@hotmail.co.uk
See you at the far post!