

Hume City Football Club

Corona Virus Fitness Maintenance



Overview

In difficult times we must see the positive. We create a goal for ourselves, we must choose something to improve us.

This document will not tell you how to improve your technical ability, your football awareness or tactical knowledge.

My belief is that you can find this information anywhere online and I also don't believe that any of the above items will be lost in significant amounts during the time we have away from our game. Secondly, I believe that any reduction in the sharpness of these skills can return very quickly once we return to the pitch.

What we will loose quickly, what we cannot regain quickly and is the only thing we can produce huge improvements on in this tough time is our Fitness. Fitness and Running are a huge part of football and definitely a huge part of Hume City's playing style.

In this document I will outline a view variations of runs and some tests to help you track your levels.





Testing

With an extended period off, it is a fantastic idea to do a generic running test. This will allow you to score your current fitness so you can manage yourself over this period.

Not only will it allow you to make sure you do not let your fitness levels deteriorate but you will have something to try and improve on and measure your increased fitness levels.

Testing is about the athlete; it is only ever You Vs You. Take your level and improve it. Don't Focus on others!

We will give you a guideline of what we expect from a Hume City player, but it is always only up to the individual.



TESTING

12 MIN RUN

WHAT YOUNEED

MARKED FIELD WATCH WATER

EXPLANATION

START AT THE HALFWAY POINT OF THE PITCH. START THE WATCH AND BEING TO RUN AROUND THE PITCH, DO NOT CUT CORNERS.

TRY AND DO AS MANY LAPS AS YOU CAN IN 12 MINS

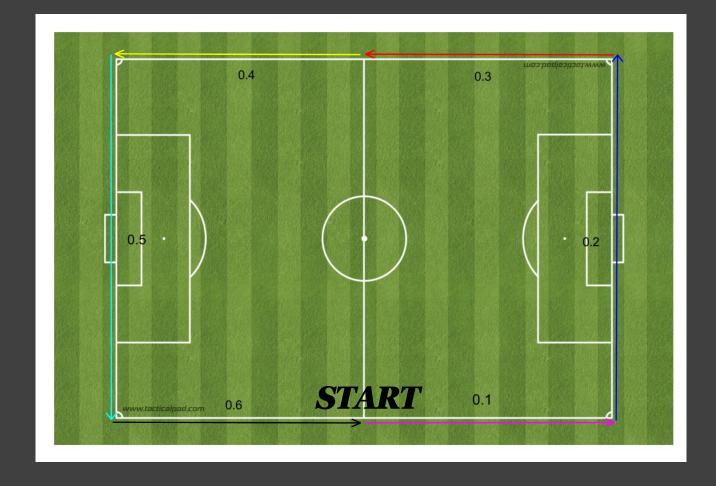
WHEN 12 MINS IS COMPLETE, STOP AND RECORD YOUR SCORE

SCORING

THE PITCH IS SET UP INTO 6 SECTIONS. (IDENTIFIED BY COLOUR ARROWS ON PITCH TO THE RIGHT)

EVERY TIME YOU ENTER A NEW SECTION YOUR SCORE IMPROVES.

AFTER 1 LAP IS COMPLETED AND YOU HIT THE START LINE 0.6 WOULD CHANGE TO 1, THEN 1.1, 1.2 AND SO ON.



	12Yrs	13Yrs	14Yrs	15Yrs	16Yrs+
Score	7	7.2	7.4	8	8.3

AIM FOR THE ABOVE AS A MINIMUM

Run Examples

I have split the run choices into three categories; Endurance, High Speed Running (HSR) and Agility.

My suggestion would be do a minimum of FOUR days per week running. The more the better.

Good Combinations are below;

Endurance Run + Agility Run

HSR + Agility Run

Non of these runs are too long, they can be done with very little planning or equipment. There is no excuses.

If you have any questions or I haven't explained something properly, comment on the facebook group.



Endurance



ENDURANCE

5 TO 1

WHAT YOUNEED

WATCH FIELD/STREETS

EXPLANATION

RUN AS FAST AS YOU CAN FOR **5 MINS** WITHOUT STOPPING

WALK FOR 1 MINUTE

RUN AS FAST AS YOU CAN FOR **4 MINS** WITHOUT STOPPING

WALK FOR 1 MINUTE

RUN AS FAST AS YOU CAN FOR **3 MINS** WITHOUT STOPPING

WALK FOR 1 MINUTE

RUN AS FAST AS YOU CAN FOR **2 MINS** WITHOUT STOPPING

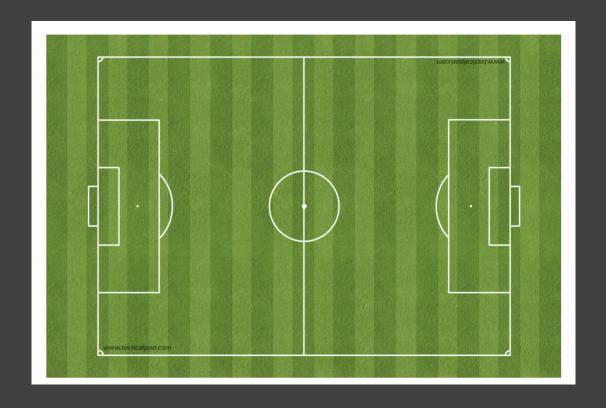
WALK FOR 1 MINUTE

RUN AS FAST AS YOU CAN FOR **1 MINS** WITHOUT STOPPING

FINISH

PROGRESSION

INSTEAD OF FINIHSING, WALK FOR 1 MINUTE, RUN FOR 1 MINUTE, WALK FOR 1 MIN, RUN FOR 2 BUILDING BACK UP TO 5 MINUTES OF RUNNING TO FINISH.



ENDURANCE

TABATA

WHAT YOUNEED

WATCH FIELD/STREETS

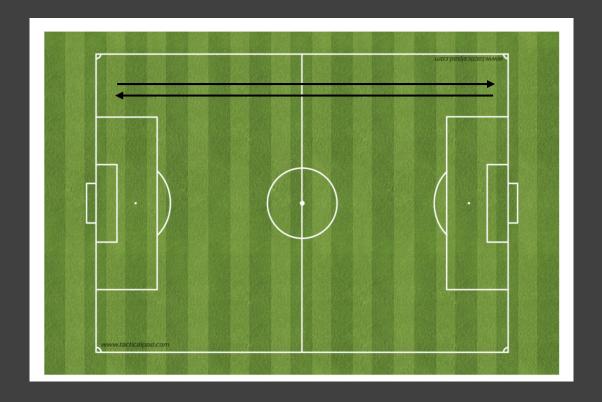
EXPLANATION

RUN AS FAST AS YOU CAN FOR 20 SECONDS (AROUND 3/4 PACE)
REST FOR 10 SECONDS

REPEAT THIS 8 TIMES = 4 MINUTES WORK.

PROGRESSION

- 1. 2 TABATA RUNS WITH 3 MINUTES REST BETWEEN RUNS
- 2. 2 TABATA RUNS WITH 2 MINUTES REST BETWEEN RUNS
- 3. 3 TABATA RUNS WITH 3 MINUTES REST BETWEEN RUNS
- 4. 2 TABATA RUNS WITH 90 SECONDS REST BETWEEN RUNS
- 5. 3 TABATA RUNS WITH 2 MINUTES REST BETWEEN RUNS



ENDURANCE

10'S

WHAT YOUNEED

WATCH MARKED FIELD WATER

EXPLANATION

RUN AS FAST AS YOU CAN FOR 10 SECONDS OR DESIRED
DISTANCE
REST FOR 10 SECONDS

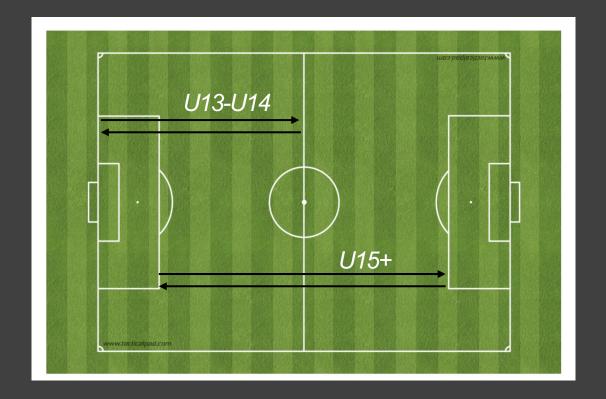
REPEAT THIS 12 TIMES = 4MINUTES WORK.

DISTANCES

- 1. HALF PITCH (AROUND 55 METERS) UNDER 13-UNDER 14
- 2. BOX TO BOX (AROUND 70 METERS) UNDER 15+

PROGRESSIONS

1. 2 MINUTES REST AND REPEAT. (2-4 SETS)



High Speed Running



HSR

35'S

WHAT YOUNEED

WATCH MARKED FIELD WATER

EXPLANATION

START ON THE HALF WAY LINE.

SPRINT TO GOAL LINE (BOTH FEET OVER THE LINE)

SPRINT TO THE OTHER GOAL LINE (BOTH FEET OVER THE LINE)

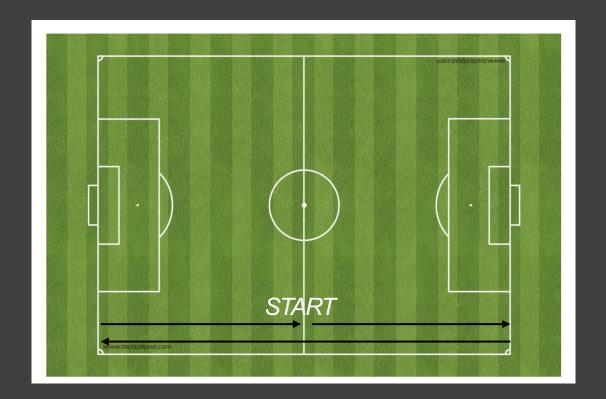
SPRINT BACK TO THE HALF WAY LINE

12-14 AIM TO DO THIS RUN IN 45 SECONDS 15+ AIM TO DO THIS RUN IN 35 SECONDS

REPETITIONS

12-14 YEARS
MIN IMUM 3 RUNS – MAXIMUM 5 RUNS
START A RUN EVERY 3 MINUTES.

15+
MINIMUM 3 RUNS – MAXIMUM 5 RUNS
START A RUN EVERY 2 AND HALF MINUTES



HSR

SUICIDE RUN

WHAT YOUNEED

WATCH 6 CONES OR ITEMS WATER

EXPLANATION

MARK OUT 6 CONES OR ITEMS 5 METERS APART IN A STRAIGHT LINE.

FULL SPRINT SPEED TO EACH CONE AND BACK TO START.

0TO5:5TO0

0TO 10:10TO 0

0TO 15:15TO 0

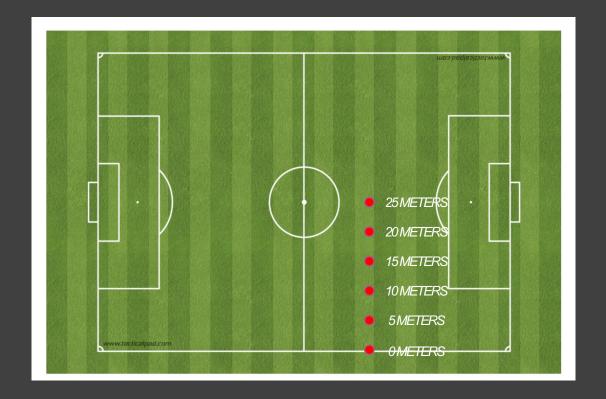
0TO 20:20TO 0

0TO 25:25 TO 0

REPETITIONS

REPEAT 3 TIMES

REST 12-14 = 4 TIMES THE TIME IT TAKES TO DO THE FIRST RUN REST 15+=3 TIMES THE TIME IT TAKES TO DO THE FIRST RUN



HSR

WRUN

WHAT YOUNEED

WATCH MARKED FIELD WATER

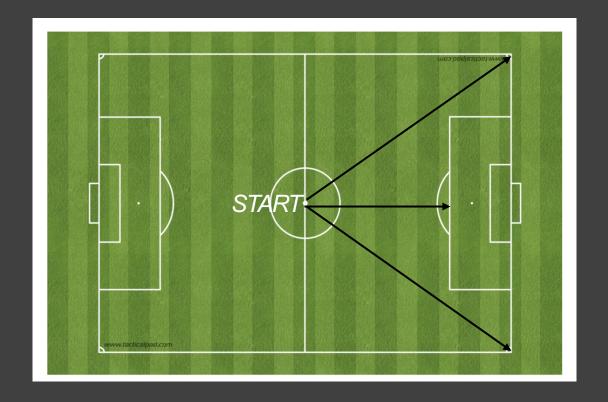
EXPLANATION

START ON KICK OFF SPOT ON HALF WAY
SPRINT TO CORNER FLAG AREA AND BACKTO START
SPRINT TO THE EDGE OF THE PENALTY BOX (BOTH FEET OVER
THE LINE) AND BACK TO THE START
SPRINT TO OTHER CORNER FLAG AREA AND BACK TO START

REPETITIONS

12-14 YEARS
MIN IMUM 3 RUNS – MAXIMUM 5 RUNS
START A RUN EVERY 4 MINUTES.

15+
MINIMUM 3 RUNS – MAXIMUM 5 RUNS
START A RUN EVERY 3 MINUTES



Agility



AGILITY

COORDINATION SPRINTS

WHAT YOUNEED

5 COLOURED CONES OR 5 DIFFERENT ITEMS
ANOTHER PERSON

EXPLANATION

ATHLETE STARTS IN THE MIDDLE OF THE SQUARE
A COLOUR ISSHOUTED, THE ATHLETE MUST TOUCH THE CONE OF THE COLOUR
SHOUTED AND RETURN TO THE MIDDLE OF THE SQUARE AS QUICKLY AS POSSIBLE.

WORK FOR BETWEEN 20 AND 30 SECONDS EACHTIME

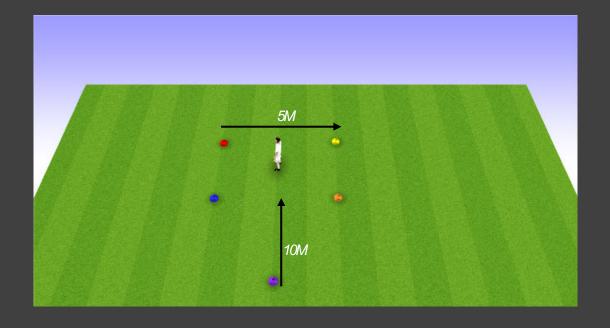
IFTHE COLOUR OF THE SPRINT CONE IS SHOUTED (PURPLE CONE IN IN THE DIAGRAM) THE ATHLETE SPRINTS PASSED THE PURPLE CONE AND THE SET OF RUNNING IS COMPLETE) **DISTANCES**

4 CONES SPACES 5 METERS APART (SEE DIAGRAM)

1 CONE CENTRAL AND 10 METERS AWAY FROM SQUARE

PROGRESSIONS SHOUTS & ACTIONS

- 1. 'TURN' ATHLETE FACES THE OPPOSITE WAY
- 2. 'HEADER'-ATHLETE JUMPS AND REPLICATES A HEADING MOVEMENT



AGILITY

ARROW SPRINTS

WHAT YOUNEED

4 CONES OR 4 DIFFERENT ITEMS

EXPLANATION

FULL SPEED SPRINTS—START AT CONE A

ALWAYS WORK ALL AROUND THE CONES WITH BOTH FEET.

VARIATION 1: A-B-A-D: 3-5TIMES VARIATION 2 A-C-A-D: 3-5TIMES VARIATION 3: A-B-A-C-A-D: 3-5TIMES

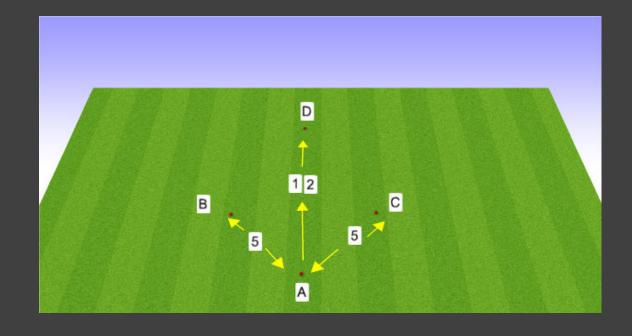
DISTANCES

12 METERS BETWEEN A & D CONES
5 METERS BETWEEN A & CAND A & B CONES

PROGRESSIONS

USE YOUR IMAGINATION TO MAKE DIFFERENT VARIATIONS OF THE CONES

- RUN BACKWARDS
- RUN USING SIDESTEPS
- JOCKEY CERTAIN CONES.



AGILITY



WHAT YOUNEED

CONES HURDLE (BE CREATIVE IF YOU DON'T HAVE)

EXPLANATION

CREATE A START AND END POINT.
CONES CLOSE DISTANCE APART FOR ZIG ZAG RUNS
CONES FAR APART FOR CUT RUNS
WHEN YOU GET TO HURDLE - DOUBLE FOOTED JUMPS OVER

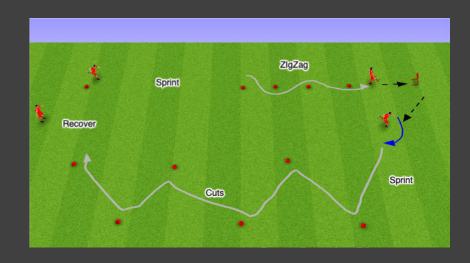
CAN BE DONE WITH A FOOTBALL

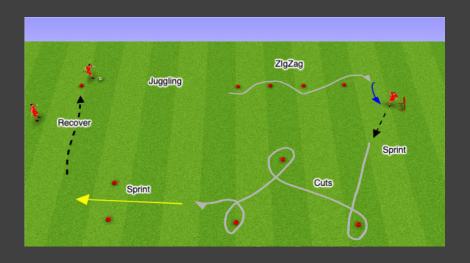
DISTANCES

ZIG ZAGS: HALF A METER BETWEEN EACH CONE CUTS: 5 METERS BETWEEN CONES SPRINTS: NO LONGER THAN 8 METERS RECOVERY: 10 METERS.

TIMINGS

IF A CIRCUIT DO FOR MAXIMUM 90 SECONDS WITH HIGH INTENSITY AND REST FOR THE SAME AMOUNT. IF YOU WORK FOR 60 SECONDS REST FOR 60 SECONDS.





Zig Zag Options

- Forwards
- Backwards
- Enter Sideways and move Forward & Backwards
- Jockey Forwards
- Jockey Backwards
- Iccy Shuffle

Cut Options

- Forwards
- Backwards
- Enter Sideways and move Forward & Backwards
- Side Steps
- Karaoka





ENDURANCE++

DEATH RUN

WHAT YOUNEED

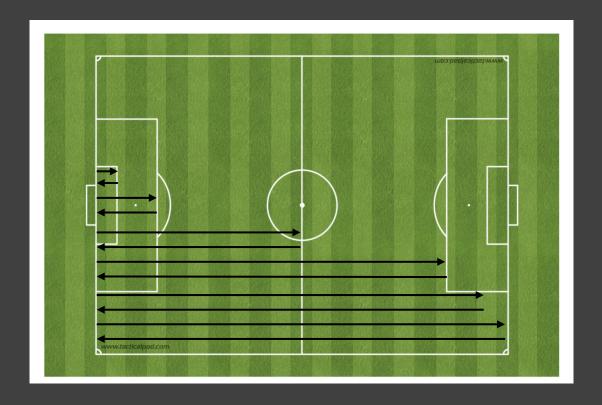
WATCH MARKED FIELD

EXPLANATION

NON STOP RUNNING AT QUICKEST PACE POSSIBLE
FROM GOAL LINE STARTING POSITION
6 YARD LINE AND BACK
18 YARD LINE AND BACK
HALF WAY LINE AND BACK
OPPOSITE 18 YARD LINE AND BACK
OPPOSITE 6 YARD LINE AND BACK
OPPOSITE GOAL LINE AND BACK

PROGRESSION

- 1. WORK OPPOSITE WAY, START WITH LONGEST RUN
- 2. WORK UP AND WORK BACK DOWN.



ENDURANCE++

WEXTREME RUN

WHAT YOUNEED

WATCH MARKED FIELD WATER

EXPLANATION

START ON KICK OFF SPOT ON HALF WAY
SPRINT TO CORNER FLAG AREA AND BACK TO START
SPRINT TO CORNER OF PENALTY BOX AND BACK TO START
SPRINT TO THE EDGE OF THE PENALTY BOX AND BACK TO START
SPRINT TO OTHER CORNER OF PENALTY BOX AND BACK TO START
SPRINT TO OTHER CORNER FLAG AREA AND BACK TO START

REPETITIONS

12-14 YEARS
MIN IMUM 1 RUNS – MAXIMUM 2 RUNS
START A RUN EVERY 5 MINUTES.

15+
MINIMUM 1 RUNS – MAXIMUM 3 RUNS
START A RUN EVERY 4 MINUTES

