



OFFALY GAA CLUB FITNESS PART 2

The “Offaly Way” Fitness Vision

By David Hare Performance GDA Offaly

RECAP OF OFFALY WAY I

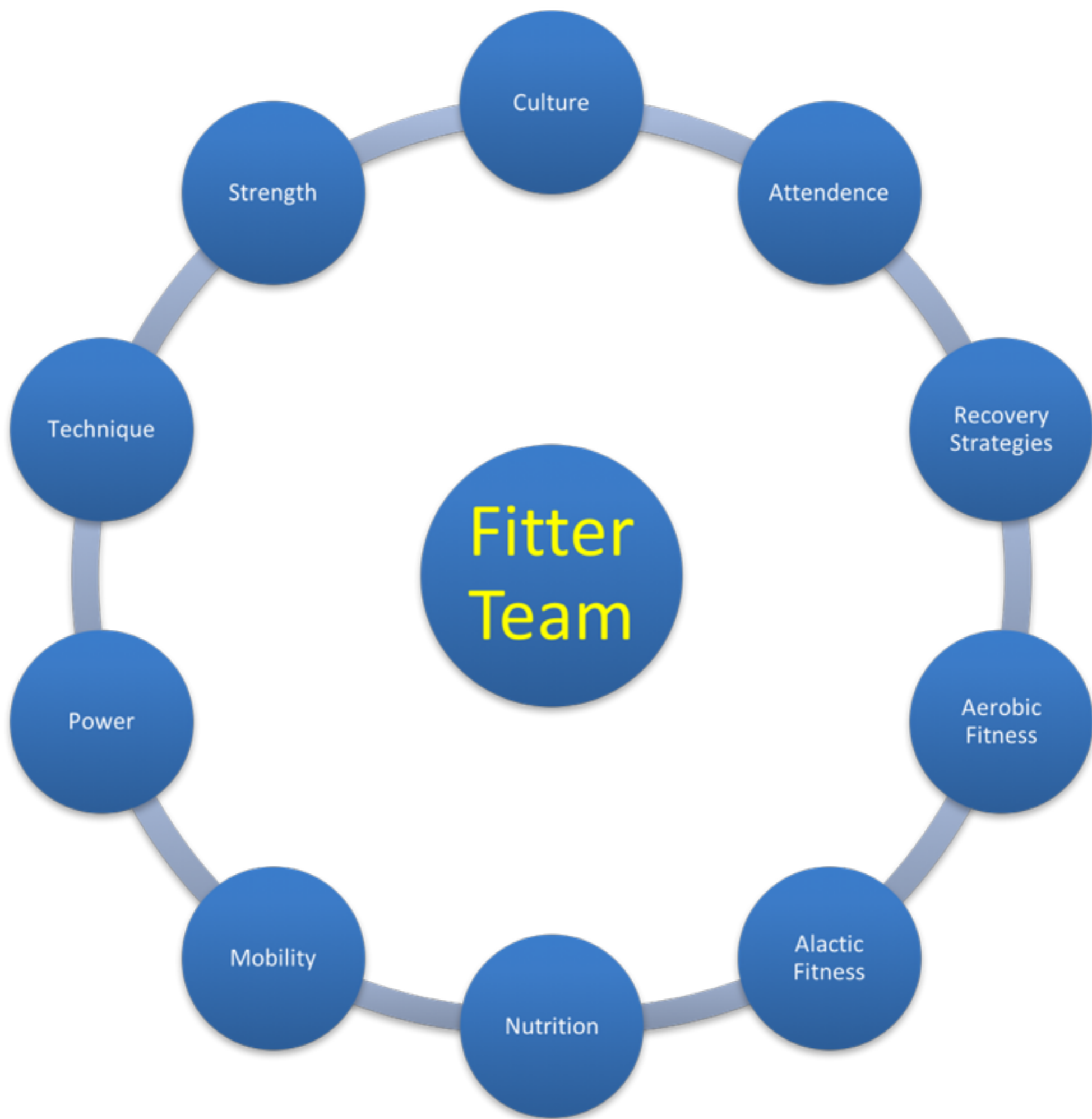
- Intro - Warm Ups
- www.offaly.gaa.ie/the-offaly-way
- This will be more advanced



Question; Should training / gym work always be Super Hard?



Hans Selye's Law of Stress



BASIC FITNESS TEST - 1KM

You'll need to accurately measure a 100m track. Use a Tape or Trundle Wheel.

Get half the squad on the start line, get the other half of the squad with a pen and paper.

You as the head coach will be timing the whole thing, and roaring the times as the players hit certain stages.

So they are running up and back on your 100m track until they complete 1k.

You will eventually get a time; we will need this time to programme our MAS runs later.



OFFALY GAA FITNESS TEST

WRITE CLEARLY
TODAY'S DATE
AND ATHLETES NAME:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 1:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	

RETEST 2:

DATE:	ATHLETE:
200m	
400m	
600m	
800m	
1k and Finish	



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FITNESS - EUROFIT METHOD

- 1k Time Trial - Get a time - (1000m)
- Get the time - Say it's 3mins 20secs = 200secs
- Distance / Time : $1000/200 = 5\text{m/s}$
- 5×1.20 (as in 120%) = 6m/s
- 6×15 (as in 15secs on) = 90m
- **Discussion In Your Groups**

Eurofit Method with 1:1 Work:Rest Ratio



Sample MAS Training Workouts:

Week 1: 70m / 75m or a 80m run (depending on the 1k test of course!) - 15 sec on 15 sec off for 5 minutes.

Week 2: 70 / 75 / 80m run - 15 sec on 15 sec off for 6 minutes

Week 3: 70 / 75 / 80m run - 15 sec on 15 sec off for 7 minutes

Week 4: 70 / 75 / 80m - 15 sec on 15 sec for 7 minutes have a 3 minute break for skills — Repeat (which will mean 2 sets)

Week 5: 70 / 75 / 80m - 15 sec on 15 sec off for 8 mins have a 3 minute break for skills — Repeat.

Week 6: 70 / 75 / 80m - 15 sec on 15 off for 9mins - 3 minute break.

and so on . . . just add a bit more each week, gauge where your players are at, if they find them super easy add more etc.

Week 7: 70/75/80m - 15 sec on 15 off for 10mins - (NO EXTRA WORK NEEDED)

And so on...

I would always prefer to do too little than to do too much so play it safe.

ALACTIC CONDITIONING

Set up a 20m grid. It can be wider if needs be, but the running distance is 20 metres.

Get the players in groups of 4, 1 behind the other.

On the whistle, the first player Sprints to the far side of the grid

There **IS NO SECOND WHISTLE.**

The next player goes when the first player makes it to the far side of the grid.

Each group of 4 is only concerned with what the person in front of them is doing, not the person to their left or right.

Alactic Conditioning Blueprint

	Date	Time	Notes
SESSION 1	Sat 6/1/18	4 min	20 m grid 1:3, groups of 4
SESSION 2	Thurs 11/1/18	4.30 min	20 m grid 1:3, groups of 4
SESSION 3	Mon 15/1/18	5 min	20 m grid 1:3, groups of 4
SESSION 4	Mon 22/1/18	5.30 min	20 m grid 1:3, groups of 4
SESSION 5	Sat/Sun 27-28/1/18	6 min (Optional)	20 m grid 1:3, groups of 4
SESSION 6	Mon 29/1/18	4 min	20 m grid 1:2, groups of 3
SESSION 7	Mon 5/2/17	4.30 min	20 m grid 1:2, groups of 3

Talk to your coach about progressing this further;

Practical Guidelines

- Set up a 20m grid. It can be wider if needs be, but the running distance is 20 metres
- Get the players in groups of 4, 1 behind the other.
- On the whistle, the first player runs to the far side of the grid
- There IS NO SECOND WHISTLE
- The next player goes when the first player makes it to the far side of the grid
- Each group of 4 is only concerned with what the person in front of them is doing, not the person to their left or right

- The players will need a surprising amount of coaching on this
- If you have an uneven amount of players, tell 2 lads to run together as one

SAMPLE FORMAT

Time	
7:00 to 7:10pm	Players arrive, Foam roll and Stretch - Get the head right
7:10 to 7:15pm	Dynamic Style Warm Up
7:15 to 7:40pm	Circuits style workout - Push Something / Pull Something do something for your legs
7:40pm	Speed and Agility Training or ASAP Principle
8:40pm	Fitness Work - MAS / Alactic

HELP ?

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- Resources - Please put up in your club