

## Off Season Running Ideas – This will keep you in peak condition so when you join up with an Offaly Squad you're in great shape.

### The Deadpool

Description - VO<sup>2</sup> max intervals  
Time – 3\*4 minutes  
Recovery Between Sets – 2minute  
Running Speed – moderate (as close to VO<sup>2</sup> max as possible)  
*How Hard out of 10 it should feel – 7or8/10*  
Adaptation – Enhances VO<sup>2</sup> max (ability to extract O<sup>2</sup> and deliver around the body to working muscles)

### The Captain America

Description – HIIT (Aerobic Interval Training)  
Time – 4\*2 minute intervals  
Recovery between sets – 3 minutes in-between each rep  
Running Speed – 50% maximal speed (maintain speed for as long as possible)  
*How Hard out of 10 it should feel like – 8or9/10*  
Adaptation – Enhances the v VO<sup>2</sup> (velocity at VO<sup>2</sup> max) and aerobic power

### The Superman –

**You need your 1k Fitness Test Score for this one.**

Description – Maximal Aerobic Speed Training (MAS)  
Time – 2\*4 minutes of 30sec on:30sec off, and 1\*4 minutes of 15sec:15sec  
Recovery between sets – 2 minute rest between all sets (30 and 15sec complete rest between each rep)  
Running Speed – High (Approximately 65-75% of max speed)  
*How Hard out of 10 it should feel like – 8/10*  
Adaptation - Enhances the v VO<sup>2</sup> (velocity at VO<sup>2</sup> max) and buffering lactate/high levels of blood acidity

### The Thor

Description – Maximal Acceleration and Max-Speed Work  
Time/Distance – 2\*(6\*50 metre sprints) approximately 6-8 seconds sprinting  
Recovery between reps/sets – 1 minute rest between each sprint, and 2-3 minutes rest between sets  
Running Speed - Maximal (focus on acceleration and max speed phases)  
*How Hard out of 10 it should feel – 7/10*  
Adaptation – Increases maximal acceleration and top speed characteristics.

## Different Scenarios :

### Sample Week 1: The Player that plays one sport.

This would be a pretty standard training week for the player that just does one sport and has training twice per week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Club Training		Club Training			Match

Answer:

You could fit them in your schedule like this, on the Friday if the game on Sunday was a big game you could reduce the amount of sets to 2 – this will actually have you moving better for the game on Sunday provided you take it easy, main point you can do a little bit extra and it would add to your performance.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Club Training	Gym / Speed	Club Training	Gym / Speed		Match

### Sample Week 2: The Very Busy Player

This would be a pretty busy week for the player that plays 2 sports and has training 3-4 times per week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						Match Sport 1	Match Sport 2
Evening	Training Sport 1	Training Sport 2		Training Sport 1	Training Sport 2		

Answer:

When you are this busy all you can do is once a week maintenance stuff, keep the sets low and reps low, this will actually help you stay fresh. Post workout nutrition, sleep and Regen work will be very important. If you get a break in fixtures you can work on your athletic performance twice a week again.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Regen Session in Pool – 100 points					Match Sport 1	Match Sport 2
Evening	Training Sport 1	Training Sport 2	Short Gym Session	Training Sport 1	Training Sport 2	Regen Work / Stretch	

### Summary:

It's important to note with careful consideration and proper nutrition there is no reason not to continue with your athletic development even during busy periods. If you are unsure you can contact your coaching team.

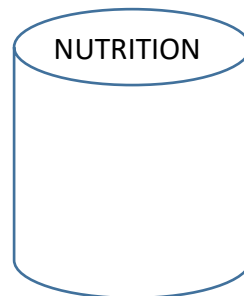
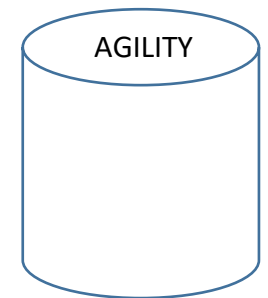
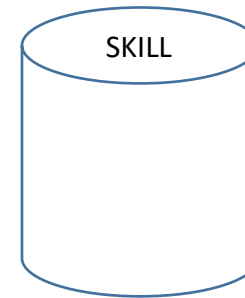
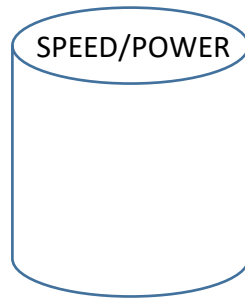
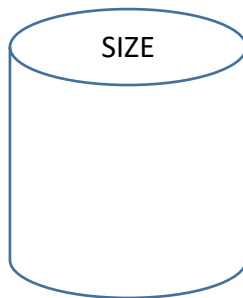
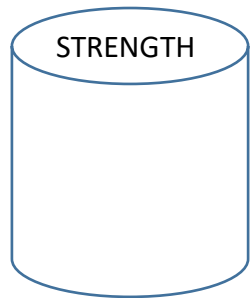
## Filling The Empty Buckets:

We look at athletic training as the filling of buckets. For example, the person that can squat huge weights and bench the same has probably overfilled his “strength” bucket. Whilst the person who can run a 1k fitness test in 3mins and 10 seconds has sufficiently filled his “fitness” bucket.

During the Off Season honestly appraise how you did in the fitness testing and from your own knowledge of your own body assess which buckets you need to fill more in the off season.

So for example if you still can't really get your 1k Time to a good level it's a good idea to spend a bit more time on the fitness options that are contained in this manual. If your speed needs a bit of work make sure you emphasize the plyometric work and speed work that's contained in this manual and so on.

All the best athletes in the world make their strengths even stronger but they work on their weaknesses too.



## Pre Pitch Power/Speed Training:

The following work is what we used to do a lot of on the astro turf, but this work can be done on any grass pitch and takes hardly any time to do. This is great to fill your speed and power bucket, all you need is a hurdle/cone on the floor to get great training done.

It is best to do this work after a good warm up. <http://offaly.gaa.ie/the-offaly-way/the-offaly-way-warm-up-converted-with-clipchamp/>

I would recommend all Offaly players try to sprint short distances, as per your gym programme above, twice a week. The ideal time for this is just after your plyometrics and before your football/hurling training. Want to move faster? Well move faster! it's that simple. Sprinting distances of only 15meters should have zero issues at any time of the year.

### Day 1 Linear: (as in straight ahead)

Movement 1: Non counter Movement jump – Linear – Vertical Box (12inch) 2 x 5 reps.

<https://www.youtube.com/watch?v=8Qg0rROgSnU>

Movement 2: Counter movement Linear- Horizontal Hurdle jump 1 x 5 reps.

<https://www.youtube.com/watch?v=8ctnJ5X8SUo>

Movement 3: Counter Movement Linear-Horizontal (6inch) Hurdle Hop 2 x 5 reps each.

<https://www.youtube.com/watch?v=afwPOFJMwF8>

### Day 2: Multi Directional

Movement 1: Counter Movement Lateral Horizontal Bound and quick stick 2 x (3x3)

<https://www.youtube.com/watch?v=Vp6bgTTxgik>

Movement 2: Continuous Lateral – Horizontal 45deg Bound 2 x 5 reps each

<https://www.youtube.com/watch?v=OZeTv9W31no>

# Training When Injured:

These are great options when you are carrying a niggle. It is important to keep as fit as possible when injured so you can recover faster.

## Session B1

**Description** - Long Slow Steady State

**Time** - 30 minute continuous cycle

**Recovery between Sets** – N/A

**Bike/X-Trainer Resistance** - low to moderate

**RPE** – 6 (RPE Means how hard out of ten you find the exercise)

**Adaptation** – Enhances peripheral adaptation (extraction of O<sup>2</sup> from blood into the muscle)

**Plain English?** – Good for Building a base, back from injury etc.

## Session B2

**Description** - VO<sup>2</sup> max intervals

**Time** – 4\*4 minutes

**Recovery Between Sets** – 1 minute

**Bike/X-Trainer Resistance** – moderate

**RPE** – 7

**Adaptation** – Enhances VO<sup>2</sup> max (ability to extract O<sup>2</sup> and deliver around the body to working muscles).

## Session B3

**Description** – HIIT (Aerobic Interval Training)

**Time** – 5\*2 minute intervals & 5\*1 minute interval

**Recovery between sets** – 1 minute in-between each rep and 3 minutes in-between 2 and 1 minute interval sets

**Bike/X-Trainer Resistance** – moderate to high

**RPE** – 7/8

**Adaptation** – Enhances the v VO<sup>2</sup> (velocity at VO<sup>2</sup> max)

## Session B4

**Description** – Repeated Sprint and Peak Power

**Time** – 8\*6sec maximal work, 30sec complete rest \*4 sets

**Recovery between sets** – 2-3 minutes (close to maximal recovery as you can)

**Bike Resistance** – Very high

**RPE** – 8/9

**Adaptation** – Increasing repeated sprint ability (buffering of blood acidity) and maximal power output

**Plain English?** – Great for corner forwards and corner backs to get to the ball first type fitness