

FITZROY FOOTBALL CLUB 2014 CHRISTMAS BREAK

Message & Program from the (New) 2014 Colts Coach Bernie Dinneen

On behalf of the coaches, training staff and committee at the Fitzroy Football Club, I'd like to wish you and your families a very merry Christmas and a safe, happy new year. Enjoy yourselves & your time with loved ones, but please take care. That said.....

“To be the Premier teams in 2014, we need to train like the Premier teams”

I want motivated people who are willing to work hard to achieve success. This will be the basic training expectation that players will continue to hear throughout the 2014 season. They **MUST** also be the expectations adopted by the entire playing group if we are to achieve our goals this season.

I know what I want out of season 2014, on-field and off-field success. That means training hard, playing bold, aggressive football and enjoying each other's company off-field. We all want to be involved in finals!

If you haven't done much training to date, now is the time to do get some conditioning under your belt.

There are 45 days between our last training session and our return on the 30th of January. Enjoy the break from football, but ensure that you stay active, for both general health and a commitment to your teammates to make season 2014 something special. Let's make sure we're all a part of it!

Below are some training sessions that you can do while you are away. You should be aiming to do at least 3 cardio sessions per week plus strength and core work in that time to come back in the condition that is expected.

**We start back at 4.30pm on Thursday, the 30th of January, 2014.
Meet at Victoria Park. Be there on time and prepared to work.**

TRAINING ADVICE

1. Training partner: Where possible organise to do training sessions with a partner or in a group. Training with others provides motivation to complete sessions and push each other. It also inspires teamwork and mateship, keys to our club culture in 2014.

2. Injury prevention: In order to minimise any risk of injury, the following advise should be followed:

*Running should be performed on soft surfaces such as grass (ovals, parklands, sand or golf courses). Hard roads and footpaths should be avoided where possible. Athletics tracks can also be good.

*an appropriate warm up and cool down **MUST** be performed prior to and after each session. Warm-ups should be **DYNAMIC**, not static stretching.

RUNNING SESSIONS-

These have to be the key to our fitness. We are going to run faster, harder and for longer than our opponents this year. Opposition teams need to hate playing on our ground because we will exhaust them with our run.

CONTINUOUS RUNNING

- 4-6kms run (time run and repeat another day and beat time)
- Run 10 laps of an oval, jog bends and stride straights.
- Run out 15 mins then return via same route in under 15mins.
- 6km as fast as you can, should be in under 27min
- 2 x 2km on 15 mins. Time that it takes to complete comes off 15min and time remaining is recovery.

INTERVAL RUNNING

- 5 x 800m. Each 800m should be completed at 75% (2.45 min), with 2 min recovery between each
- Pyramid running. All strides at 75-80% with a recovery jog in between. 3 lap warm up and stretch, then 100m, 200m, 300m,400m, 500m, 400m, 300m, 200m, 100m, - 3 lap cool down and stretch.
- Pyramid running-200m, 400m 800m, 1600m, 800m, 400m, 200m.

Each should be done at 70%-

200m in 35-40 sec 400m in 85-100sec 800m in 3.30 1600m in 7.30min
Recovery of 1:3. eg- 200m in 30sec have 90 sec recovery

- 3 x 300m strides(75%) slow jog back to start
5 x 200m strides “” “ “ “ “ “ “
5 x 100m strides “” “ “ “ “ “ “ “
- 5 x 100m (90%) recovery =jog 50 walk 50
5 x 75m (90%) recovery =jog 50 walk 25
5 x 50m (90%) recovery = walk back to start
5 x 25m (90%) recovery = walk back to start
- 2 x 400m @ 75% 1min recovery
3 x 300m @ 75% 1min recovery
4 x 200m @ 90%, 45 sec recovery
5 x 100m @ 90%, 30sec recovery
5 x 50m @ 95% 30 sec recovery
5 x 25m @ 95% 15 sec recovery

SWIMMING-

Try and do a total of 1km in the pool in any one training session. If you are a poor swimmer just break the session up into smaller distances and use flippers if possible. Pools are important for low-impact cardio & recovery.

*200m warm up, 10x 50m (30 sec recovery) 100m just kicking, 200m cool down

*200m warm up, 1x 200m, 4x 100m, 8x 50m; 200m cool down, 30 sec recovery

*1km time trial swim, aim to get under 25min.

CYCLING

A bike session is a good way of training while giving your legs a break from running. It minimises stress fractures and is easier on joints.

*All bike riding should be 45mins +. Try and do some hill sprints, hard bursts etc to get the heart rate up EG Veleldrome circuit = 15m steady pace, 1 lap hard, 1 lap recovery x 10, 15m steady pace.

*15m steady pace, 5 x 1min hard, 30sec easy, 10 x 30sec hard, 30 sec easy, 15 min steady.

USE YOUR SURROUNDINGS

If you're at the beach give yourself a duathlon, (run, swim, run), if you're on the river you can also do the duathlon, then at the end do a push up & sit up set. Any games or activities (surfing, wake-boarding, indoor soccer etc) can be a good cardio work out. Mix it up and have fun once a week (AVOID INJURIES!), but do plenty of the tougher sessions too. And take a football with you. Even just a couple of hundred handballs and 50+ kicks a few times a week will help improve your skills. Work on them!

STRENGTH TRAINING

On top of your fitness work you need to try and do some weight work or body weight exercise (2-3 times per week). Exercises can include chin ups, dips, push ups, sit ups, squats, lunges and weights with bricks.

Doing a push up and weight circuit each morning or evening is a great start in keeping your body conditioned while away. This should include the bridging, side holds and core stuff we did in our pre-Christmas session.

If you have access to a gym you should try and do 3-4 sets, 6-12 reps on each exercise. Go to near failure with each set (after warm up), meaning that you could have got another 1-2 if you had a spotter. If you are doing a lot of weights, split your sessions up into-

Day 1- Chest, shoulder and Triceps.

Day 2- Back, biceps and Legs.

** The most important part of our conditioning is the core strength stuff. This should be done 3 times per week.*

The above is simply a guide to keep you in reasonable condition and ensure ALL players have a base of fitness to launch our pre-season training program. Any fitness work you do is a positive, so try and do things you can maintain as often as possible.

Enjoy your Christmas with family and friends. Have a fantastic holiday break. I look forward to seeing you all January 30th!

Bernie Dinneen – Colts Coach 2014.