



# HOME PHYSICAL TRAINING PROGRAM

NORTHBRIDGE FC - 2020

# WEEKLY TRAINING SCHEDULE

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ANAEROBIC			X			X	
AEROBIC		X					
UPPER BODY					X		
LOWER BODY	X (PM)			X (PM)			
CORE		X					
FIELD 1.	X (AM)					X	
FIELD 2.				X (AM)			
Mobility			X		X		

# ANAEROBIC 1

Anaerobic 1 is to be completed in running trainers on a continuous hill/gradient (if available).

## WARM UP

4 MINUTES @ 50%

ALL EFFORTS ARE TO BE PERFORMED MAXIMALLY

### EFFORT 1

15 s ON: 45 s OFF

### EFFORT 2

20 s ON: 40 s OFF

### EFFORT 3

30 s ON: 30 s OFF

### EFFORT 4

40 s ON: 20 s OFF

### EFFORT 5

45 s ON: 15 s OFF

### EFFORT 6

50 s ON: 10 s OFF

2 minute recovery after EFFORT 6.

**REPEAT 4 TIMES.**

- **Sprint at 100% ideally using a gradient, such as a hill**



# AEROBIC 1

Aerobic 1 is to be completed in running trainers, on a track, park or private treadmill.

## 10KM

TARGET: 39-42  
MINS

- **Set yourself a target as per below of 39-42 minutes**
- **Each time aim to beat your last time**



# FIELD-BASED 1

Field-Based 1 is to be completed on pitch, in boots



1.

START WITH BALL MASTERY IN THE CENTRE CIRCLE.

2.

AFTER 40 SECONDS PERFORM A MAX EFFORT SPRINT AROUND THE CORNER FLAG & BACK TO THE CENTRE CIRCLE

3.

THE RUN SHOULD BE COMPLETE WITHIN 18 SECONDS.  
RETURN TO BALL MASTERY & REPEAT.

**SETS: 3**

**REPS: 8**

- **Use a local pitch or field**
- **Wear football boots**
- **Follow the simple steps in the picture**





# FIELD-BASED 2

Field-Based 2 is to be completed on pitch, in boots.



1.

STARTING AT THE HALFWAY LINE, PERFORM A MAXIMUM EFFORT TO THE BYLINE & BACK TO THE HALFWAY LINE **TWICE**.

2.

AFTER COMPLETION, PERFORM 1 MINUTE OF ACTIVE RECOVERY THROUGH TECHNICAL PASSING.  
(IF PERFORMING ALONE USE KEEPY UPS AS RECOVERY PERIOD)

3.

REPEAT METHODS 1 & 2 UNTIL SETS & REPS ARE COMPLETE.

2 MINUTE REST BETWEEN SETS

**SETS: 2**

**REPS: 4**

- **Use a local pitch of field**
- **Wear football boots**
- **Follow the simple steps in the picture**

3 Sets / 10 Reps / 0.1kg weight



### 1. Split squat with weights rear foot elevated

Stand with your back to the step and place your good leg onto the step.  
Hold a weight in each hand.  
Make sure there is a large distance created between your front foot and your back foot.  
Bend your knee, dropping your hips straight down towards the ground, and then straighten back up.  
Make sure your front knee doesn't go in front of your front toe and that your hips come straight down.

3 Sets / 6 Reps



### 2. Nordic curl - reversed

Kneel up high on a mat.  
Your legs should be hips distance apart.  
Cross your arms over your chest and activate your buttock and abdominal muscles.  
Keeping your hips pushed forward in line with your body and thighs, slowly lean your whole body back over your calves.  
Do not allow your hips to drop backwards from your body and thighs.  
Control the movement as you return to the start position and repeat at a slow to steady pace.

3 Sets / 6 Reps / 3 s hold



### 3. Copenhagen hip adduction exercise (no partner)

Lie on your side with the leg you would like to exercise on top.  
Prop yourself up on your forearm and lift your top leg up.  
Place your upper leg at the foot on a sturdy platform, such as a chair.  
Ensure both legs are straight with your body.  
Lift your hips up so that you have a straight line from your body through to your elevated leg.  
Keeping this alignment with your body and upper leg, lift your lower leg straight up to join your elevated leg.  
Control the movement as you lower this leg back down to gently rest on the ground, then lower your hips to gently touch the ground.  
Lift your hips back up again and repeat the movement.  
Ensure you keep your back straight and core strong throughout this movement.

# Lower limb strength

- **Most of the exercises changed to increase or reduce difficulty, examples:**
  - **Single leg instead of double leg**
  - **Add external weight**
  - **Pause at the end of the movement**
  - **Increase the range of movement**



**4. Bridge - on bench leg raise**

Lie on your back with your heels rested securely on a bench.  
Ensure your knees and feet are hips distance apart with your knees pointing to the ceiling.

You should have your knees bent to approximately 45 degrees.

Tighten your abdominal and buttock muscles and roll your tail bone up from the floor.

Continue this movement, lifting your hips directly up to the ceiling until you have a straight line from your shoulders to your knees.

Keep your neck and shoulders relaxed.

Holding this position, lift one leg from the bench.

The leg remaining in contact with the bench will be the one you exercise.

Keep your hips level throughout.

Lower your elevated back leg down to the bench.

Control the movement as you lower your hips back down to the floor.

Your abdominal muscles should remain engaged until your lower back reaches the floor.

3 Sets / 8 Reps / 1 s hold

**5. SL calf raise on step**

Stand up straight on a step.

Place the step in front of a wall, or close to a rail for support.

Walk your feet backwards so that your heels hang off the back to the step.

Move your weight onto the leg to be exercised, lifting the foot of your other leg off the step.

Keeping your knee straight, rise up onto the ball of your foot.

Control the movement as you lower your heel back down and repeat the movement.

2 Sets / 10 Reps

**6. Countermovement - drop jump – single leg land and hop to the left onto left leg (with arm swing)**

Stand on a box to a height as instructed by your therapist.

When ready, hover your left leg over the edge of the box.

Keeping your chest up, step forwards off the box ensuring you don't jump.

Upon landing on your left leg, hop to the left as high as you can, using your arms to generate momentum.

Land softly on your left leg and regain your balance.

Repeat.

*Perform on both legs*

3 Sets / 6 Reps / 1kg weight

**7. Stiff leg deadlift - single arm, single leg with dumbbell**

Stand with your knees slightly bent, holding a dumbbell in one hand.

Hinge forward at the waist and fully extend the opposite leg out to the rear, lowering the dumbbell towards your shin.

Keep your back straight and do not allow your body to rotate.

Contract your gluteus and hamstrings and return to a standing position.

# Lower limb strength (continued)



3 Sets / 6 Reps / 1 s hold



### 1. Plank to push-up position

Start in a press up position with a straight line from your head to your feet. Keeping your back straight lower yourself down onto your elbows, then push back up on to your hands. Do not allow your back to sag at any point.

3 Sets / 10 Reps



### 2. Bear crawl

Start in a kneeling position with your hands under your shoulders, and knees under your hips. Tuck your toes under, and lift your knees off the floor. Crawl forwards ensuring you keep your knees off the floor. Reverse the direction and crawl backwards. Try to keep your back straight throughout this movement. Try crawling to one side and then the other.

3 Sets / 10 Reps



### 3. Commando push ups

Get down into a push-up position with your hands directly beneath your shoulders. As you bend your elbows into a push-up, bring one knee to your elbow and then back. Repeat with the opposite knee.

1 Set / 3 Reps / 30 s hold

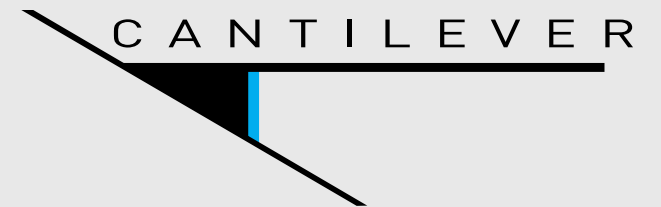


### 4. Side plank with UL and LL raises

Kneel down and place one hand on the floor beside you. Lean onto this arm, and walk your feet away to the other side until you have a straight line from the tip of your head to your feet. Holding this position, try to lift the top arm and the top leg upwards, maintaining balance and alignment in your body.

# Upper limb strength

- **Complete the exercises**
- **Repeat the program three times per set**



# Upper limb strength (continued)

3 Sets / 8 Reps / 2 s hold



## 5. Prone scapula retraction with UL "T"

Lie on your front with your forehead rested on a small towel.  
Keeping them straight, move your arms out to your sides and up so that your upper arms lie beside your head.  
Your palms should be facing the floor.  
Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.  
Hold this position.  
Relax and repeat.

3 Sets / 10 Reps



## 6. Triceps dips - on chair

Sit on a chair.  
Move your hips off the chair edge with your hands supporting your weight.  
You will need to walk your feet forwards.  
From this position, lower your body downwards letting your arms take the weight.  
Keep your eyes level.  
To return, push up from your elbows until your arms are fully extended.

3 Sets / 10 Reps / 1 s hold



### 1. Side lying thoracic rotations L2

Lie on your side with the bottom leg straight and the top leg bent. You can rest your top leg onto a folded towel. Stretch both arms out in front of you as far as you can. Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement. You will feel this stretch through your upper back.

3 Sets / 2 Reps / 30 s hold



### 2. Dynamic calf stretching in prone

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Stretch both of your legs behind you onto your tip toes as if assuming a press up position. Push your hips up to the ceiling. Straighten one knee and push your heel in towards the floor behind you as you bend your opposite knee. Repeat with your other leg and continue this exercise by alternating between legs.

2 Sets / 15 Reps



### 3. Sciatic nerve mobilisation in supine - SLR with plantarflexion/dorsiflexion

Lie on your back with your legs straight and a hip's width apart. Bring your affected leg in towards your chest and interlace your fingers behind your thigh. With your arms straight, allow your leg to rest in the grasp of your hands. Your hip should be around 90 degrees. Holding this position, slowly straighten your knee until you feel a pull down the back of your leg. Keep your toes pointed. Bring your lower leg back down a little to ease off the tension, then pull your foot towards you. Straighten your knee a little while simultaneously pointing your toes, then bend your knee to bring your lower leg back down to the starting position. Continue this movement at a steady pace.

1 Set / 2 Reps / 30 s hold



### 4. Kneeling ankle dorsiflexion stretch with stick

Start in a kneeling position. Place your symptomatic leg out in front of you. Place the stick in front of this foot and use for balance. Lean forward, allowing the knee to travel over the toes. Make sure to keep your heel on the ground and hold.

# Recovery/mobility

**5. Glute stretch - supine**

Start position is lying on the back with the legs bent and the feet on the floor.  
Lift one leg and cross that ankle over the opposite knee.  
Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.  
The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.  
Hold for 15 seconds and repeat for the other side.

3 Sets / 1 Rep / 30 s hold

**6. Quads stretch - stand**

Stand up straight, close to a wall or supportive surface.  
Bend your knee on the affected leg, taking your heel towards your buttock.  
Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh.  
Ensure you keep your knees together.  
Hold this position.

3 Sets / 1 Rep / 30 s hold

**7. Deep lunge with trunk rotation**

Stand up straight and take a large step forwards onto one leg.  
Bend this front leg and sink your hips down.  
Place your hands on the floor on the inside of your front foot.  
Your back leg should remain straight, balanced on the ball of your foot.  
Your front knee should not travel further forwards than your toes.  
You may need to shuffle your foot forward to achieve this.  
Keeping your hips pushed towards your front foot, lift the your arm on the same side as your front foot up towards the ceiling.  
Allow your head and body to turn and follow this movement.  
Hold this position before returning your hand to the floor.

3 Sets / 1 Rep / 30 s hold

**8. Psoas stretch with side flexion**

Kneel down and step your good leg out in front of you.  
Keeping your body upright, drop your hips forwards, stretching the front of the rear hip.  
Holding this position, lean your body to the side over your front leg, reach your outside arm up and over to increase the stretch.

# Recovery/mobility (continued)

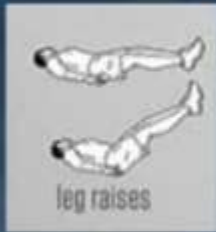


# CORE 1

Circuits are split into Row 1 & Row 2. Circuits are to be completed continuously, with 1 minute rest between rows.

## LEG RAISES

5 x 20



## FLUTTER KICKS

3 x 40



## REVERSE CRUNCHES

3 x 20



## BICYCLE CRUNCHES

3 x 30



## BIRD DOG PLANK

3 x 15 (E.S)



## HOLLOW HOLD

3 x 30 secs



- **Complete the exercises**
- **Repeat the program two times per set**

