

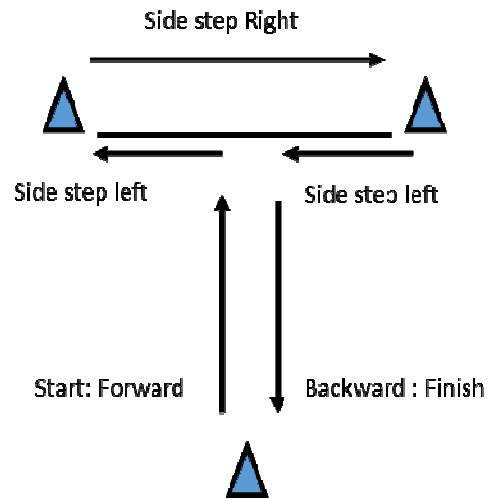
Pre-Season Plan U15 : HVFC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST DAY	EARLY: 2/1/18 <input type="checkbox"/> Run/Agility Stage 1a RPE: _____	EARLY: 3/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	EARLY: 4/1/18 <input type="checkbox"/> Run/Agility Stage 2a RPE: _____	EARLY: 5/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	EARLY: 6/1/18 <input type="checkbox"/> Strength Stage 1b RPE: _____	REST DAY
REST DAY	EARLY: 9/1/18 <input type="checkbox"/> Run/Agility Stage 2a RPE: _____	EARLY: 10/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	EARLY: 11/1/18 <input type="checkbox"/> Run/Agility Stage 1b RPE: _____	EARLY: 12/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	EARLY: 13/1/18 <input type="checkbox"/> Run/Agility Stage 1a RPE: _____	REST DAY
REST DAY	MIDDLE: 16/1/18 <input type="checkbox"/> Run/Agility Stage 2b RPE: _____	MIDDLE: 17/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	MIDDLE: 18/1/18 <input type="checkbox"/> Run/Agility Stage 3a RPE: _____	MIDDLE: 19/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	MIDDLE: 20/1/18 <input type="checkbox"/> Run/Agility Stage 1a RPE: _____	REST DAY
REST DAY	MIDDLE: 23/1/18 <input type="checkbox"/> Training <input type="checkbox"/> Run/Agility RPE: _____	MIDDLE: 24/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	MIDDLE: 25/1/18 <input type="checkbox"/> Training <input type="checkbox"/> Run/Agility RPE: _____	MIDDLE: 26/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	RECOVERY	REST DAY
REST DAY	LATE: 30/1/18 <input type="checkbox"/> Training <input type="checkbox"/> Run/Agility RPE: _____	LATE: 31/1/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	LATE: 1/2/18 <input type="checkbox"/> Training <input type="checkbox"/> Run/Agility RPE: _____	LATE: 2/2/18 <input type="checkbox"/> Strength Stage 4a RPE: _____	RECOVERY	REST DAY

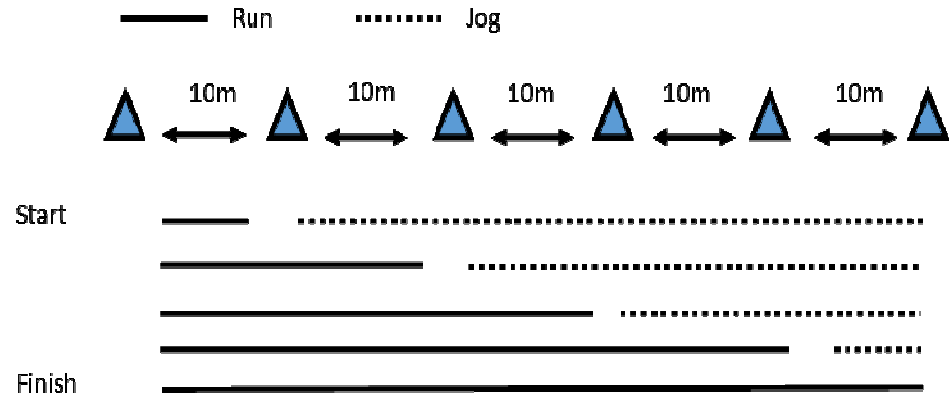
- If any pain or tightness is felt during any session, stop and consult with fitness/medical staff before continuing

Run/Agility Progression			
Stage	Exercise	Prescribed Load	Completed Load
1a	Agility + Plyometrics : 80% intensity <ul style="list-style-type: none"> - Double Leg broad jump for control, stick and land: 3x5 each leg - T Agility (facing forwards): 2x6 Strides: 80% intensity <ul style="list-style-type: none"> - 100m 2x10 Rest 20sec each rep / 1:30 mins between sets 	Agility: 400m HIR: 2000m	
1b	Agility + Plyometrics : 80% intensity <ul style="list-style-type: none"> - Double Leg broad jump for control, stick and land: 3x6 each leg - T Agility (facing forwards): 2x6 Strides: 80% intensity <ul style="list-style-type: none"> - 100m 2x8 Rest 20sec each rep - 150m 1x4 on 60sec 	Agility: 400m HIR: 2350m	
2a	Strides: 3mins Run x4 70-80% intensity	Total Run: 3000m	
2b	Agility + Plyometrics : 90% intensity <ul style="list-style-type: none"> - Double Leg broad jump for control, stick and land: 2x5 each leg - Single Leg broad jump for control, stick and land: 1x5 each leg - Illinois Agility: 2x5 - T Agility 2x5 Strides: 90% intensity <ul style="list-style-type: none"> - 200m 4x2 on 60 sec/ 1:30 between sets 	Agility: 600m HIR: 1800	
3a Intensity	Agility & Plyometrics: 90-100% intensity (8 cones, 10m apart) <ul style="list-style-type: none"> - T Agility: 1x6 - Illinois Agility: 1x4 - Shuttles 4 sets Rest 1:30 Strides: 90-100% intensity <ul style="list-style-type: none"> - 5m accelerate, 20m hold, 5m decelerate x6 - 20m lead in, 40m max velocity, 10m decelerate x6 - 60m strides 2x8 	Agility: 1200 HIR: 1100m (Max Velocity: 360m)	
4a Exercises Strength	Body weight strength Program <ul style="list-style-type: none"> Push-up 3x20 or as many as you can do ie 12 - Body weight Squat 3x20 - Single leg Deadlift 3x10 - Y.T.W Scapular Control 3x6 each - Glute Bridge (2 Leg) 3x15 - Laying Adductor and Abductor leg raises 3x15 - Side Plank 3x 15sec each side - Plank 3x 40sec 		

T- Agility



Shuttle Run



Illinois Agility

