



LIARFC S&C							SESSION RECORDS			
 Individual Needs	Aerobic Warm Up						5-10 minute steady jog, S runs, skip drills, SL hops distance and height, side shuffles, falling starts etc.			
	Dynamic Stretching / Mobility						Back roll, pogo jumps, squat hold, squat hold and alt. reach, calf pumps, clock lunge, broad jumps, spider crawls.			
	Cool Down / Rehab						5-10 minute slow walk, static stretches 15s hold each. Spend 10 minutes on weaknesses.			
Programme	Dis.	Dur.	Sets	Speed	Rest	Results				
Running 1							1A	2A	3A	4A
1	Extra W/U - Progressive sprints	10-20m	5m		50-100%	As needed				
2	Shuttle runs 5, 10, 15, 20, 25	150m		5	90%	60s split				
3	Shuttle runs 5, 10, 15, 20, 25	150m		5	90%	60s split				
4										
Post session reflection & RPE							RPE	RPE	RPE	RPE
Running 2							1B	2B	3B	4B
1	Extra W/U - Steady 200m run	200m		1	50%	As needed				
2	200m	200m		5	80%	90s split				
3	200m	200m		5	80%	90s split				
4										
Post session reflection & RPE							RPE	RPE	RPE	RPE
Extras - Running 3							1C	2C	3C	4C
1	Extra W/U - Steady reps	Mixed	5m	1	40%	As needed				
2	Malcolms with down ups	30m		8	100%	45s split				
3	Malcolms without down ups	30m		8	100%	30s split				
4										
Post session reflection & RPE							RPE	RPE	RPE	RPE
Extras - Running 4							1C	2C	3C	4C
1	Sprints	40m		8	100%	Walkback				
2	Sprints	50m		8	100%	Walkback				
3	Sprints	60m		8	100%	Walkback				
4										
Post session reflection & RPE							RPE	RPE	RPE	RPE

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 Individual Needs	Mobility / Tissue Prep			Mobility - iron cross, back rolls, foam roll, res band shoulder work, clock lunge, bar hang, cuban press etc. as required. Then WUTH in all primary strength exercises.																																				
	Non negotiable prehab ex.			Y, T, W, L's / Dead bugs / SL Bridge Holds 10s ES / Plank matrix 30s each / Ham divers / Copenhagens/ Neck ISOs etc.																																				
	Personal rehabilitation			See physio team for this or complete your own rehab routine if required.																																				
Programme	Sets	Reps/Secs	Tempo	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps	load	reps			
<b>Session 1 - Lower body strength</b>				<b>Week 1 Session A</b>								<b>Week 2 Session A</b>								<b>Week 3 Session A</b>								<b>Week 4 Session A - Deload</b>												
1	Standing broad Jumps	2	5	101																																				
	Sprinter sit up	2	20	101																																				
2	Rear elevated split squat	3	8ES	201																																				
	Copenhagen holds ES	3	30-60s																																					
3	SL Hip Thrust	3	8ES	201																																				
	SL Negative Box Squat	3	8ES	301																																				
4	High step up	2	15-20	101																																				
	Walking lunge	2	20	101																																				
	SL Calf Press	2	20	201																																				
Post session reflection & RPE				Session notes								RPE	Session notes								RPE	Session notes								RPE	Session notes								RPE	
<b>Session 2 - Upper body strength</b>				<b>Week 1 Session B</b>								<b>Week 2 Session B</b>								<b>Week 3 Session B</b>								<b>Week 4 Session B - Deload</b>												
1	Plyo press up (incline if needed)	2	5	101																																				
	Negative leg lowers (use anchor)	2	8-10	401																																				
2	Rear elevated press up	3	8-10	201																																				
	Towell isometric deadlift hold	3	20s	-																																				
	Short plank	3	60-90s	-																																				
3	Hand stand hold (modify if needed)	3	40-60s	-																																				
	Bench dip	3	10-12	301																																				
4	Bear Crawls	2	20m	-																																				
	Hollow rocks	2	20s	-																																				
Post session reflection & RPE				Session notes								RPE	Session notes								RPE	Session notes								RPE	Session notes								RPE	
<b>General conditioning - circuit</b>				<b>Week 1 Session C</b>								<b>Week 2 Session C</b>								<b>Week 3 Session C</b>								<b>Week 4 Session C - Deload</b>												
1	a. Box/Power jumps	3	40s on 20s off	101																																				
	b. Sprawls																																							
	c. Power lunge																																							
	d. Deck squat																																							
	e. Diamond press up																																							
	f. Side lunge																																							
2	a. Aleknas	3	60s on 15s off	101																																				
	b. Side plank ES																																							
	c. Dorsal raise																																							
4																																								
Post session reflection & RPE				Session notes								RPE	Session notes								RPE	Session notes								RPE	Session notes								RPE	