



## **Fermanagh Club Mentoring Programme 2013**

# **Pre-Season Training for the Adult Player**



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# Pre- Season Focus

- The duration of Pre-season is typically 6-8 weeks
- Main aim of Pre-season Programme is to get players match fit
- Fitness can be broken down into a number of components
- As a conditioned athlete each component is vital for performance & injury prevention



# Sport Principle

Making training specific to GAA & focussing on the right components of fitness at the right time of the year

- **SPECIFICITY**
- Training must be specific to the individual or team assess the level of fitness. Identify strengths and weaknesses.
- Training must be specific to activity. Identify the components of fitness that Gaelic Football/Hurling requires
- Training must be specific to the energy systems used. Make sure your training reflects the same balance as in your activity. i.e. work to rest ratio/Correct intensity

# Progression

- **PROGRESSION**
- You should only overload your body progressively i.e. Work to rest 1-5/amount of days you train
- You should only increase the workload if your body has adapted to the new level
- The term moderation is often used – be realistic about what you can do
- By overloading too quickly, you could seriously injure yourself

# Overload

- **OVERLOAD**
- work harder than normal to improve fitness
- body will adapt to level of work and fitness will improve
- You can overload by:
  - Increasing sets or frequency (F) that you train
  - Decreasing recovery times
  - Increasing intensity (I) of the activity
  - Increasing duration/time (T) of each session

# Reversibility/Tedium

- **REVERSIBILITY**

- Fitness cannot be stored for future use
- If you stop training, any adaptations that have taken place will be reversed, up to three times as quickly
- To maintain a level of fitness, you still need to train
- Always using progression & overload
- Training when Injured i.e. Shoulder injury fitness can be maintained on a bike as long as intensity is correct.
- Maintenance of fitness in May- i.e. shorter interval runs

- **Tedium**

- Keep training varied/interesting - maintain motivation
- Use a variety of training methods so that body parts and systems are not over-used
- Change layout of Interval runs i.e. Not always in a track shape
- change skill drills & conditioned games

# **Group Work - What are the key components for Gaelic**

- List them – Just key components
- State which are the most important at pre-season & why?

# Components of Fitness

- Strength – Muscular Strength/Power/Endurance
- Aerobic Endurance/Capacity
- Flexibility
- Anaerobic Capacity (maintenance of speed)
- Speed/Speed Agility





# When to train what component



## October/Jan

All Gym based

Strength (Muscular Strength)/flexibility/Aerobic/Anaerobic

## November/Feb

Strength (Muscular Strength) /flexibility/Aerobic/Anaerobic/

Muscular Endurance (Circuits)/Skills & Conditioned Games

## December/March

Strength (Power based) flexibility/Aerobic/Anaerobic/Speed endurance/Muscular Endurance (circuits)/Skills & Conditioned Games & Styles of Play

**Which one would you take out?**

## Jan/April

Strength (Power based) flexibility/Anaerobic/Speed endurance/Muscular Endurance/Speed & Speed Agility/

Skills & Conditioned Games

# Typical Pre-season Aerobic Interval Session

## Treadmill Work

I got the Fermanagh players to concentrate on the majority of their aerobic work in the gym (October)

Focus improving the lactate threshold level – your ability to offset the build up of lactic acid for longer

- Warm- up
- Repeat x 2 (30 mins)
- Cool down

Time (mins)	Target Pace (Km/hr)
5 steady pace	13
1 jog	7
4 fast pace	13.8
1 jog	7
3 fast pace	14.4
1 jog	7

# Indoor Treadmill session Combined with Weights – Higher Intensity

Time (mins)	Target Pace (km/h) Week 1-2	Target Pace (km/h) Week 3-4
1min	15	15
2	8	9
1	16	16
2	8	9
1	17	17
2	8	9
1	15	18
2	8	9
1	16	15
2	8	9
1	17	16
2	8	9
1	18	17
2		9
1		18
Total Time	20 mins	23 mins

# Structure & Layout of Preseason



- October

Weights & Treadmill/Rowing (Interval & Fartlek Sessions)

- November:

1 x Pitch Session

Conditioned Games

Fartlek & Interval (focussing on Aerobic)

Example: 2mins  $\frac{3}{4}$ pace, 1min slow jog, 1min  $\frac{1}{2}$  pace & back to 2mins  $\frac{3}{4}$ pace.

Interval Session 1min  $\frac{3}{4}$ -full pace – 1min slow jog, 1min  $\frac{1}{2}$  pace & back to start x 10

Interval sessions (Anaerobic) 6 x 300m

Weights x 2 sessions

- December

2 x Pitch Sessions – Skill Drills/Conditioned Games –  
Styles of Play

Anaerobic Interval Training (Decrease Distances)

i.e. 150m or Pyramid Runs 100/75/50/25 intermixed  
with games & drills

Repeated Speed Intervals

More focus on shorter interval runs and the  
maintenance of speed after a certain recovery.

Going from a high intensity game into a interval run or  
kicking drill. Focus on ball handling when tired - training  
mind & body

Weights Sessions x 2

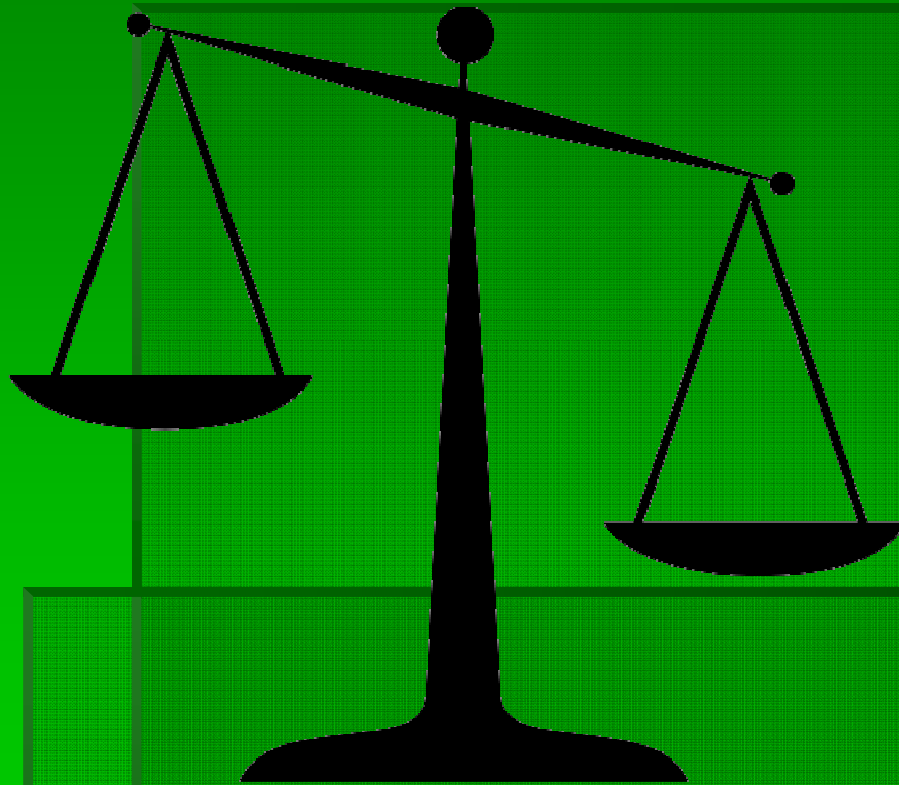
# Training Methods Utilised to develop Aerobic and Anaerobic Fitness

- Interval Training
- Fartlek Training
- Circuit Training
- Drills
- Conditioned Games



# Aerobic v Anaerobic Training

## Getting the Balance Right



- Central to this balance is the consideration of the FITT principle of training:

✓ **FREQUENCY**

✓ **INTENSITY**

✓ **TIME**

✓ **TYPE**



# FITT PRINCIPLE APPLIED TO PRE-SEASON SESSIONS

## FREQUENCY

2-3 sessions a week

## TIME

45-80 minutes

## INTENSITY

Work: Rest Ratio

Heart Rate

## TYPE

Interval Training

Fartlek Training

Circuit Training

Drills

Conditioned Games



# How do you get the Intensity Right

- Heart Rate Monitors
- Giving the players target times
- keeping them in the specific zone that improves fitness
  - Using the right work to rest ratio
- There are many good drills and sessions destroyed with the wrong work to rest ratio given i.e. too many standing at a drill to much rest between intervals etc.
- Or sometimes not enough rest given so performance isn't maximised in each run or a drill done for too long.
- Importance of running technique/style to get the most out of your training. Efficiency of movement.

# Getting the Intensity **right**

## WORK : REST **RATIO**

**WORK** = High Intensity Anaerobic work – fast runs i.e. Interval runs/speed endurance, sprints, Conditioned games/drills

**REST** = Low Intensity Aerobic activity – jog, walk, shuffle and when static.

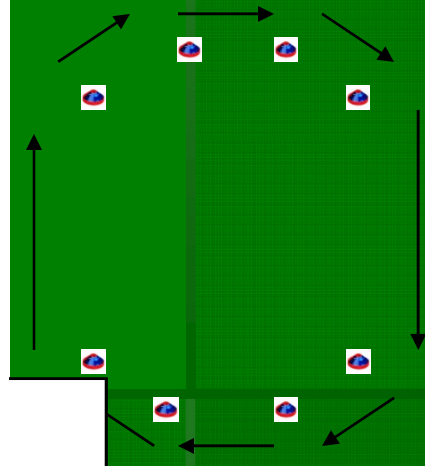
**Q - WHAT IS THE WORK:REST RATIO FOR GAELIC FOOTBALL?**

# Work to rest Ratio

- Answer 1-6 Gaelic Football
- To overload the body you use a lower work to rest ratio
- The rest allows you to work at the correct intensity
- At the start at pre season interval and fartlek allow you to work at the edge of your aerobic threshold for focus on Aerobic i.e.80%
- That's why continuous training is not specific to GAA as you are working at the wrong intensity.
- The rest for high intensity interval runs allows you to work at 95% MHR so to work on your anaerobic system the most important energy system.

# Typical Pre-season Anaerobic Interval Session

**WORK:REST RATIO 1:3**



**300 METRE RUN**

**Layout of Run:** 300m

**Target Time:** 48-50secs

**Workload:** 6 x 300metres

**Rest:**

Week 1-2: 2mins 30secs

Week 3-4: 2mins

This can be done on a running track or set out on a pitch using 6 cones as shown.

As a coach don't get too caught up in shape of the run more focus on Target times & work to rest ratios

**DESIGN A PITCH BASED  
ANAEROBIC INTERVAL  
SESSION WITH A  
WORK:REST RATIO 1:3**

# Typical Session

- Warm Up

Fist past drills & Kicking drills

Dynamic Stretching

Aerobic Interval or Fartlek Run

1min 80-85% x 10

2min 50% x 10 (Recovery can be brought down)

3-4 min Recovery (Plenty of fluids)

Conditioned Games

Anaerobic Interval Runs

6x300m Intervals 90-95%

5mins rest (Recovery ball between 3)

6x150 metres 95%+

Cool Down

Static Stretching

# Managing Player Numbers and Maintaining Intensity in your sessions

- Making sure you have your session planned out so that moves freely and quickly
- Know how many players will be at your session
- If it's a fist past drill make sure you have enough stations set up so to alleviate the problem of players having too long of a rest.
- Get the mix right between drills , conditioned games & interval runs to make it match specific.



# On Field Testing

- Set out i.e. 6 x 300m with Target times & recovery (work to rest ratio) at the start of preseason
- As the 6-8weeks go on progress & overload i.e. increase sets/decrease recovery times. Constantly using the sport principle
- Then retest using same distances & recovery times always keep the conditions the same
- Provide players with times to boost confidence or to highlight players not working hard enough
- Also allows you as a coach to see if your training is working
- As the year goes on speed endurance testing i.e. 8 x40m (20secs rest) focus maintenance of speed



# Importance of Rest & Recovery

- Rest and Recovery essential to allow the body's energy stores to re-synthesise.
- Improves the quality of the next session.
- Reduces risk of injury
- Allows time for performer to re-fuel/rehydrate.
- Nutrition & Lifestyle – No point training properly and then not fuelling your body correctly.
- Sleep

**'TRAIN HARD REST HARDER'**



# Importance of being organised

- Be on time – giving good impression to your players
- Proper equipment – clipboards, timesheets printed, stopwatches
- Constant player feedback – either 1-1 or on a Chart on changing room wall
- Constant analysis of your own sessions by always keeping records of what you did at each training.