



Day 0

Since Football practices have been lately limited and we do not know when we can organize group/team trainings, we have developed a set of trainings for you – TKT players and members. In fact, general population can follow the training plan to improve their health and physical fitness.

At the beginning of this process you have to think about your own personal goal, what you want to achieve, improve, etc. You have to account your own health, limitations and possibilities to go along through this exciting journey. What's your goal? Get ready for the season!

This process also aims to improve your health, not only physical but also mental wellness. Paper provides some ideas how to nurture your body, tips to balance your diet and recovery process. Naturally, not only football players, but every individual shall strengthen muscles, joints and at the same time considers the importance of flexibility.

This plan is developed to facilitate your own training process, gives some tips, but you do not need to stick to it. Also it provides basic exercises you can do on your own or with your friends. If you feel in good health, strong, go ahead and challenge yourself - do extra exercises. Additionally, mental resistance is the key in training process – we will discuss this issue at some point.

However, if you are having some minor injuries that limit your own training, or you face some other problems/struggles do an alternative exercises which you can find in the plan. Own health is very important, when you feel like 100% fit, ready to train, then you are on the right path. Whatever your situation is right now, we are here to help you, just ask any kind of questions, not necessarily related to football, or sport in general.

Dynamic stretching – 3-5 sec max repeat at least 3 times per muscle groups

HR – heart rate

The overall training idea and general structure of the training day:

Structure as follows:

2 days training – rest day – 2 days training – rest day – 2 days training – rest day - 3 days training – rest day – 3 days training – rest day - 3 days training, etc.

Pattern: 2 - 1 - 2 - 1 - 2 - 1 - 3 - 1 - 3 - 1 - 3 - 1 - 3

First week easy, light workouts, getting to know exercises, setting own goals, developing own training routine!

Second week adding explosiveness and applying plyometrics, adding more demanding exercises and training with higher intensity.

Note that all the exercises are performed with own body weight, or if you have at home some equipment you are free to use it!

Do extra exercises if you are in good health, have enough time for recovery and you want to advance to a higher level at some point. The hard work pays off!

Generally, we will:

Improve stamina, endurance - football game last usually 90min. But every player should be physically ready for more.

Strengthening - focus on joints (knee and ankle are very sensitive to injuries), big muscles, core, upper body, etc..

Speed&Interval/pace run, acceleration, maintaining speed over longer period of time – specific for football players.

Football skills - dribbling/technique, individual skills, agility, quick feet

Stretching, flexibility, mobility – this is as important as player's strength or stamina! so you can kick or handle ball like Cristiano or Zlatan :)

At the training day the ideal scenario is to do two activities + ball training and stretching/flexibility, especially from the second week onwards!

More information you can find on these youtube channels that I highly recommend:

In Finnish:

https://www.youtube.com/channel/UCcLUnTj4L2x1TRSx6PDQZXg/playlists?sort=dd&shelf_id=0&view=1

Michael Lewis Cunningham and his youtube channel offers holistic explanations and tips:

<https://www.youtube.com/channel/UC9xRcqG8V6yNi6Hum92EoGg>

Strength: <https://www.youtube.com/channel/UCe0TLA0EsQbE-MjuHXevj2A>

Stretching&Flexibility Tom Merrick - The bodyweightwarrior

youtube - <https://www.youtube.com/channel/UCU0DZhN-8KFLYO6beSaYljg/featured>

And some for mobility I recommend: Gowod_mobilityfirst

facebook - <https://www.facebook.com/gowod.mobilityfirst/>

Instagram - https://www.instagram.com/gowod_mobilityfirst/?hl=en

