



MUAFC  
PO Box 1401  
Macquarie Centre  
NORTH RYDE NSW  
2113

[www.muafc.com.au](http://www.muafc.com.au)  
[info@muafc.com.au](mailto:info@muafc.com.au)

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## Macquarie University Australian Football Club

### 2011 Season Christmas / New Year Training Program

***"Before I get in the ring, I've already won or lost it out on the road.  
The real part is won or lost somewhere far away from witnesses, behind the lines, in  
the gym and out there on the road long before I dance under those lights.  
If you let your mind believe you cannot do something - you won't do it.  
If you believe you can - there is no doubt you can"  
Muhammad Ali***

#### **When deciding whether or not to see this program out consider the following:**

- Do I want to be a passenger or a leader?
- Do I want to be as good as my opponents or better?
- Should I be rewarded for mediocrity?
- Can people rely on me?
- Do I want to win a premiership?

If you answer YES to any of these questions you have all the motivation you need.

#### **Notes:**

- Always do a good warm up before each session and a good stretch down afterwards
- If you're doing gym sessions try do this program on your days off
- If you're away on holidays try and do something active everyday
- If you have an injury use a pool or bike to complete interval sessions
- Where possible try to get your hands on a football as often as possible

This program isn't designed to be easy – it's designed to achieve results.  
Overcome the mental barrier - complete each session - you WILL see results.

The sessions start over the page.

**Week 1: 20-26 December** – three sessions for the week

**Session 1: 200m Sprints**

- 3 sets of 5 reps
- Go every 2minutes
- Target time for each run is 35-40seconds followed by a 80-85seconds rest
- 3 minute rest between sets

**Session 2: Sprints @ 100% effort**

Stage One:

- Set cones at 0m, 10m, 40m, 50m, 60m
- 6 x 30m sprints - go every 20seconds
- Each sprint is 30m with 10m to slow down. Turn and walk back 10m ready to start the next sprint 20 seconds after the previous one.

Stage Two:

- 6 x 60m sprints - walk back to start recovery
- 6 x 40m sprints - walk back to start recovery
- 6 x 20m sprints - walk back to start recovery

**Session 3: Fartlek Running - 25 minutes**

- Take a stopwatch or digital watch with you
- Run at an easy pace for 2minutes, then stride out to 3/4 pace for 30seconds
- Repeat this sequence for the duration of the run i.e. 10 efforts
- \*If running on the road - run for 12.5 minutes, then turn around and run back

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**Week 2: 27 December - 2 January** – three sessions for the week

**Session 1: 150m back to backs**

- Sprint 150m, turn & jog back 50m, sprint 50m, jog 30m, sprint 20m
- 10 reps
- Go every 3minutes

**Session 2: Pyramid Running**

Stage One:

- Series of out & back sprints – distance increases by 10m for each sprint. Sprints to be done in the following order.
- 10m, 20m, 30m, 40m, 50m, 50m, 40m, 30m, 20m, 10m. (Increase difficulty by doing a pushup at the turn-around point on each run).
- Recovery ratio is 1:1 (for timing purposes it is easier to work with a partner - one runs and the other rests).
- Set cones out 10m apart in a straight line from 0-70m
- Do 2 sets with 3 minutes rest between sets

Stage Two:

- 4 x 15m - Sprints - walk back to start recovery
- 4 x 25m - Sprints - walk back to start recovery
- 3 x 50m - Sprints - walk back to start recovery
- 5 x 100m - Sprints - walk back to start recovery
- 3 x 50m - Sprints - walk back to start recovery
- 4 x 25m - Sprints - walk back to start recovery
- 4 x 15m - Sprints - walk back to start recovery

**Session 3: Fartlek Running - 25 minutes**

- Take a stopwatch or digital watch with you
- Run at an easy pace for 2minutes, then stride out to 3/4 pace for 30 seconds
- Repeat this sequence for the duration of the run i.e. 10 efforts
- If running on the road - run for 12.5minutes then turn around and run back



**Week 3: 3-9 January** – two sessions for the week

**Session 1:**

Stage One: 100m back to backs

- Sprint 70m, jog 30m, turn sprint 30m, jog 40m, sprint 30m
- 10 reps
- Go every 2minutes

Stage Two: Phosphate Running

- Sprint 50m, jog 50m (i.e. 100m distance for each run)
- 8 reps
- Go every 30 seconds

Stage Three: Pyramid Running (burnout)

- Perform the following continuous "out and back" sprints in order with no rest between each run – 10m, 20m, 30m, 20m, 10m.
- i.e out 10m back 10m out 20m back 20m etc
- Recovery ratio between each set is 1:1.
- Do 3 sets.

**Session 2: Fartlek Running - 25 minutes**

- Take a stopwatch or digital watch with you
  - Run at an easy pace for 2minutes, then stride out to 3/4 pace for 30seconds
  - Repeat this sequence for the duration of the run i.e. 10 efforts
  - If running on the road - run for 12.5 minutes, then turn around and run back
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**Week 4: 10-16 January** – three sessions for the week

**Session 1: Interval Running**

- 5 x 200m (out & back 100m) - go every 2 minutes
- 5 x 150m (out & back 75m) - go every 90 seconds
- 5 x 100m (out & back 50m) - go every 60 seconds
- 5 x 75m (out & back 37.5m) - go every 45 seconds
- 5 x 50m (out & back 25m) - go every 30 seconds
- 5 x 25m (out & back 12.5m) - go every 15 seconds

**Session 2:**

Stage One: 70m back to backs

- Sprint 50m, jog 20m, turn sprint 20m, jog 30m, sprint 20m
- 10 reps
- Go every 60seconds

Stage Two: Phosphate Running

- Sprint 50m, jog 50m (i.e. 100m distance for each run)
- 8 reps
- Go every 30 seconds

Stage Three: Max number of 20m shuttles in 30 seconds

- 3 sets
- 60 seconds rest between sets

**Session 3: Fartlek Running - 25 minutes**

- Take a stopwatch or digital watch with you
- Run at an easy pace for 2minutes, then stride out to 3/4 pace for 30seconds
- Repeat this sequence for the duration of the run i.e. 10 efforts
- If running on the road - run for 12.5 minutes, then turn around and run back

**Week 5: 17-23 January** – three sessions for the week

**Session 1:**

Stage One: Pyramid Running

- Series of out & back sprints – distance increases by 10m for each sprint. Sprints to be done in the following order
- 10m, 20m, 30m, 40m, 50m, 60m, 60m, 50m, 40m, 30m, 20m, 10m.
- Ensure you do a pushup at the turn-around point on each run.
- Recovery ratio is 1:1 (for timing purposes it is easier to work with a partner - one runs and the other rests).
- set cones out 10m apart in a straight line from 0-70m
- Do 2 sets

Stage One: Phosphate Running

- Sprint 25m, jog 25m (i.e. 50m distance for each run)
- 16 reps
- Go every 15 seconds

**Session 2:**

Stage One: Sprints

- 6 x 60m - go every 40 seconds
- 6 x 40m - go every 25 seconds
- 6 x 20m - go every 20 seconds
- 10 x 10m - jog out 10m, turn and sprint back, repeat i.e. no rest (recovery is the jog back)

Stage Two: 70m back to backs

- Sprint 50m, jog 20m, turn sprint 20m, jog 30m, sprint 20m
- 10 reps
- Go every 60 seconds

**Session 3: 30 x 100m sprints - go every 60 seconds**

- 3 sets x 10
- 3 minutes rest between each set
- Approx rest ratio is 2:1