

REMOTE TRAINING PROGRAM | MAY 2020

# THE BW PASE ACADEMY

## COVID-19

# 6-WEEK OFF-SEASON PROGRAM

PLEASE NOTE: THIS PROGRAM IS DESIGNED AS A GUIDE. IF YOU ARE CURRENTLY ISOLATING, PLEASE CONTINUE TO FOLLOW GOVERNMENT GUIDELINES AND DO NOT LEAVE YOUR ACCOMODATION. IF YOU ARE EXPERIENCING COLD OR FLU LIKE SYMPTOMS, PLEASE DO NOT ATTEMPT THIS TRAINING PROGRAM.

ALSO IF YOU ARE CURRENTLY INJURED, PLEASE CONTACT THE MEDICAL DEPARTMENT WHO WILL BE HAPPY TO ADVISE YOU ON HOW YOU CAN ADAPT THE PROGRAM IN ORDER TO CONTINUE TO EXERCISE SAFELY.

STAY UP-TO-DATE WITH EVERYTHING BW PASE ACADEMY ON OUR DESIGNATED WEBPAGE "PASE IN ISOLATION" - [WWW.BOREHAMWOODFOOTBALLCLUB.CO.UK/PASE-IN-ISOLATION/](http://WWW.BOREHAMWOODFOOTBALLCLUB.CO.UK/PASE-IN-ISOLATION/)

# 6-WEEK PROGRAM OVERVIEW

# EXPLANATIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	STRENGTH - UPPER BODY	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - FULL BODY	5K TIMED RUN	REST & RECOVER
WEEK 2	STRENGTH - CORE	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - UPPER BODY	5K TIMED RUN	REST & RECOVER
WEEK 3	STRENGTH - FULL BODY	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - CORE	5K TIMED RUN	REST & RECOVER
WEEK 4	INTERVAL RUN	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - UPPER BODY	6K TIMED RUN	REST & RECOVER
WEEK 5	INTERVAL RUN	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - CORE	6K TIMED RUN	REST & RECOVER
WEEK 6	INTERVAL RUN	REST & RECOVER	FOOTBALL SPECIFIC SKILLS PRACTICE	REST & RECOVER	STRENGTH - FULL BODY	6K TIMED RUN	REST & RECOVER

## FOOTBALL SPECIFIC SKILLS PRACTICE

This can be anything with a ball aimed to improve your technique & touch. This should be position specific. You can find great examples on YouTube, or on our BW PASE Academy instagram page with demonstrations from Academy coach Tom Champion every Monday and Friday.

## 5KM RUN & 6KM RUN (TIMED)

This should be between 30 to 35 minutes in duration, you should record your time and attempt to beat your time by a minute each time you do the run. On the 4th week, you should increase the distance to 6km. To test yourself, includes hills and changes in direction.

## INTERVAL RUN I

10m sprint, walk back. 15m sprint, walk back. 20m sprint, walk back. 25m sprint, walk back. 30m sprint, walk back. To increase intensity make your "active rest" more difficult by jogging back rather than walking back. Repeat 3 times.

## STRENGTH - FULL BODY

HIIT workout, 30 seconds on each exercise, followed by 30 seconds rest. Rest 3 minutes. Repeat 3 times.  
1. High Knees, 2. Squat Touch Down, 3. Jumping Jacks, 4. Lunge to High Kick, 5. Plank Walk, 6. Burpee.

## STRENGTH - UPPER BODY

Continuous circuit. Rest 1 minute. Repeat 3 times.  
1. Incline Push Ups x8-10, 2. Close Grip Push Ups x8-10, 3. Superman's x8-10, 4. Up-Down Plank x8-10, 5. Shoulder Taps x8-10, 6. Inchworm x6-8.

## STRENGTH - CORE

Continuous circuit. Rest 1 minute. Repeat 3 times.  
1. Plank Punch Out (30 secs), 2. Bent Leg Donkey Kicks x20 each leg, 3. Cat and Cow Stretch x10, 4. Glute-Hamstring Walk Out x6, 5. Dead Bug x10 each leg, 6. Leg Raise with Abduction x10.

Alternatively, for any of the strength sessions you can switch out for one of the 'Skipper's Sessions' shown on our BW PASE Academy instagram page, or join in with our live workouts on Monday and Friday evenings from your remote learning 'Teams' app.

## REST & RECOVERY

You should still try to attempt some level of activity i.e. walking, stretching etc., but it is essential to keep exercise limited in order to allow your body to recover.

**PLEASE NOTE:** If you are unsure on any of the exercises listed, YouTube is a fantastic resource. Just type the exercise into the search bar you should find a demonstration to assist you.



**WE ARE THE WOOD**