

Birmingham  
City Ladies  
Dev  
Squad



**Phase 5  
Planner  
2014-2015**

**MAKE IT COUNT**

## Programme Focus

This programme will cover the last 4 weeks of the season. This programme will be geared towards maintenance till the end of the season. **Speed** and **Repeated Sprint** sessions will constitute the majority of the programme. There will also be sessions for **Speed/Strength** work.

Additional individual sessions are also available on the website. If you play other sports outside of football please organise your schedule with your Sport Scientist.

Remember to do your monitoring. Without it we cannot track your loading and so cannot help you prevent injuries. Enjoy the programme and if you have any problems please make contact.

Email: [sports\\_science@bclfc.com](mailto:sports_science@bclfc.com)

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# Session Terminology

<b>Aerobic</b>	These sessions will improve your cardiovascular fitness. They will be done as part of club training and you should be between 65-80% HRmax
<b>Anaerobic</b>	These sessions improve your ability to deal with lactic acid production. They will be completed as part of club training and should be completed at >80%HR Max
<b>Combination</b>	These sessions combine aerobic and anaerobic sessions to bring about a more football specific fitness response and will be part of your club training.
<b>Strength/ Prehab</b>	Complete the exercises provided by your S&C coach and Physios. If you know you have weaknesses or injuries work on these during this time as well
<b>Flexibility</b>	Complete the exercises provided focusing on problem areas and those areas important to football. (Hamstring, Groins, Quads, Hip flexor)
<b>Speed</b>	These Sessions are for you to complete away from the club and aim to improve Acceleration, Top Speed and Agility
<b>Repeated Sprint</b>	These sessions aim to improve the ability to Sprint Repeatedly whilst decreasing fatigue. They will be mostly completed as part of club training.

# Heart Rate Zones

Max HR	Percentage of Heart Rate Max				
	90%	80%	70%	60%	50%
210	189	168	147	126	105
205	184.5	164	143.5	123	102.5
200	180	160	140	120	100
195	175.5	156	136.5	117	97.5
190	171	152	133	114	95
185	166.5	148	129.5	111	92.5
180	162	144	126	108	90

If your Heart Rate monitor does not include a percentage of HR Max feature then the above table can be used to advise your training.

**Conditioning  
Intensity**

**High**

**Week 39:  
Anaerobic Maintain**

Date/ Session	Session 1	Session 2	Session 3
Mon 20/04/15	Strength/ Prehab		
Tue 21/04/15	Coaching Session		Flexibility
Wed 22/04/15	Strength/ Prehab		Foam Rolling
Thurs 23/04/15	Ana: 4 min on 1 min off x 4 @85-100 % HR	Coaching Session	Flexibility/ Prehab
Friday 24/04/15			
Sat 25/04/15	Speed 1	Bike: 3 min on 1 min off x 5 @85-100 % HR	Flexibility/ Prehab
Sun 26/04/15			

**Conditioning Intensity**

**High**

**Week 40:**  
Speed/ Sharpness

Date/ Session	Session 1	Session 2	Session 3
Mon 27/04/15	Strength/ Prehab	Speed 2	
Tue 28/04/15	Acc 20 mins 5, 10, 15, 20 m Differ Start Pos	Coaching Session	Flexibility
Wed 29/04/15	Strength / Prehab		Foam Rolling
Thurs 30/04/15	Agility 45, 90, 180° Turns x 6 each	Coaching Session	Flexibility/ Prehab
Friday 01/05/15			
Sat 02/05/15			
Sun 03/05/15	Match Everton Away	Flexibility	

**Conditioning  
Intensity**

**High**

**Week 41:  
Repeated Sprint**

Date/ Session	Session 1	Session 2	Session 3
Mon 04/05/15	Strength/ Prehab		
Tue 05/05/15	RS: Acc/Dec 20 metre Sprints x 8	Coaching Session	Flexibility
Wed 06/05/15	Strength/ Prehab		Foam Rolling
Thurs 07/05/15	RS: 30 metre Sprints x 6 20 secs rest btwn	Coaching Sesion	Flexibility/ Prehab
Friday 08/05/15			
Sat 09/05/15	Speed 3 & 4	Flexibility	
Sun 10/05/15			

Conditioning Intensity

Low

Week 42:  
Recovery

Date/ Session	Session 1	Session 2	Session 3
Mon 11/05/15	Strength/ Prehab	Speed 1	
Tue 12/05/15	Coaching Session		Flexibility
Wed 13/05/15	Strength/ Prehab		Foam Rolling
Thurs 14/05/15	Recovery	Coaching Session	Flexibility/ Prehab
Friday 15/05/15			
Sat 16/05/15			
Sun 17/05/15	Notts County Away	Flexibility	



Conditioning  
Intensity

Medium

Week 43:  
End of Season

Date/ Session	Session 1	Session 2	Session 3
Mon 18/05/15	Strength/ Prehab	Speed 1	
Tue 19/05/15	Aer: 3 mins on : 1 min off x 4 @65- 80 % HR	Coaching Session	Flexibility
Wed 20/05/15	Strength/ Prehab		Foam Rolling
Thurs 21/05/15	Recovery	Coaching Session	Flexibility/ Prehab
Friday 22/05/15			
Sat 23/05/15			
Sun 24/05/15	Sunderland Home	Flexibility	

# Speed Sessions

	Purpose	Description
1	Acceleration	<ul style="list-style-type: none"><li>• 4 x 5 Metre toe bounces: With stiff legs</li><li>• 8 x 5 Metre maximal sprints, from a standing start with rests.</li><li>• 6 x 10 Metre maximal sprints, with a jump before the sprint and a rest between sprints.</li></ul>
2	Acceleration	<ul style="list-style-type: none"><li>• 8 x 10 Metre maximal sprints with a 90 degree change of direction. From a standing start with a rest between sprints.</li><li>• 4 x 10 Metre maximal sprints, starting with a direction change before the sprint and a rest between sprints.</li></ul>
3	Top Speed	<ul style="list-style-type: none"><li>• 4 x 5 Metre skips focusing on fast knee recovery</li><li>• 5 x 20 Metre max speed sprints from a jogging start with a rest between each sprint.</li><li>• 5 x 30 Metre max speed sprints from a walking start. With rests between each sprint</li></ul>
4	Top Speed	<ul style="list-style-type: none"><li>• 5 x 5 Metre skips focusing on fast knee recovery</li><li>• 5 x 15 Metre max speed sprints from a jogging start</li><li>• 5 x 40 Metre max speed sprints from a walking start. With rests between each sprint</li></ul>



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Programme designed  
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