



**KONDITIONI TRENING**

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**Football Strength & Conditioning Program**

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Period / Date		Activity	
Code	STR-1 (Strength training 1)		
Physical ability	Develop Strength – Extensive Phase		
Duration	60 min	Place	Weight room

EXERCISES				duration	rest	set	
<p><b>Station work:</b> Example, 3 sets of 10 repetitions at 70% of MHR.</p> <p><b>Circuit work:</b> Example, 2 sets of 20" to 30" at 50% - 70% of MHR.</p>						3 set or 2 circuit	
<p><b>Organisation</b></p> <ul style="list-style-type: none"> <li>– Set the weights according to the training objective and level of the players (gearing the training to individual needs).</li> <li>– Define the number of repetitions and sets.</li> <li>– Choose the number of stations per session.</li> <li>→ Execute the exercises correctly and with dynamic rhythm.</li> </ul>	 <b>Station 1</b> <i>Legs (extensors)</i> ½ squat.	 <b>Station 2</b> <i>Abdominals</i> Flexing (roll the shoulders) also with a 10kg weight.	 <b>Station 3</b> <i>Arms, torso</i> Starting from a lying position.	 <b>Station 4</b> <i>Leg extensors</i> Steps with bar.			
	 <b>Station 5</b> <i>Dorsals (lumbar)</i> Raise and lower the torso + move the arms laterally (also with small dumbbells of 3-5kg).	 <b>Station 6</b> <i>Hamstrings</i> Flex both legs and, if possible, one at a time (outwards).	 <b>Station 7</b> <i>Calves</i> Raise yourself on the balls of the feet.	 <b>Station 8</b> <i>Abdominals (obliques)</i> "Windscreen-wiper" motion, with or without partner.			
	 <b>Station 9</b> <i>Dorsals, shoulders</i> Flex the arms.	 <b>Station 10</b> <i>Adductors</i> Close and open the legs (light resistance, around 30% of maximum effort).	 <b>Station 11</b> <i>Abductors</i> Open and close the legs.	 <b>Station 12</b> <i>Pectorals, arms (pullover movement)</i>			
	<p>➔ After this training, in circuits or stations, low-level plyometric training could be undertaken as a second weekly strength session (routine with a variety of simple jumps, running jumps or sprints).</p>						