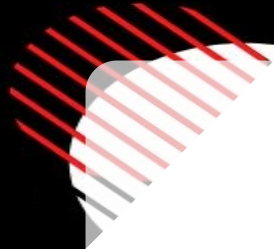




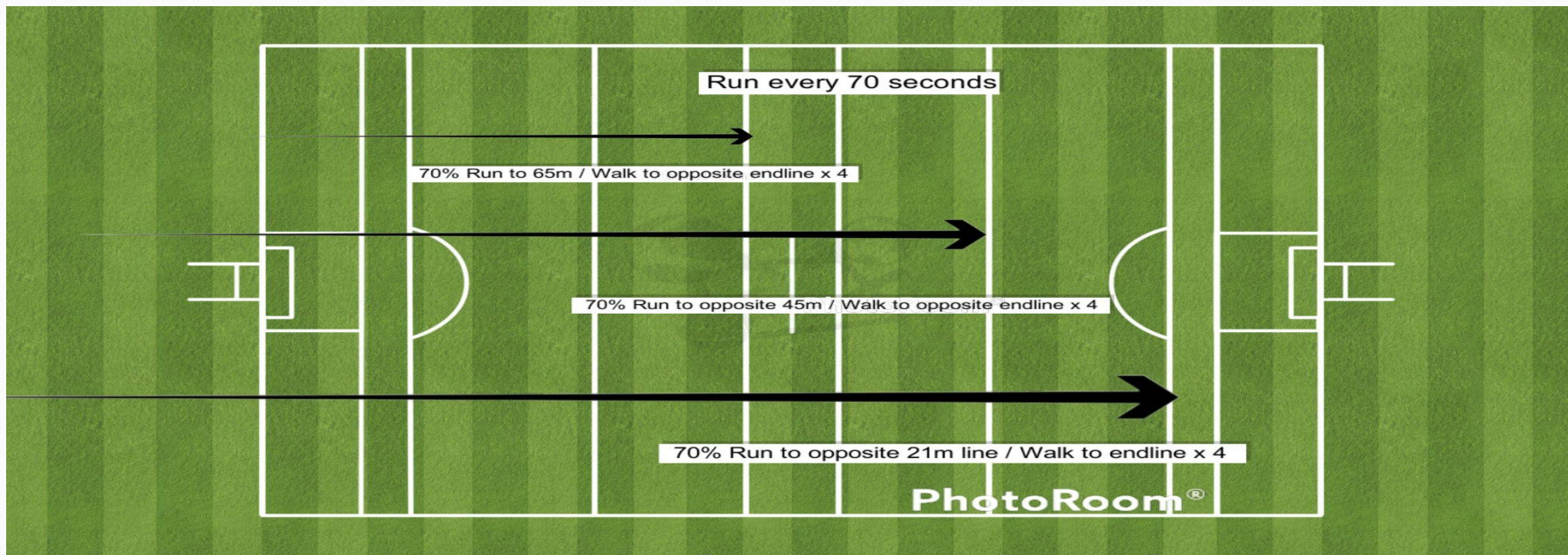
GAA TEAM CONDITIONING



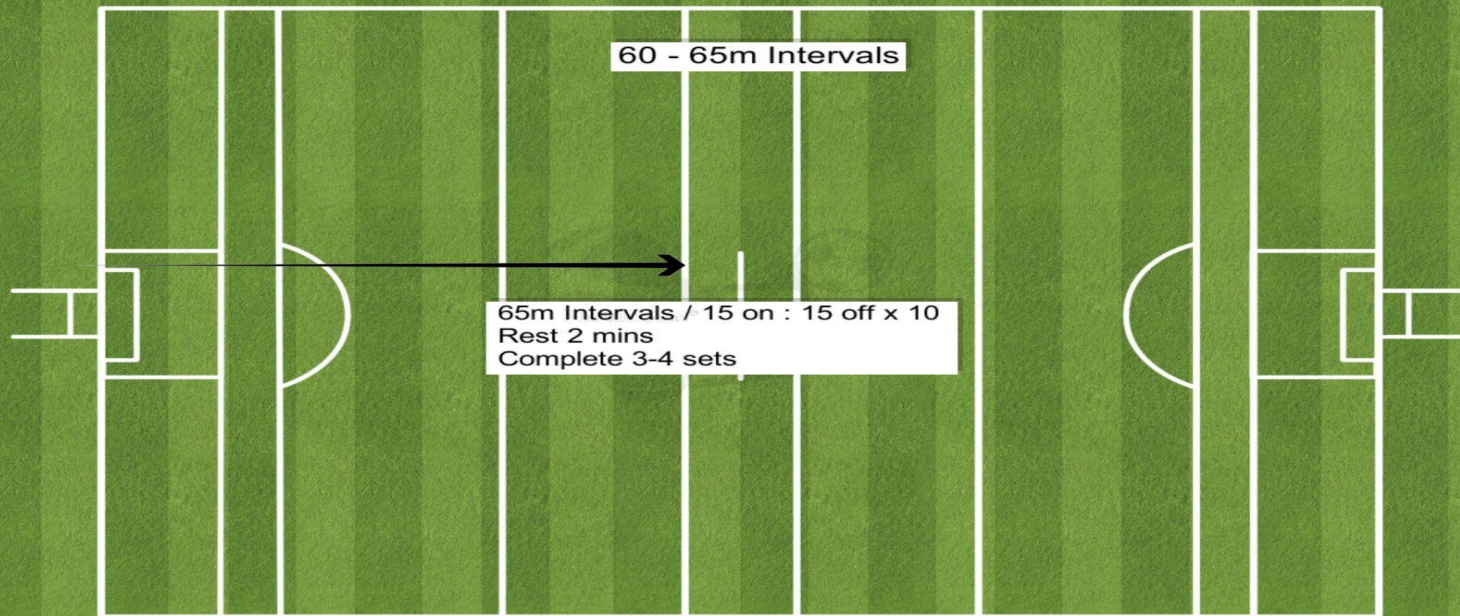
Key Notes

- The following 12 - 16 sessions are the exact isolated running sessions that i have used in both mens/ladies at club/college level.
- Sessions are purely focused on improving the aerobic system & getting our players ready for matches.
- This program does not include dynamic warmup routines nor speed work.
- Dynamic warmup should be followed by direct sprint mechanics, acceleration, deceleration and MSS work.
- This program should be worked alongside a program in the gym that meets the goals of preparation to matches.

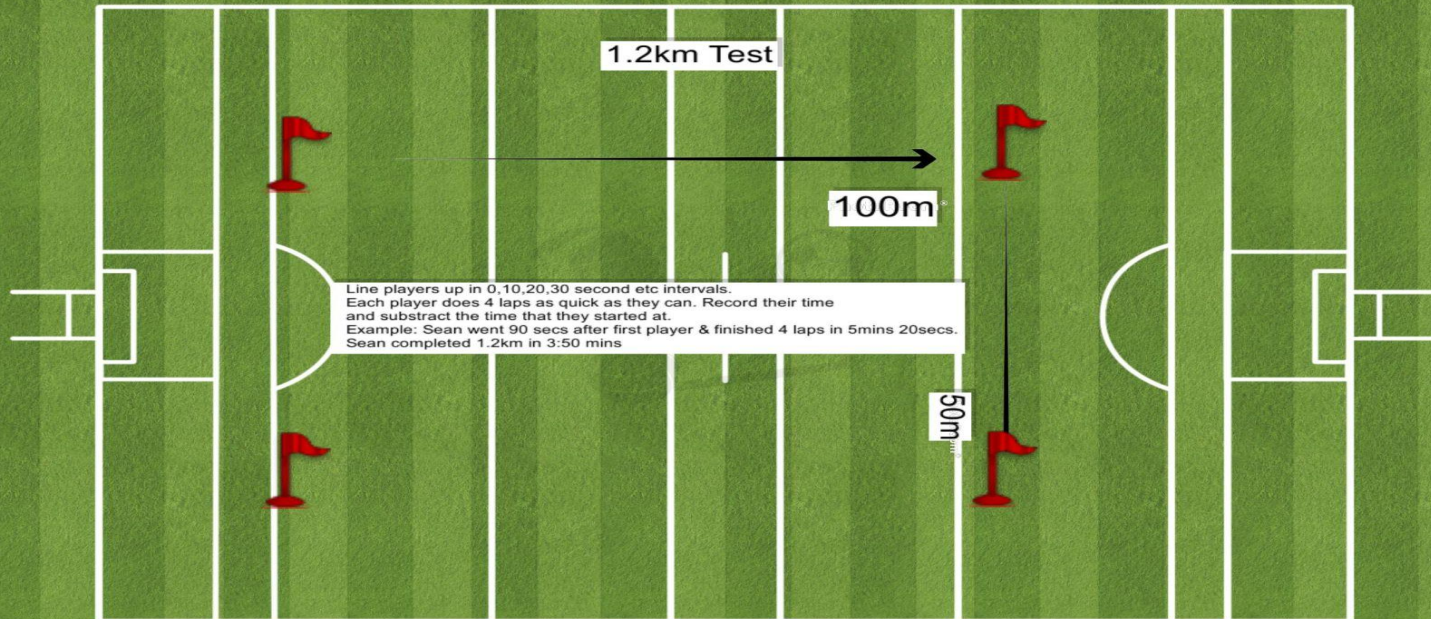
Month 1 - Session 1



Month 1 - Session 2



02-March- Test 1



Grouping The Test Scores

When you complete all of the players 1.2km scores. You then want to find out what their MAS (Maximal Aerobic Speed) is. You will need some time to go through everyone but i like to use an excel sheet as it will easily convert everyone.

Prev. Maximal Aerobic Speed	New MAS	Improvement	Notes
4.9	4.9	0.0	★
4.4	4.8	0.4	
4.4	4.7		
-	5.2		★
4.4	4.8	0.4	
4.7	5.1	0.4	★
4.4	4.8	0.4	
4.4	4.8	0.4	
4.4	4.5	0.1	
4.2	4.6	0.4	
4.4	4.7	0.3	
-	4.5		

Example: Sean completed the 1.2km test in 3 mins:50 seconds.

Change 3 mins:50 secs to total seconds. 3mins:50 secs in seconds = 230 seconds.

MAS = 1200 (1.2km) divided by 230 seconds = 5.2m/s

Complete this for all players. I recommended that all players aim to be 4.9m/s+

Month 2 - Session 2 - Long Passive Intervals

You must then group your players into 3-4 groups.

Complete 3 sets x 4 runs at the distance prescribed per group. Each run is 60 secs with 2 mins rest. Rest 3 mins rest after each set

Group 1	Group 2	Group 3
Under 4m/s	4m/s - 4.5m/s	4.5m/s +

Group 1	Group 2	Group 3
225m	255m	275m

Month 2 - Session 2 - Short Passive Intervals

You must then group your players into 3-4 groups.

Complete 3 sets x 6 runs at the distance prescribed per group. Each run is 30 secs with 2 mins rest. Rest 3 mins rest after each set

Group 1	Group 2	Group 3
Under 4m/s	4m/s - 4.5m/s	4.5m/s +

Group 1	Group 2	Group 3
115m	130m	145m

Month 3 - Session 1 - 110% MAS

Complete 3-4 sets of 8-10 runs at 15 secs on : 15 secs off. See distances. Rest 2 mins between sets. Can be done during training.

Starting at 110% of their MAS scores. Example: Sean has a MAS of 5.2m/s. All MAS runs are 15 secs on : 15 secs off. 5.2×1.1 (110%) = 5.7. $5.7 \times 15 = 85\text{m}$. You can do this for each player or you can simply follow the below for 3-4 groups.

Group 1	Group 2	Group 3
Under 4m/s	4m/s - 4.5m/s	4.5m/s +

Group 1	Group 2	Group 3
62m	70m	77m

Month 3 - Session 2 - 120% MAS (LESS VOL)

Complete 3-4 sets of 6-8 runs at 15 secs on : 15 secs off. See distances. Rest 2 mins between sets. Can be done during training.

Group 1	Group 2	Group 3
Under 4m/s	4m/s - 4.5m/s	4.5m/s +

Group 1	Group 2	Group 3
68m	76m	85m

13th April- Before whistlers course

Half Bronco is extremely taxing on the body. Ensure you do this as the last thing after a light - moderate training session. Players will cover a total of 720m of High Speed Running.

Pair players up with similar fitness levels. Mark cones out from endline at the 20m mark, 40m mark & 60m mark.

First player will run from endline to 20m & back, out to 40m & back, out to 60m & back. Once player returns after the 60m run, his/her player will do the same until each player has done 3 sets, each, 6 total sets between them.

You want to try ensure all pairings have successfully completed 6 sets in total (3 each) in **under 5 minutes**.

Create as much energy as possible, each player encouraging their partner on.

Final Test. 02 May

It's time to retest. The goal is to see clear improvement & also to have as many players in the 4.8m/s + group. If you have players over 5m/s, that's a very high level. You can then focus on SSG & also introduce the sessions again.

Prev. Maximal Aerobic Speed	New MAS	Improvement	Notes
4.9	4.9	0.0	★
4.4	4.8	0.4	
4.4	4.7		
-	5.2		★
4.4	4.8	0.4	
4.7	5.1	0.4	★
4.4	4.8	0.4	
4.4	4.8	0.4	
4.4	4.5	0.1	
4.2	4.6	0.4	
4.4	4.7	0.3	
-	4.5		