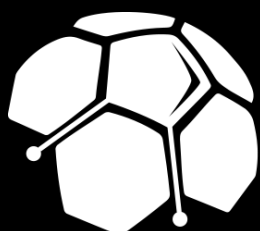




CONDITIONING RUNS DESIGNED FOR FOOTBALL



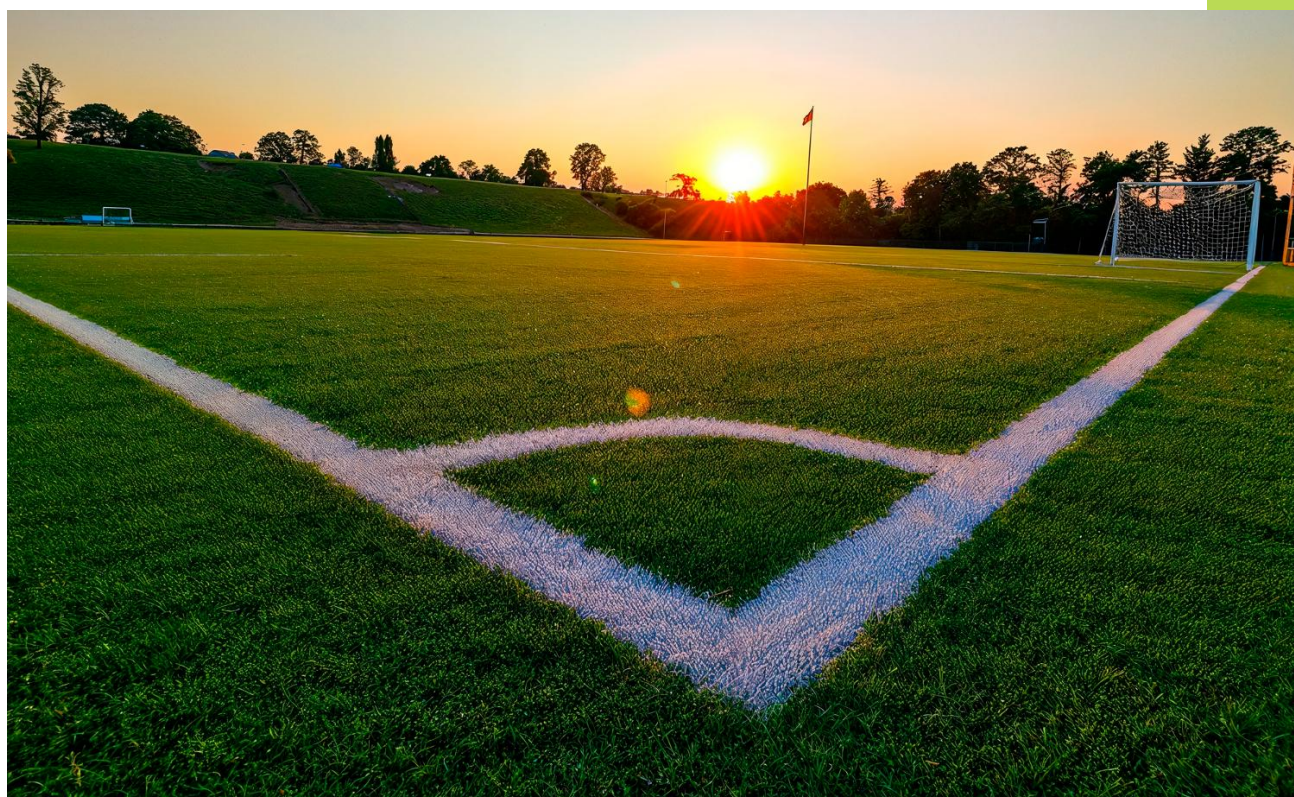
The Non-League
Network

OVERVIEW

This section contains **conditioning runs designed specifically for football**. Some drills allow you to **use a ball** to improve both your **fitness and technical skills**. Think of this as a **library of options** that you can pick from and use in your off-season or extra training sessions.

During the season, you'll likely already be training **once or twice per week** alongside matches. If you want to add extra conditioning, it's best to **limit it to one run per week**, since you're already getting sufficient training stimulus.

A **warm-up is included before each session**, which should be completed to **prepare your body and avoid any unwanted niggles** before starting conditioning work.



WARM UP FOR CONDITIONING DAYS



Why a Good Warm-Up Matters

A quality warm-up prepares your body for football or any intense training. It boosts blood flow, warms your muscles, loosens your joints, and reduces injury risk—all while improving performance. You don't need 30 minutes; 5–10 minutes can be enough if done right.

Skip Long Static Stretches

Avoid holding stretches before intense sessions. Static stretching can:

- Reduce muscle power and explosive strength
- Lower muscle activation
- Slow your reaction time
- Increase risk of injury

Instead, focus on **dynamic movements** that mimic actions you'll do in training/on the pitch.

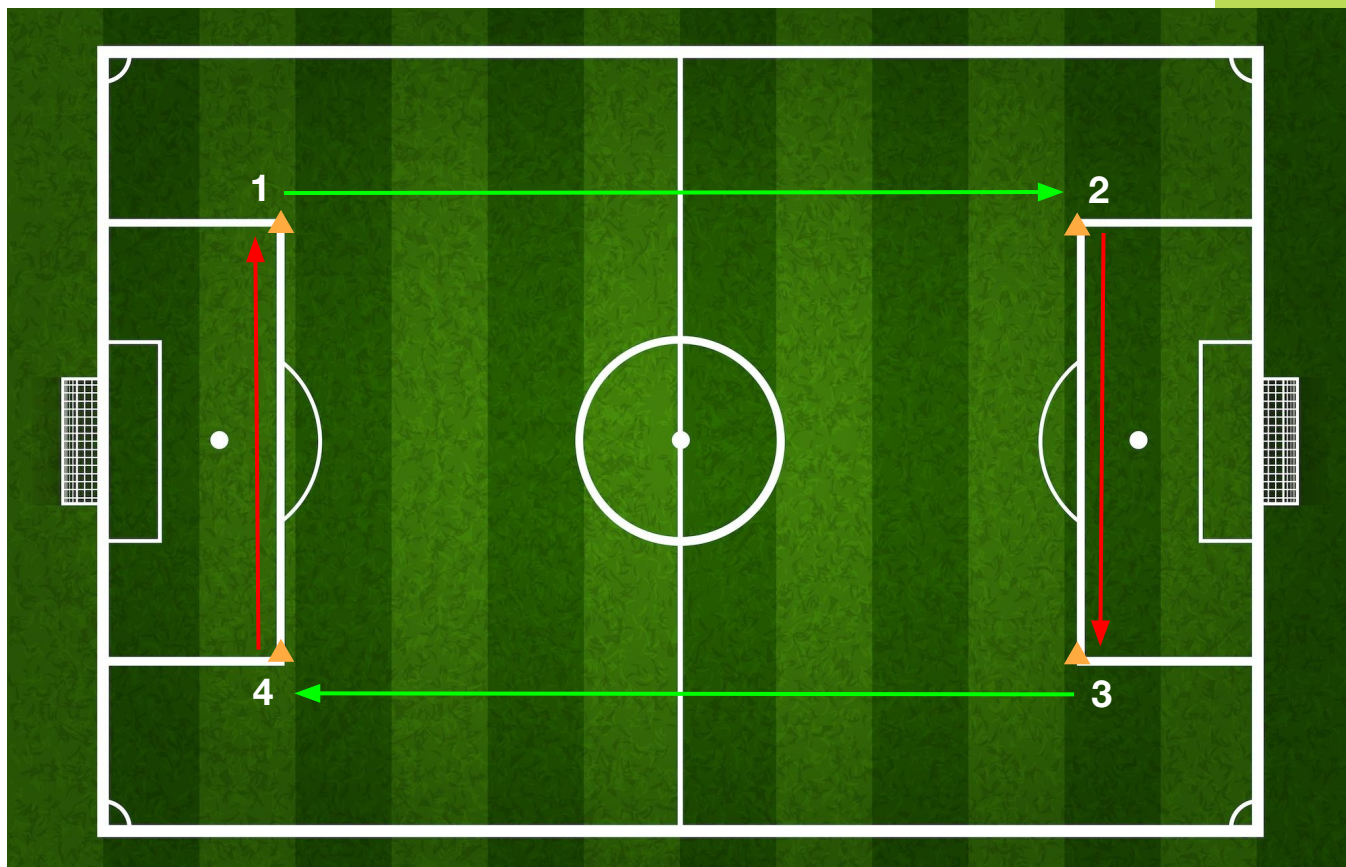


Simple, Effective Warm-Up (5–10 min)

1. **Easy jog & turns** – Raise your heart rate and loosen joints.
2. **Dynamic moves** – Leg swings, lunges, high knees to warm all major muscles.
3. **Half-paced strides** – 2–3 short bursts at ~50% speed.
4. **Quick dynamic stretches** – Move on the spot, don't hold.
5. **Sprint prep** – 4–6 runs at 70–80% to wake up hamstrings and glutes.
6. **Plyometric ladder drills** – Short accelerations and decelerations.
7. **Optional ball work** – Add passing, dribbling, or light touches if desired.



Box to Box Intervals at 60-70% of your max



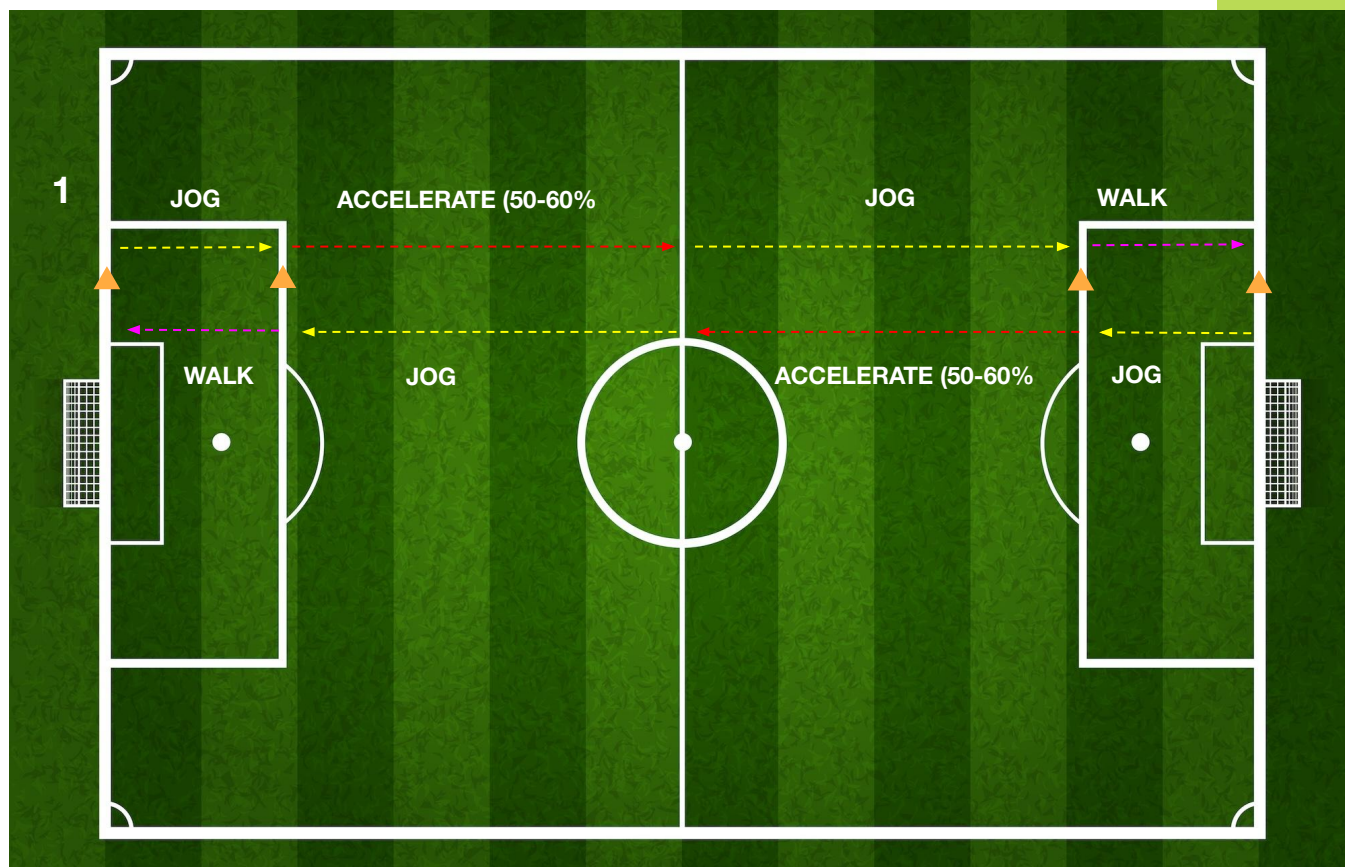
Description

With or without the ball

1. Start here and Run to the opposite 18-yard box (A) at 60-70% of your max speed.
2. Have a gentle jog across the width of the 18-yard box to point 3 before repeating the same run in the opposite direction to point 4
3. Jog across the width of the 18-yard box back to the start point (1) and repeat the run x2 to complete 3 rounds in total. (this will total six box to box runs)
4. Rest for 90 seconds, then repeat the circuit two more times for a total of 3 sets.
5. Complete 18 box-to-box runs in total.
6. Including rest periods, the session should take approximately 13–15 minutes, depending on your fitness level.



Fartlek Pitch Runs

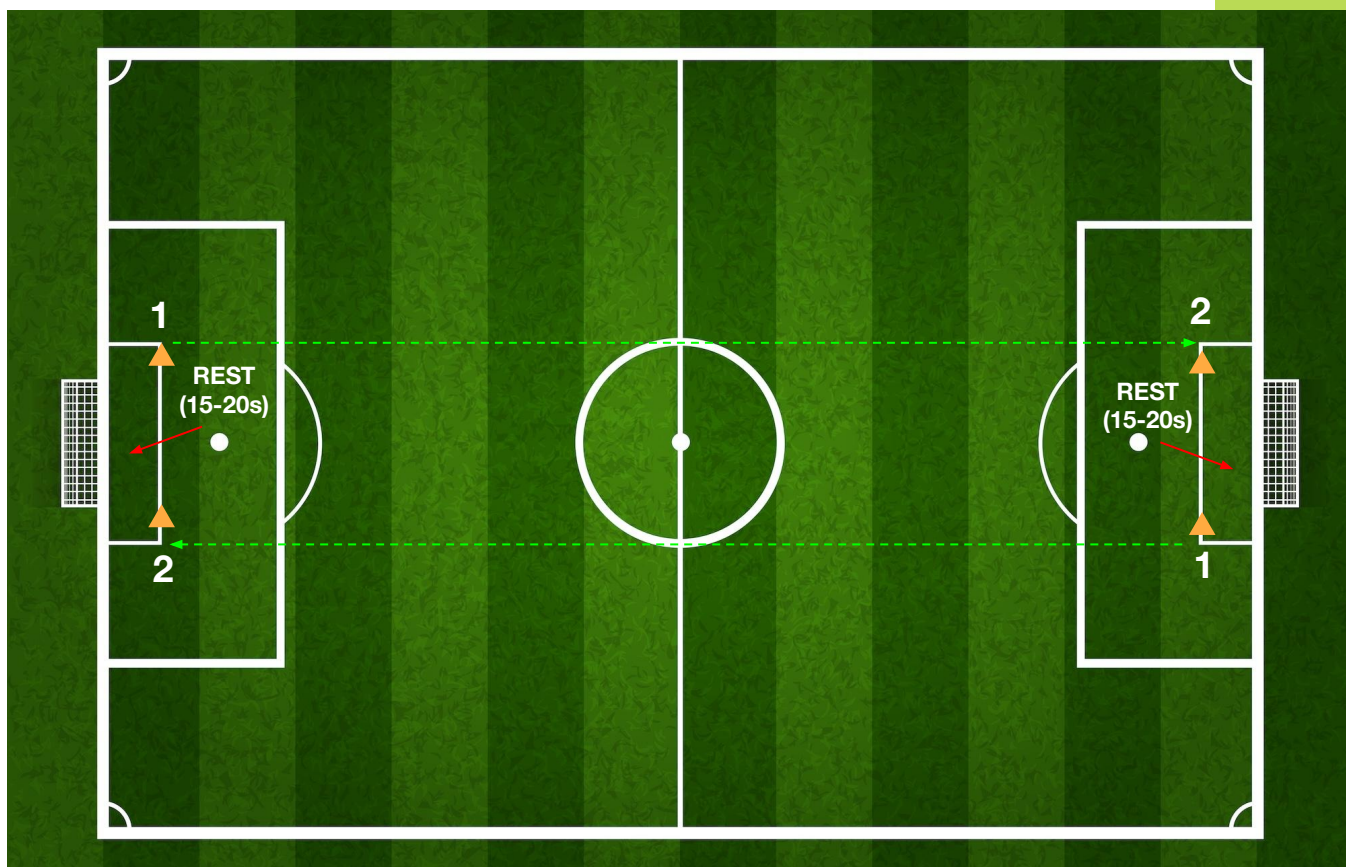


1. Start at point 1 and run in the sequence shown.
2. Jog to the 18-yard line, then accelerate to the halfway line (50–60%).
3. Jog to the opposite 18-yard line, then walk to the opposite touchline.
4. Turn around the cone and repeat back the other way.

Continue for 5 minutes, rest 2 minutes, and repeat for 3 total sets (approx. 21 minutes including rest).



BOX to BOX Intervals



Run between the 6-yard boxes in the sequence shown.

Run at ~60% effort, taking 15–20 seconds to reach the opposite 6-yard box.

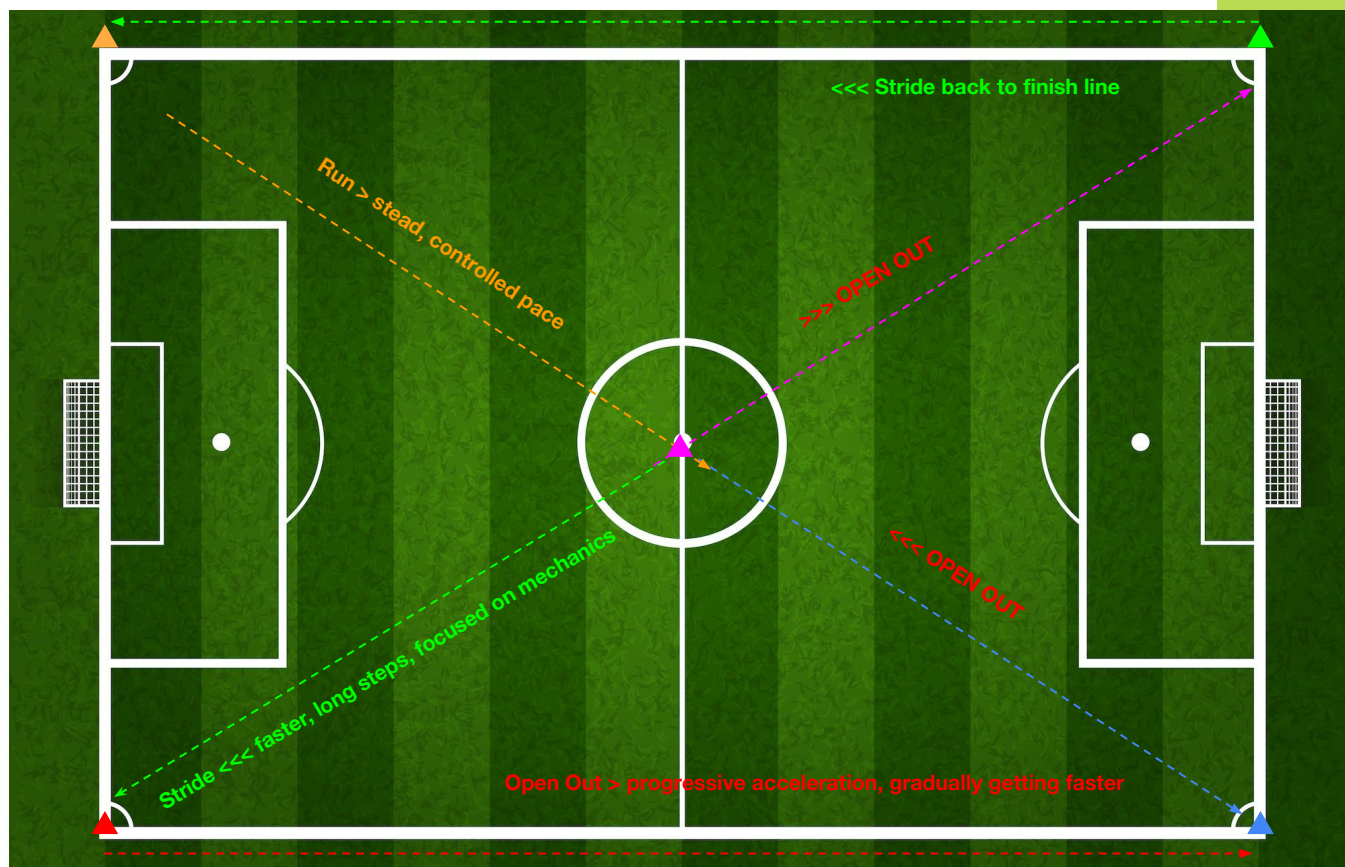
Rest 15–20 seconds, then run back.

Complete 6 runs (1 run = 1 pitch length), then rest 2 minutes.

Repeat for 3 total sets (18 runs total).



Aerobic Run Drill



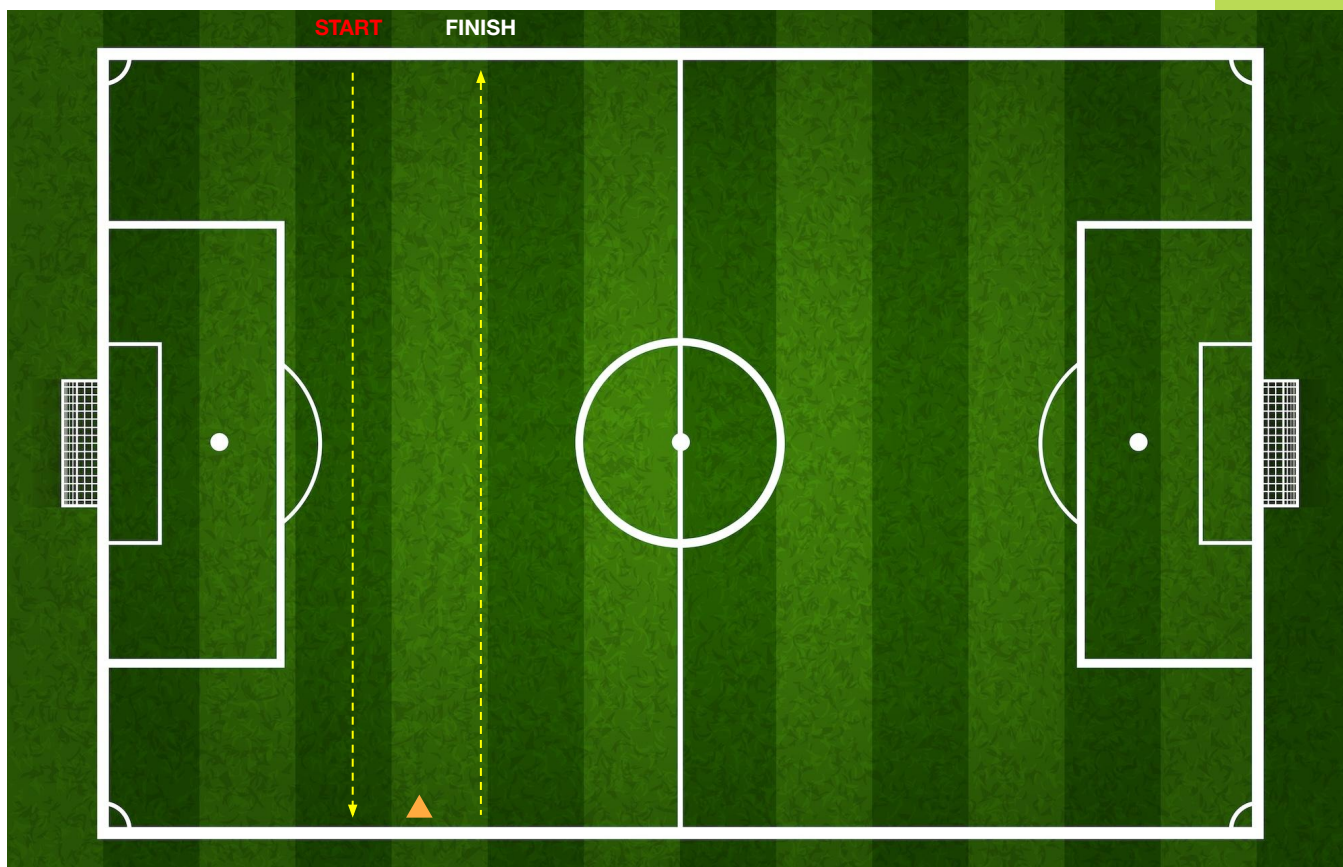
Focus on technique, pacing, and gradually improving fitness.

1. **Run** from the **start (orange cone)** to the **purple cone**.
2. **Stride** to the **red cone**.
3. **Open out** to the **blue cone**.
4. **Decelerate** and use **fast feet** to run around the **blue cone**, then continue your pace around the **purple cone**.
5. Maintain pace to the **black cone**.
6. **Slow down** to a **stride** back to the **start point** to finish **1 rep**.

Rest 2 minutes, then repeat **4 times**.



Pitch Width Stride Drill

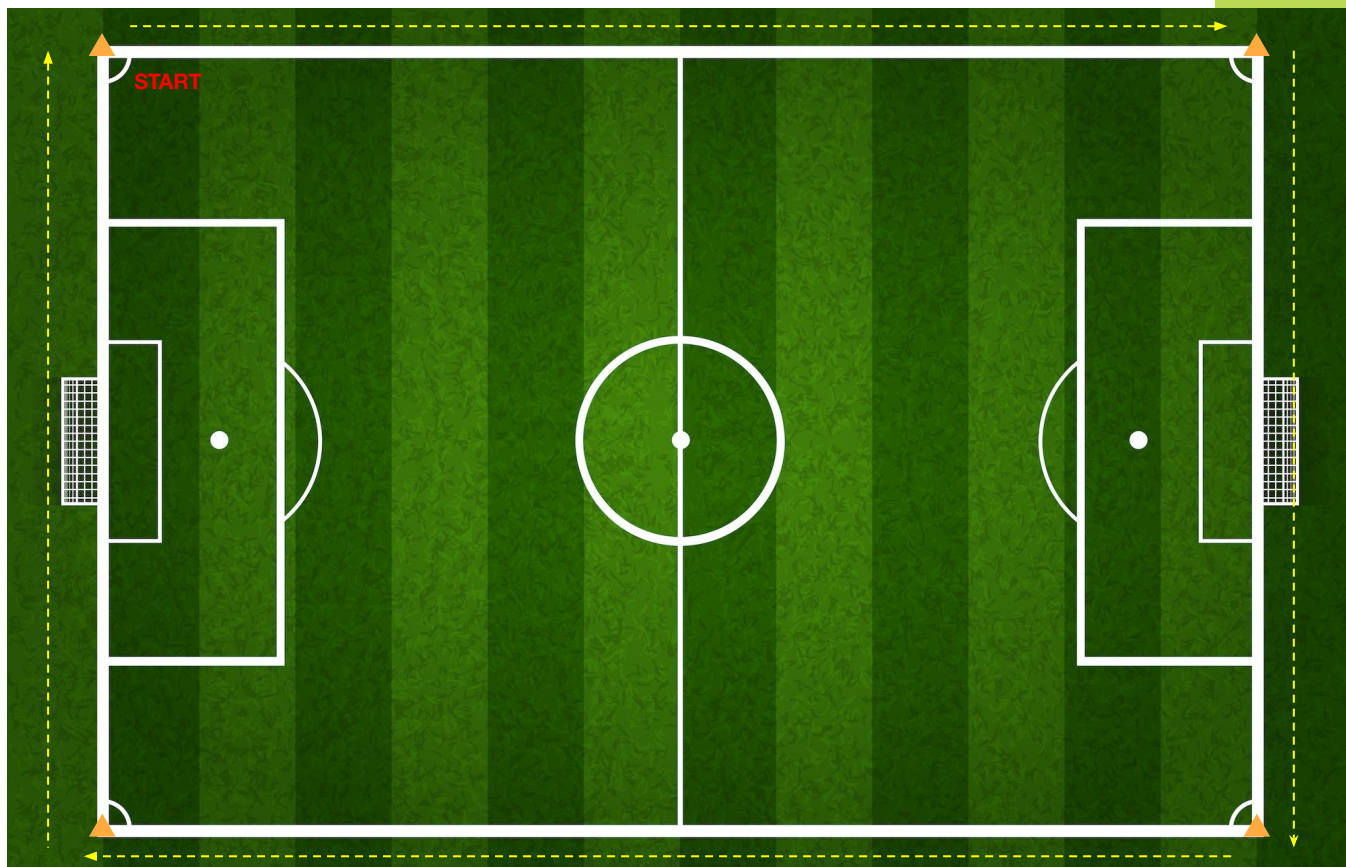


1. **Run** from the **start point** to the **opposite touchline**, go around the cone, and **stride back** to the start.
2. Aim to complete each run in **25–30 seconds**.
3. **Rest 30 seconds**, then repeat for **4 runs**.
4. After 4 runs, **rest 2 minutes**.
5. Repeat the circuit for another **4 runs**.

Total: 8 runs (16 width strides). Keep each run within 25–30 seconds for a solid workout.



Full Pitch Lap Run – Tough Session

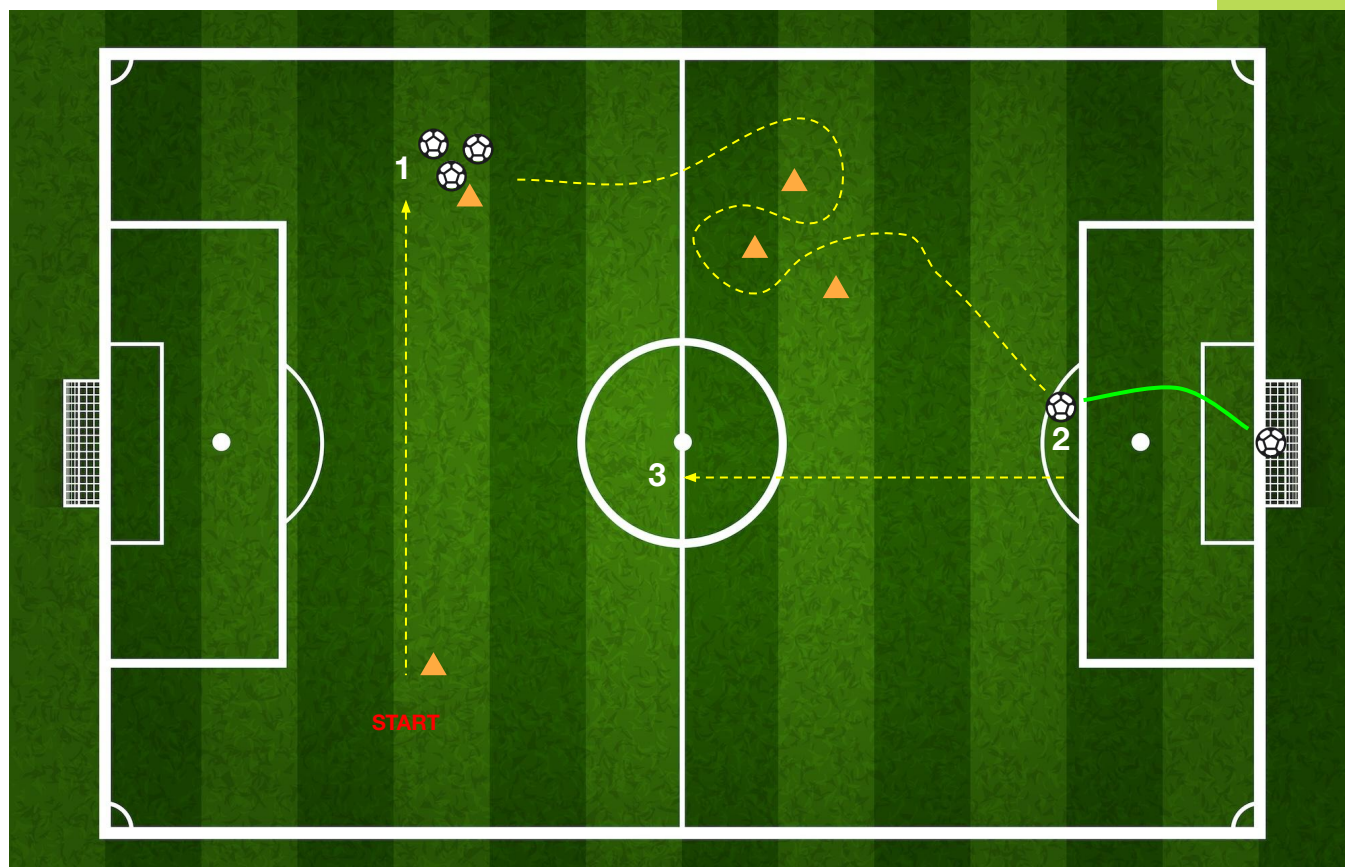


Modify pace to suit your fitness level.

1. **Start at the corner flag** and run **1 full lap** of the pitch, returning to the start.
2. **Rest 1–2 minutes.**
3. Repeat for a total of **8 laps.**
4. Aim to complete each lap in **1:10–1:50**, depending on your fitness.



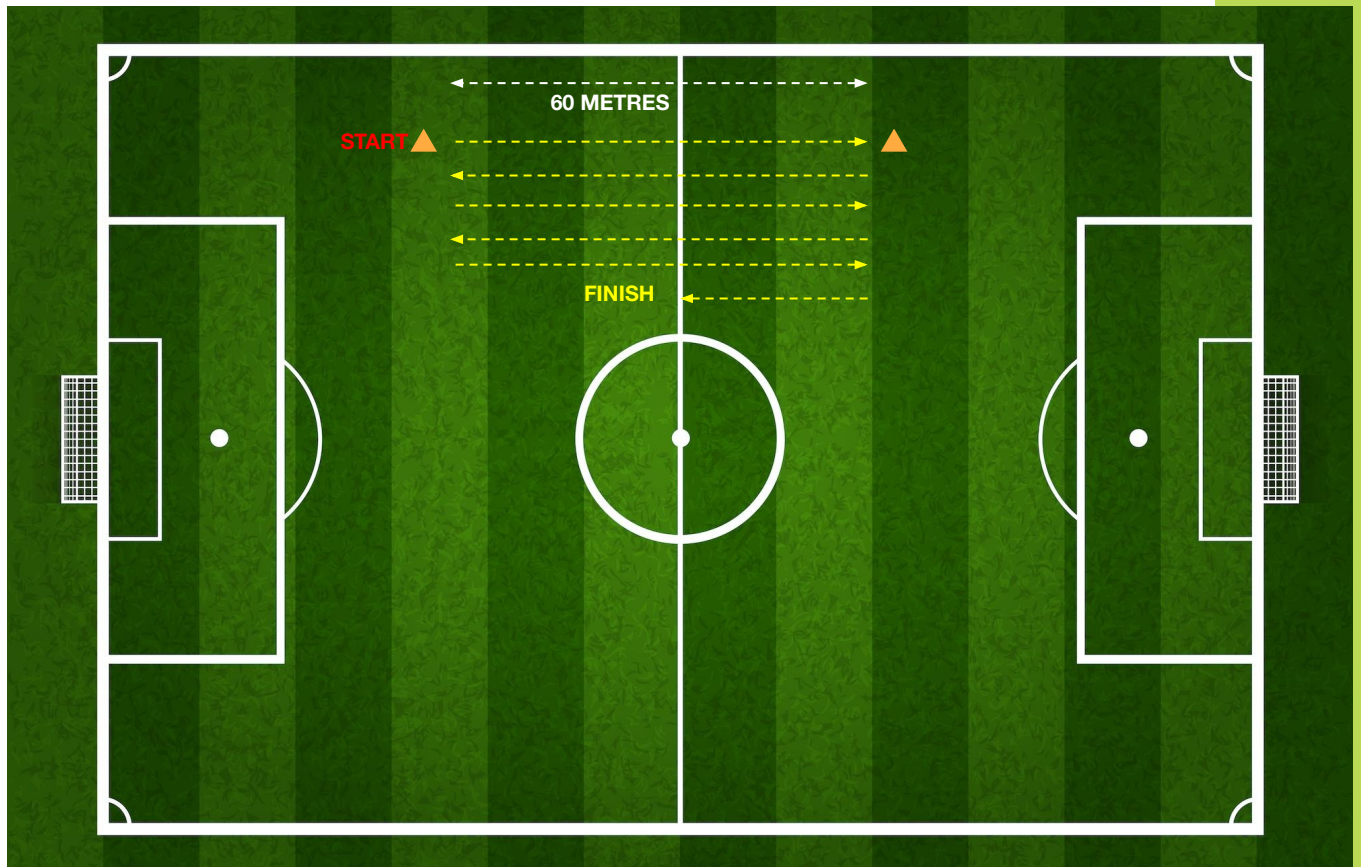
Dribble & Shoot Circuit (X6 balls recommended)



1. Run from (A) with the ball and dribble around the cones.
2. Once you have got through the cones, dribble to the edge of the box (B) and take a shot. After your shot, recover to the halfway line (C) as fast as you can.
3. Have a gentle walk back to (A) and repeat the circuit x6
4. After 6 reps, recover for 2 minutes.
5. Repeat the circuit x2 for a total of 3 rounds. This will total 18 runs



330m Shuttle Run Drill

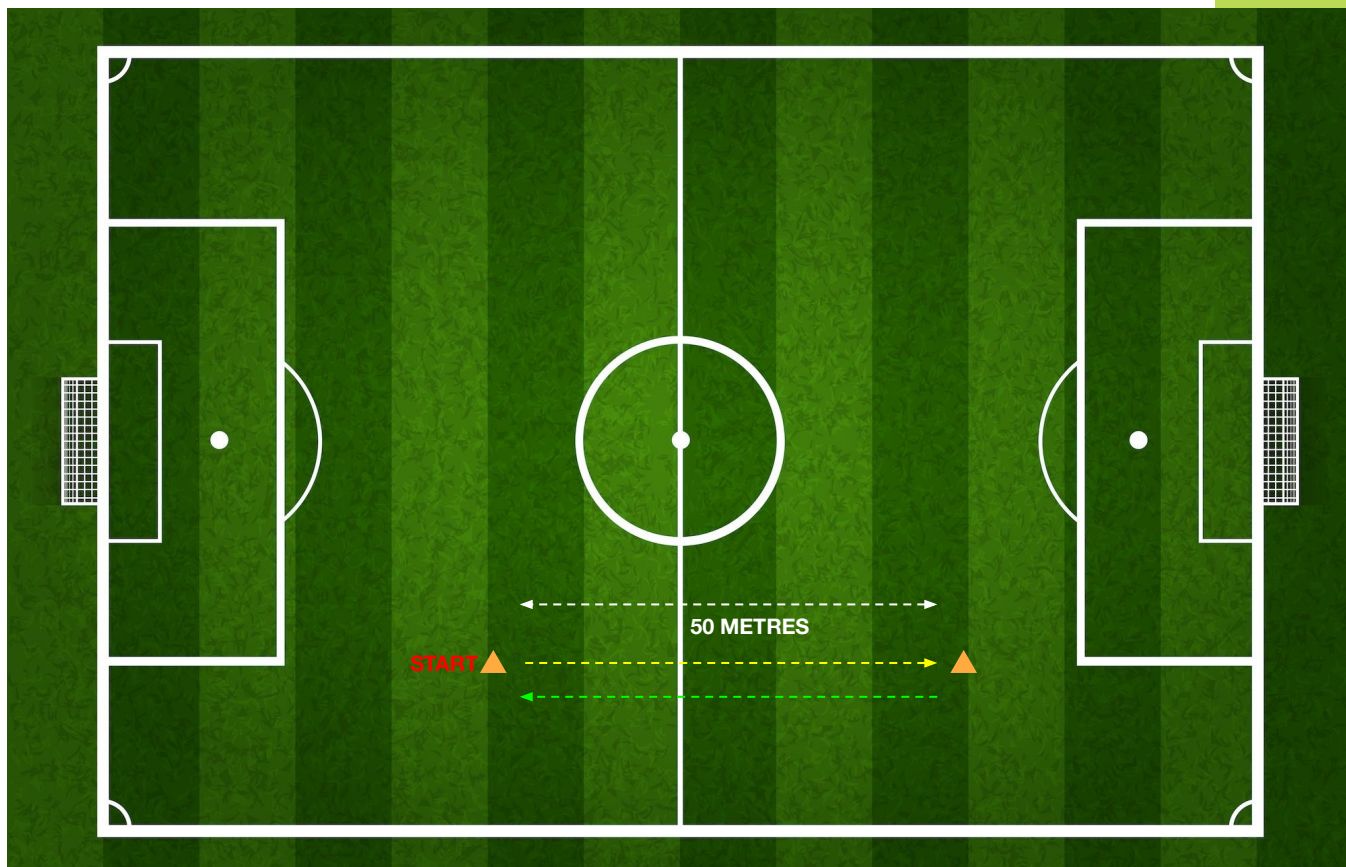


- **Set up:** Two cones **60 metres** apart.
- **How to run:**
 1. Run from the **start point** to the opposite cone and back (**120 metres**) **twice**.
 2. On the **final shuttle**, run to the opposite cone and **finish at the halfway line** on the return to complete **330 metres**.
- **Target time:** **58–68 seconds** per run (adjust to your fitness level).
- **Rest:** 1 minute, then repeat for a total of **4 runs**.
- After 4 runs, **rest 2–3 minutes** and repeat the circuit for another **4 runs**.

Total: 8 x 330-metre runs.



50m Shuttle Sprint Drill – “Burner”

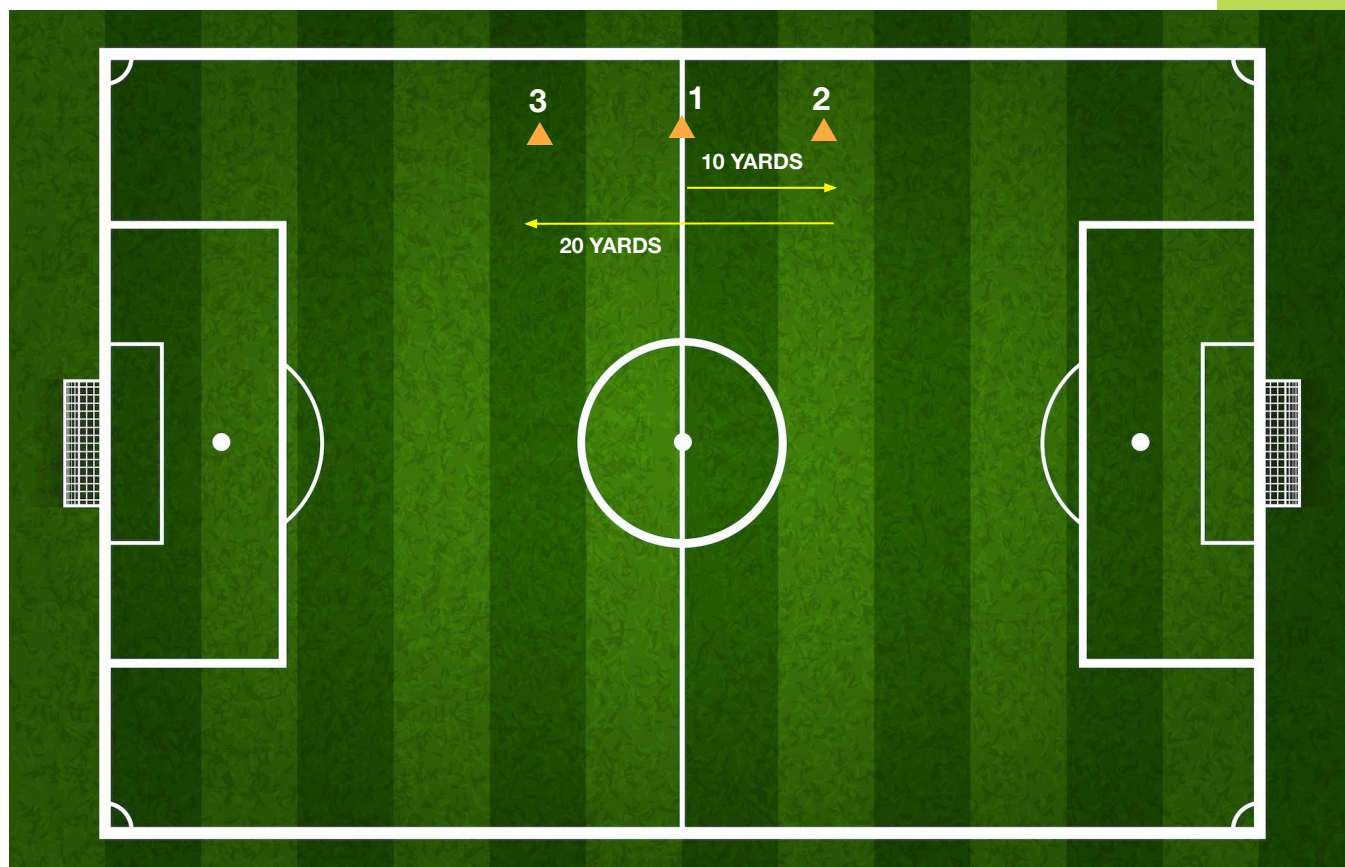


1. **Set up:** Two cones **50 metres** apart.
2. **Run** from the **start point** to the opposite cone and back (**100 metres** total).
3. **Target time:** Complete each run in **under 20 seconds**.
4. **Rest 10 seconds** between runs. Repeat for **8 runs**.
5. After 8 runs, **rest 2 minutes**, then repeat the circuit **2 more times** for a total of **3 sets**.

Total: 24 runs.



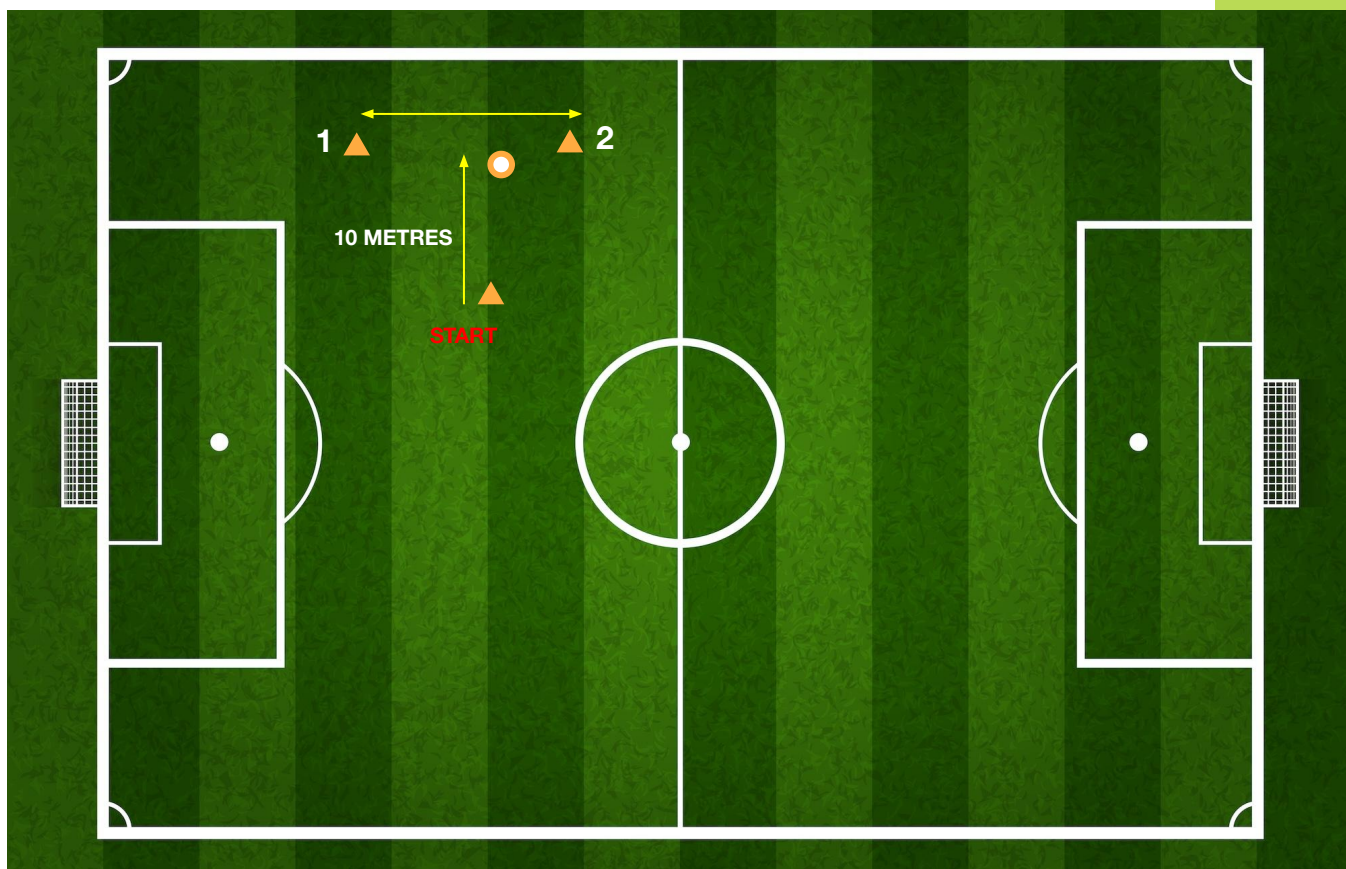
10 To 20 Sprint



1. **Start** on the **middle cone (1)**.
2. **Run forward 10 yards** to **cone 2**.
3. **Turn as fast as possible** and **sprint 20 yards** to the far **cone 3**.
4. Focus on **quick changes of direction**.
5. **Variation:** Run the drill in either direction.
6. **Optional:** Have a partner call which way to go for a **reactive response**.
7. 45 seconds rest in between reps - 6 Sets



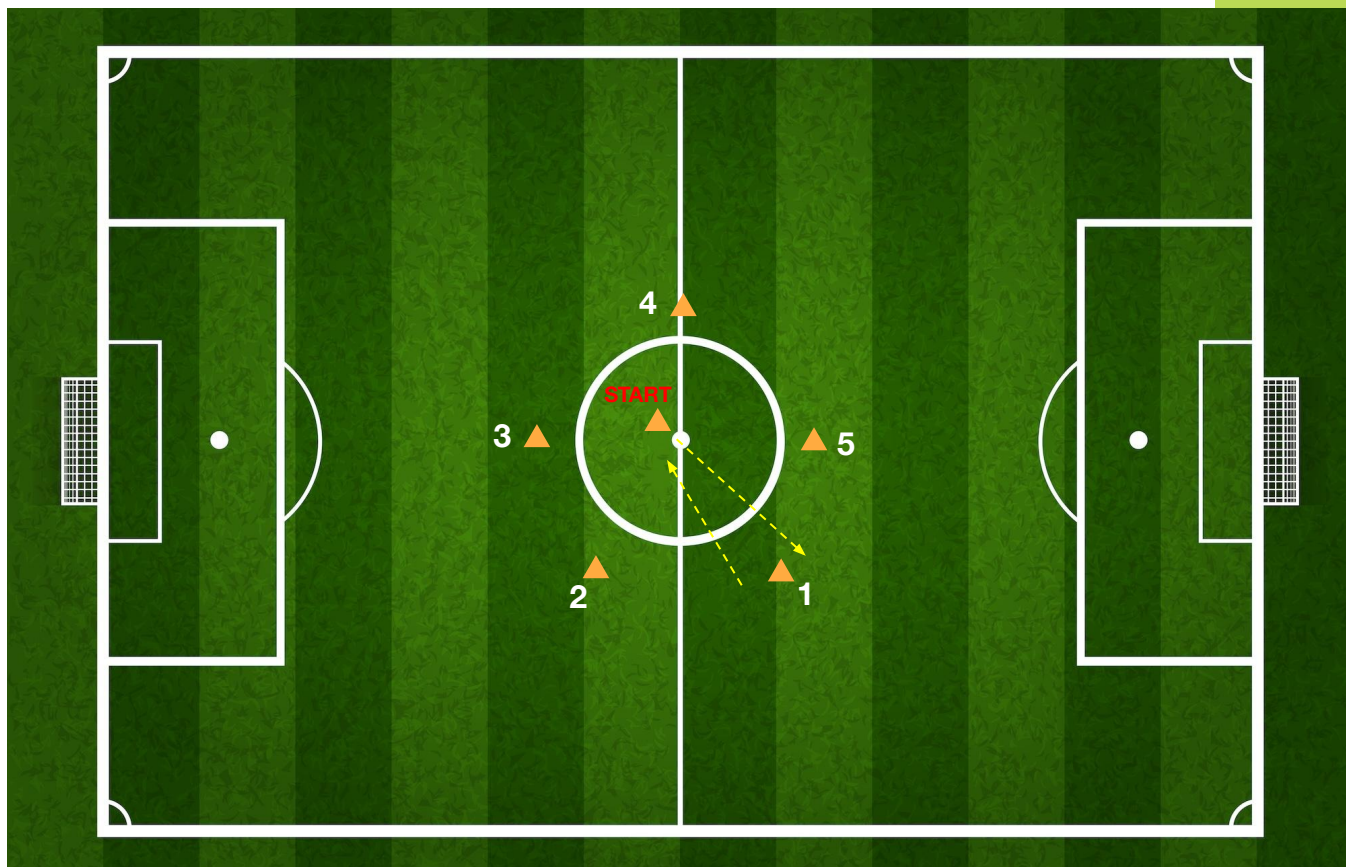
T-Run Drill – Change of Direction



1. **Start** at the **starting point**.
2. **Run forward** to the **middle cone** (approx. 10 metres).
3. **Sharp turn** to **cone 1** and touch it.
4. **Quick change of direction** to **cone 2** (approx. 15 metres) and touch it.
5. **Another change of direction** back to the **middle cone**, sharp turn and **return through** to the **starting point**.
6. **Tip:** Alternate which side you turn to each time to train both left and right foot changes.
7. **Distance:** Adjust as needed, but typically:
 - a. Start → middle = 10m
 - b. Cone 1 → Cone 2 = 15m
8. 60 seconds rest between reps - 10 Sets



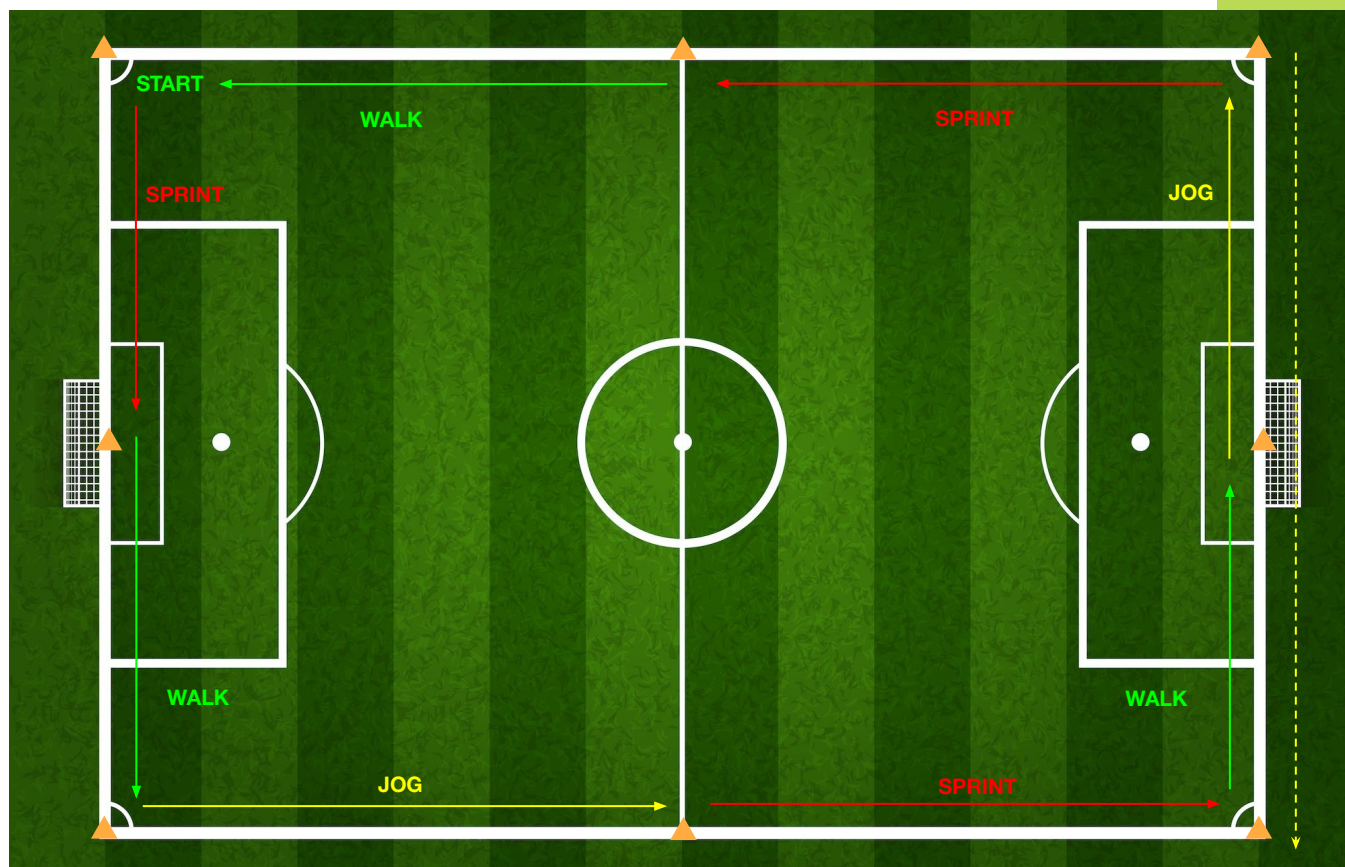
Star Run Drill – Continuous Change of Direction



1. **Start** at the **middle/start point**.
2. **Run** to **cone 1**, then **back to the middle**.
3. **Run** to **cone 2**, then **back to the middle**.
4. Continue this pattern for **all cones**, finishing at the **middle/start point**.
5. **Distance:** Roughly **10 metres** from the start to each cone.
6. **Rest 3 minutes** after completing the circuit.
7. **Repeat for 5 sets**.



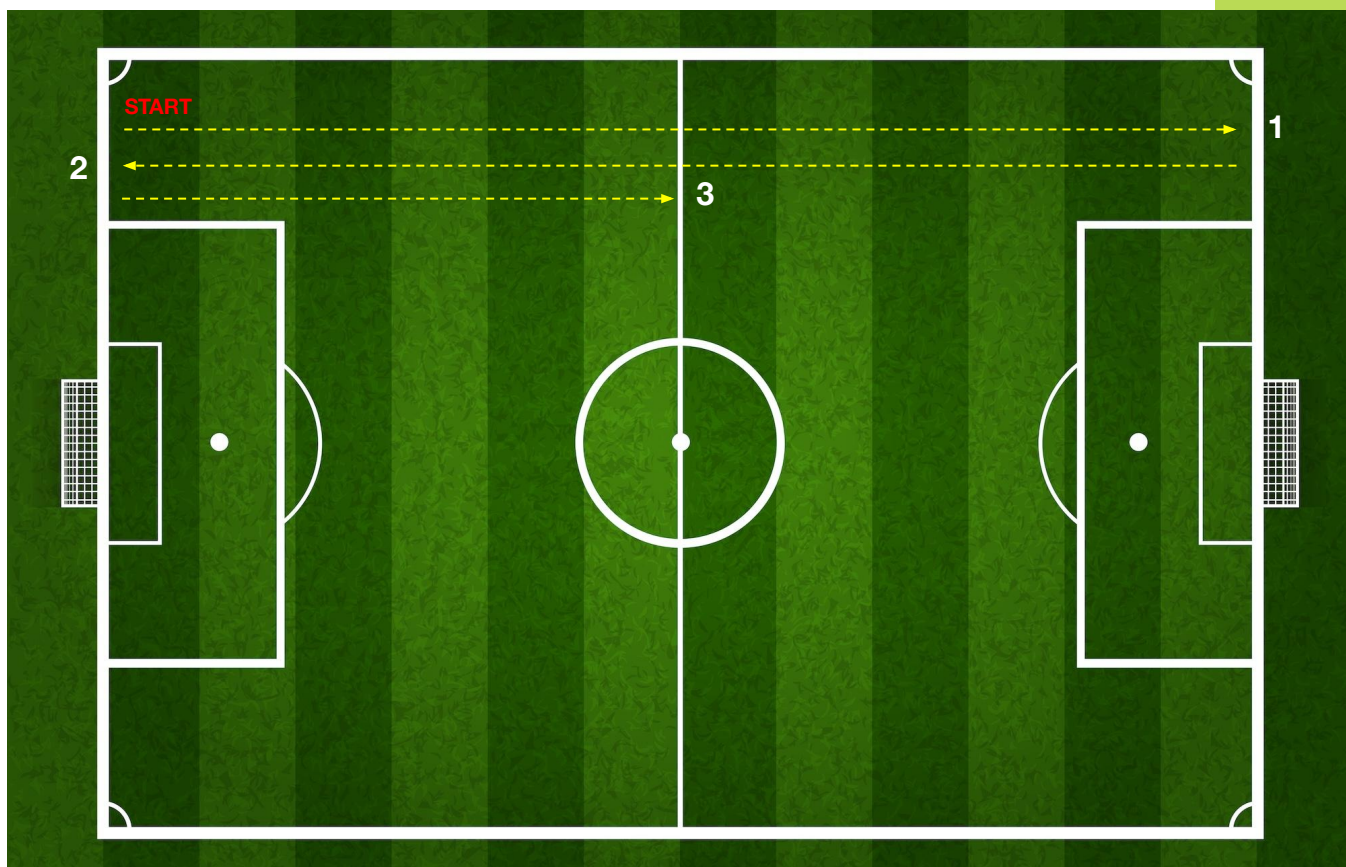
Pitch Perimeter Fartlek Drill



1. **Start** at the **start point**.
2. Follow the sequence around the pitch:
 - a. **Sprint** to the first cone
 - b. **Walk** to the next cone
 - c. **Jog** to the next cone, **Sprint, Walk, Jog, Sprint**
 - d. **Walk** back to the **start point**
3. Complete the full sequence **2 times**.
4. **Rest 2 minutes** between sequences.
5. **Repeat for 8 sets** in total.



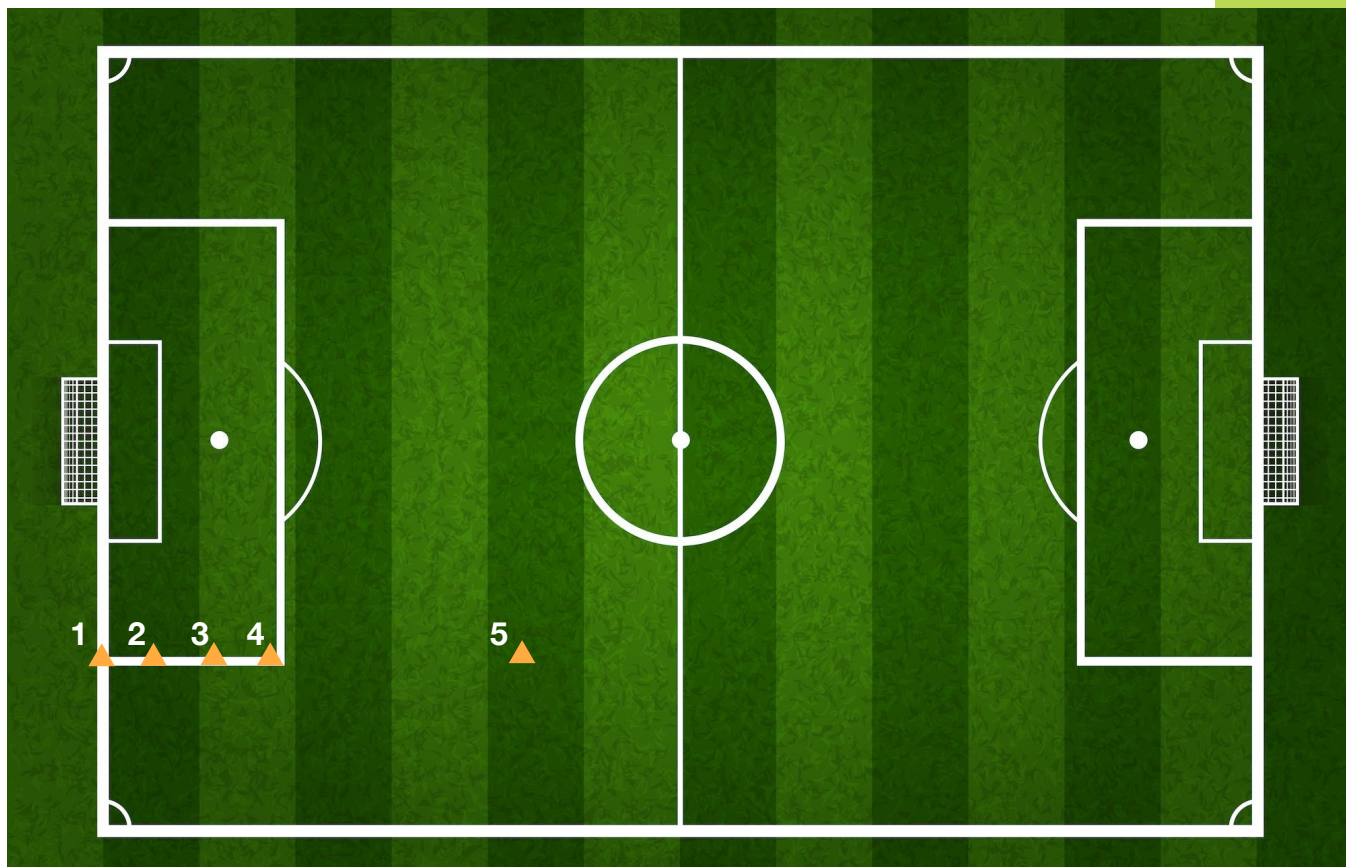
Pitch and a Half Run



- **Effort:** ~75%
- **Start** at the start point.
- **Run** the full length of the pitch and back, then **run to the halfway line**.
- This equals **1 rep**.
- Complete **4 sets**.



Doggie Runs (Pre-Season Conditioning)



Go 100% effort on each run and rest well between reps.

Setup:

- Cone 1 = start
- Cones 2–4: ~10 yards apart
- Cone 5: ~20 yards beyond cone 4

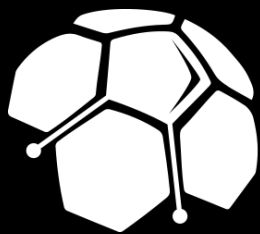
Run:

1 → 2 → 1 → 3 → 1 → 4 → 1 → 5 (finish)

Rest: 2 minutes

Sets: 5





**The Non-League
Network**

thenon-leaguenetwork.co.uk