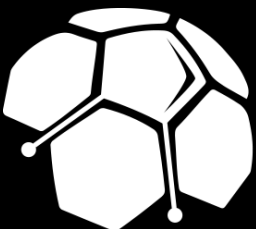




4-WEEK OFF-SEASON PLAN

Off-Season Program



The Non-League
Network

OVERVIEW

This 4-week off-season plan is designed to get you **pre-season ready** — not just “fit enough to survive it.”

At the end of the season, a short deload is essential. Step away from hard cardio for around **two weeks** so your muscles, tendons, and ligaments can recover. Skipping this means carrying fatigue and minor injuries straight into pre-season. During this period, stay moving with **mobility work, light stretching, yoga, and low-intensity plyometrics**, not total rest, not maximum effort.

Most gym sessions in this plan are structured as **supersets or circuits**. Football isn't done when you're fresh: you're constantly moving and need to produce force even when tired. This approach builds **strength and resilience that transfers directly onto the pitch**, keeps sessions efficient, and prevents leaving the gym sore or fatigued.

Gym and conditioning are always on separate days. Each week includes:

- **Gym sessions** (strength, power, and core)
- **Conditioning drills** (progressively increased each week)
- **Active recovery days** (walks, swim, bike, yoga, mobility)

Conditioning days: Pick a drill from the Conditioning Library and execute it with high technical quality. Progressively increase intensity, reps, or distance across **Weeks 1–3**.

Final Week (Week 4):

Use the preset conditioning runs shown.

Reduce overall volume and avoid maximal efforts. The focus is on maintaining fitness, sharpening movement, and arriving fresh for pre-season — not building new capacity.

Recovery is key. Sleep, mobility work, stretching, and ice baths are critical components of this plan — just as important as the gym or conditioning. Refer to the **Recovery and Injury Prevention** section for more guidance.





Top Tip
Unsure of what these are?

Use YouTube to search and help guide you through each activity

WEEK 1

4-Week Off-Season S&C Plan – Football / Non-League Friendly

*Foundations: Establish movement patterns, technique, and base strength.
 Focus on proper form in all supersets, circuits, and conditioning drills.*

Conditioning: 2 drills (Day 4 & 6), moderate intensity

DAY

1

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Full Body Strength + Core	Back Squats & Push Press (Superset)	3	10–12	75 sec rest
	Romanian Deadlifts & Bent Over Rows (Superset)	3	10–12	75 sec rest
	Bench Press & Pull-Ups (Superset)	3	8–10 / To failure	75 sec rest
	Walking Lunges & Dumbbell Shoulder Press (Superset)	3	10 per leg	60 sec rest
	Core Circuit: Med Ball Slams / Plank / Side Planks / Rollouts	3	40 sec per exercise	60 sec between circuits

DAY

2

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Rest & Recovery	Walk / Swim / Bike	1	20–30 min	Optional light mobility 15–20 min





Top Tip
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WEEK 1

4-Week Off-Season S&C Plan – Football / Non-League Friendly

*Foundations: Establish movement patterns, technique, and base strength.
 Focus on proper form in all supersets, circuits, and conditioning drills.*

Conditioning: 2 drills (Day 4 & 6), moderate intensity

DAY

3

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Upper Body Strength + Trunk	Incline Bench Press & Bent Over Rows (Superset)	3	10–12	75 sec rest
	Dumbbell Shoulder Press & Throat Pulls (Superset)	3	10–12	75 sec rest
	Single Arm Landmine Press & Tricep Dips (Superset)	3	10–12	60 sec rest
	Barbell Bicep Curls & Upright Rows (Superset)	3	10–12	60 sec rest
	Core Circuit: Dead Bugs / Oblique Twists / Hollow Hold / Crunches	3	40 sec per exercise	60 sec between circuits

DAY

4

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 1	Choose 1 football-specific running drill	Moderate intensity	Focus on technique and recovery





Top Tip
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WEEK 1

4-Week Off-Season S&C Plan – Football / Non-League Friendly

DAY

5

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Lower Body Strength + Power	Deadlifts & Box Jumps (Superset)	3	8–10	90 sec rest
	Split Squats & Barbell Hip Thrusts (Superset)	3	10 per leg	75 sec rest
	Goblet Squats & Step-Ups (Superset)	3	12–15	60 sec rest
	Pull-Ups (Single)	3	To failure	60 sec rest
	Core Finisher: Pallof Press / Glute Bridge (Superset)	3	30–40 sec	60 sec rest

DAY

6

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 2	Choose 1 football-specific running drill	Moderate intensity	Focus on movement quality

DAY

7

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Rest & Recovery	Walk / Swim / Bike	1	20–30 min	Optional mobility 15–20 min





Top Tip
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WEEK 2

Increase Tempo: Start to raise intensity slightly; conditioning frequency increases and gym reps/sets progress. Maintain solid form under more challenging workloads.

Conditioning: 3 drills per week (Day 2, 4, 6), moderate intensity → slightly higher reps/distance

DAY

1

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Full Body Strength + Core	Front Squats & Push Press (Superset)	3	10–12	75 sec rest
	Romanian Deadlifts & Bent Over Rows (Superset)	3	10–12	75 sec rest
	Incline Bench Press & Pull-Ups (Superset)	3	8–10 / To failure	75 sec rest
	Walking Lunges & Dumbbell Shoulder Press (Superset)	3	12 per leg	60 sec rest
	Core Circuit: Med Ball Slams / Plank / Side Planks / Rollouts	3	45 sec per exercise	60 sec between circuits

DAY

2

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 1	Select 1 drill	Moderate → slightly higher intensity	Focus on short recoveries





Top Tip
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WEEK 2

Increase Tempo: Start to raise intensity slightly; conditioning frequency increases and gym reps/sets progress. Maintain solid form under more challenging workloads.

Conditioning: 3 drills per week (Day 2, 4, 6), moderate intensity → slightly higher reps/distance

DAY

3

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Upper Body Strength + Trunk	Bench Press & Bent Over Rows (Superset)	3	10-12	75 sec rest
	Dumbbell Shoulder Press & Throat Pulls (Superset)	3	10-12	75 sec rest
	Landmine Press & Tricep Dips (Superset)	3	10-12	60 sec rest
	Barbell Bicep Curls & Upright Rows (Superset)	3	10-12	60 sec rest
	Core Circuit: Dead Bugs / Hollow Hold / Oblique Twists / Ball Rollouts	3	45 sec per exercise	60 sec between circuits

DAY

4

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 2	Select 1 drill	Moderate → slightly higher intensity	Short rest between reps





Top Tip
Unsure of what these are?

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WEEK 2

DAY

5

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Lower Body Strength + Power	Deadlifts & Box Jumps (Superset)	3	8–10	90 sec rest
	Split Squats & Barbell Hip Thrusts (Superset)	3	12 per leg	75 sec rest
	Goblet Squats & Step-Ups (Superset)	3	12–15	60 sec rest
	Pull-Ups	3	To failure	60 sec rest
	Core Finisher: Pallof Press / Glute Bridge	3	30–40 sec	60 sec rest

DAY

6

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 3	Select 1 drill	Moderate → slightly higher intensity	Shorter recovery periods

DAY

7

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Rest & Recovery	Walk / Swim / Bike	1	20–30 min	Optional mobility 15–20 min





Top Tip
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WEEK 3

Build Capacity: Push conditioning and gym sessions closer to football demands; increase speed, power, and endurance. Core and stability become more prominent.

Conditioning: 3–4 drills per week (Day 2, 4, 6 + optional Day 5 short drill), higher intensity

DAY

1

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Full Body Strength + Core	Back Squats & Push Press (Superset)	4	8–10	75 sec rest
	Romanian Deadlifts & Bent Over Rows (Superset)	4	8–10	75 sec rest
	Bench Press & Pull-Ups (Superset)	3	8–10 / To failure	75 sec rest
	Walking Lunges & Dumbbell Shoulder Press (Superset)	3	12 per leg	60 sec rest
	Core Circuit: Med Ball Slams / Plank / Side Planks / Rollouts	3	45 sec per exercise	60 sec between circuits

DAY

2

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 1	Select drill	Higher intensity	Include short rests, more reps





Top Tip
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WEEK 3

Build Capacity: Push conditioning and gym sessions closer to football demands; increase speed, power, and endurance. Core and stability become more prominent.

Conditioning: 3–4 drills per week (Day 2, 4, 6 + optional Day 5 short drill), higher intensity

DAY

3

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Upper Body Strength + Trunk	Incline Bench Press & Bent Over Rows (Superset)	3	10–12	75 sec rest
	Dumbbell Shoulder Press & Throat Pulls (Superset)	3	10–12	75 sec rest
	Single Arm Landmine Press & Tricep Dips (Superset)	3	10–12	60 sec rest
	Barbell Bicep Curls & Upright Rows (Superset)	3	10–12	60 sec rest
	Core Circuit: Dead Bugs / Hollow Hold / Oblique Twists / Ball Rollouts	3	45 sec per exercise	60 sec between circuits

DAY

4

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 2	Select drill	Higher intensity	Reduced recovery





Top Tip
Unsure of what these are?

Use YouTube to search and help guide you through each activity

WEEK 3

DAY

5

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Lower Body Strength + Power	Deadlifts & Box Jumps (Superset)	3	8–10	90 sec rest
	Split Squats & Barbell Hip Thrusts (Superset)	3	12 per leg	75 sec rest
	Goblet Squats & Step-Ups (Superset)	3	12–15	60 sec rest
	Pull-Ups	3	To failure	60 sec rest
	Core Finisher: Pallof Press / Glute Bridge	3	30–40 sec	60 sec rest

DAY

6

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill 3	Select drill	High intensity	Simulate repeat sprints

DAY

7

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Rest & Recovery	Walk / Swim / Bike	1	20–30 min	Optional mobility 15–20 min



WEEK 4



Top Tip
Unsure of what these are?

Use YouTube to search and help guide you through each activity

Consolidate & Freshen: Maintain strength, conditioning, and movement quality without pushing intensity. Sessions are controlled and repeatable, supporting rhythm, sharpness, and recovery so you arrive at pre-season feeling fresh, resilient, and ready to progress.

Conditioning: 3–4 controlled exposures across the week, focused on aerobic base, tempo, and light speed work — no maximal efforts, no fatigue chasing.

DAY

1

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill	Continuous run (Conversational pace)	15–20 min	Flat terrain only No pushing pace No hills

DAY

2

Focus	Exercise / Drill	Reps / Duration	Notes
Conditioning Drill	Tempo Intervals	6 × 2 min @ tempo 1 min walk/jog	Maintain repeatability without fatigue

DAY

3

Focus	Exercise / Drill	Sets	Reps / Duration	Notes
Upper Body Strength + Trunk	Incline Bench Press & Bent Over Rows (Superset)	3	10	75 sec rest
	Dumbbell Shoulder Press & Throat Pulls (Superset)	3	10	75 sec rest
	Single Arm Landmine Press & Tricep Dips (Superset)	3	10	60 sec rest
	Barbell Bicep Curls & Upright Rows (Superset)	3	10	60 sec rest
	Core Circuit: Dead Bugs / Hollow Hold / Oblique Twists / Ball Rollouts	3	45–50 sec	60 sec between circuits
Optional add-on	Bike (ONLY if player feels great)		5–10 min	flush post-gym





Top Tip
Unsure of what these are?

Use YouTube to search and help guide you through each activity

WEEK 4

DAY

4

Focus	Exercise / Drill	Reps / Duration	Sets	Notes
Conditioning Drill	Conditioning (Sharpness / CNS Primer)	6–8 × 60–80m strides	70–80% max speed Full walk-back recovery	Feel fast, elastic, confident But easy

DAY

5

Focus	Exercise / Drill	Reps / Duration	Sets	Notes
Full Body Strength + Core	Back Squats & Push Press (Superset)	4	8–10	75 sec rest
	Romanian Deadlifts & Bent Over Rows (Superset)	4	8–10	75 sec rest
	Bench Press & Pull-Ups (Superset)	3	8–10 / To failure	75 sec rest
	Walking Lunges & Dumbbell Shoulder Press (Superset)	3	12 per leg	60 sec rest
	Core Circuit: Med Ball Slams / Plank / Side Planks / Rollouts	3	45–50 sec per exercise	60 sec between circuits

- Keep **2 reps in reserve**
- Do NOT chase fatigue
- If bar speed slows → stop set



WEEK 4



Top Tip
Unsure of what these are?

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DAY

6

Focus	Exercise / Drill	Notes
Optional Flush / Recovery	Choose ONE: <ul style="list-style-type: none">• 10–15 min easy jog• OR bike / swim 20 min• OR long walk + mobility	Recovery, circulation, mental reset If legs feel flat → skip it entirely

DAY

7

Focus	Exercise / Drill
DAY OFF	Walk, stretch, switch off.

This programme is designed to take you through the off-season and into pre-season, building a strong physical base to return to football training in a very good position.

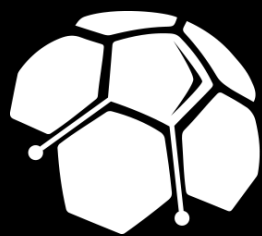
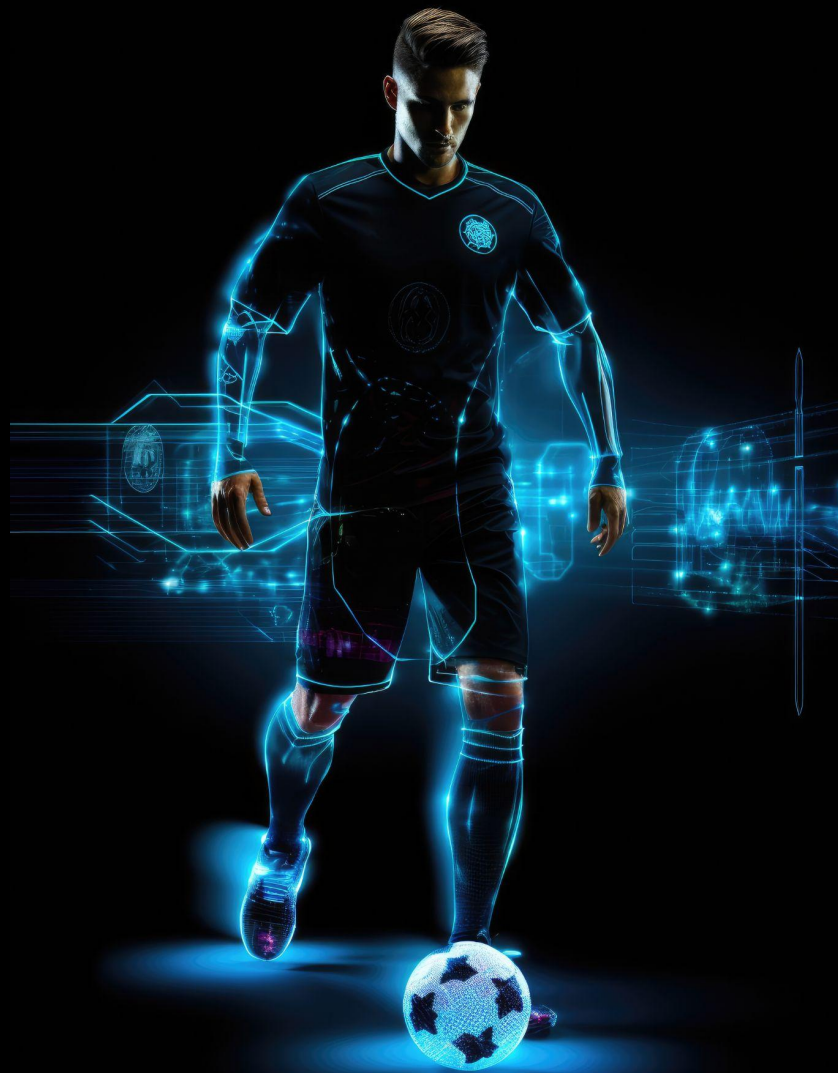
By following it consistently, you'll be better prepared to tolerate training loads, handle intensity, and reduce the risk of early-season injuries — putting you in a strong position compared to many who return underprepared.

During pre-season, I would recommend introducing structured plyometric sessions to develop explosiveness and prepare the body for high-speed football actions.

As the season begins, transition into the in-season plan to maintain strength and performance alongside matches.

We wish you all the best throughout the season.





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