

TRAIN LIKE A PRO WITHOUT TRAINING FULL-TIME

12-Week In-Season Program

The Non-League Network

OVERVIEW

This **3-session-per-week in-season program** is built specifically for non-league footballers. It removes unnecessary gym work and focuses purely on football-specific exercises that improve **speed, power, and resilience** — without leaving you fatigued on matchday.

- **No bodybuilding.**
- **No wasted sessions.**
- **Just work that transfers directly to the pitch.**

The program is designed to **support your football**, not compete with it, and fits seamlessly around your team training and match schedule.

Example Week:

Day	Session
Monday	Gym Session 1
Tuesday	Football Training
Wednesday	Gym Session 2
Thursday	Rest / Recovery
Friday	Primer Session (Match Prep)
Saturday	Matchday
Sunday	Rest / Recovery

Program Details

- **Warm-Up:** Every gym and primer session includes a mobility-focused warm-up to prepare your joints, muscles, and tendons for explosive movement. This helps you **stay mobile, recover well, and stay available** week after week.

- **Phase 1 (Weeks 1–6):** Repeat the same exercises throughout the phase. Track each session carefully and aim to **progress week-to-week** by increasing reps, load, or jump height, while staying within the prescribed rep ranges.

- **Phase 2 (Weeks 7–12):** Exercises change slightly, but the **session structure remains the same**. Continue to track and push for gradual progression each week.

PHASE 1 (Weeks 1-6)

(Foundations: Build reactive strength and stability)

Top Tip
Unsure of what these are?

Use YouTube to search and help guide you through each activity

DAY 1 — Gym Session 1 (Reactive Strength + Core)

Warm-Up: 5 min bike/row/light jog, hip openers 5 each side, adductor rock backs 6 each, walking hamstring sweeps 5 each, glute bridge march 6 each, mini-band lateral walks 8–10 steps, dead bug 20–30s

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Depth Reactive Jumps	Single	3	3	40s	Focus on landing mechanics
Lateral Plate Hops	Single	10s	3	60s	Fast lateral footwork
DB Push-Ups	Single	Until failure	3	60s	Keep trunk tight
Box Squat & Seated Box Jump	Superset	5–8 / 4	3	60–90s	Contrast strength + power
Side Plank with Banded Row	Single	8–10 each side	2	60–90s	Core + trunk rotation
Adductor Hip Raises	Single	4–10 each side	2	60s	Hip/adductor strength
DB Hammer Curls	Single	10–13	3	60s	Arm finisher

DAY 2 — Football Training



PHASE 1 (Weeks 1-6)

Top Tip
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DAY 3 Gym Session 2 (Unilateral + Plyometrics + Upper Body Power)

Warm-Up: Same and Day 1.

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Single-Leg Plate Hops	Single	10s each side	2	60s	Reactive single-leg power
Sprinter Jumps	Single	5 each leg	3	60s	Short acceleration mechanics
Kneeling Overhead Press	Single	8–12 each side	2	60s	Shoulder + trunk stability
Pull-Ups	Single	Until failure	3	60s	Upper body strength
Hanging Knee Raises	Single	Until failure	2	60s	Core / hip flexors
Barbell Hip Thrust & Triple Broad Jump	Superset	6–10 / 3	3	60–90s	Glutes and explosive lower body
DB Bench Press & Kneeling Push Throw	Superset	7–10 / 4	3	60s	Upper body + explosive push

DAY 4 Rest / Active Recovery

Mobility, yoga, light movement, foam rolling.



PHASE 1 (Weeks 1-6)

Top Tip
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DAY 5 — Primer / Match Prep

Warm-Up: 5 min bike/row/light jog, hip openers, hamstring sweeps, T-spine rotations, glute bridge march, pogos 2×8, optional snap downs

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Trap Bar Deadlift	Single	4–6	3	Full rest	Moderate load
Goblet Squat Box Jumps	Single	5	2	90s	Explosive, controlled
Lateral to Box Jump	Single	1 each side	4	40s	Focus on coordination
Lateral Med Ball Throw	Single	4 each side	2	90s	Rotational power
Kettlebell Plank Swaps	Single	6–12 each way	2	90s	Core activation

DAY 6 — Match Day

Full game, post-match recovery: ice, mobility, stretching, nutrition.

DAY 7 — Rest / Recovery

Light movement, yoga, mobility, sleep focus.



PHASE 2 (Weeks 7-12)

Top Tip
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(Progression: Increase intensity, unilateral & plyometric load)

DAY 1 — Gym Session 1 (Reactive & Lateral Power + Core)

Warm-Up: 5 min bike/row/light jog, hip openers 5 each side, adductor rock backs 6 each, walking hamstring sweeps 5 each, glute bridge march 6 each, mini-band lateral walks 8–10 steps, dead bug 20–30s, snap downs 2×3, low pogos 2×10

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Fast Feet Plate Hops	Single	10s	3	60s	Rapid foot turnover, focus on landing
Rear-Foot Elevated Lateral Plate Hops	Single	5 each side	2	60s	Lateral single-leg power
Bulgarian Split Squat	Single	6–10 each side	2	Full rest	Lower body unilateral strength
Strict Dips	Single	5–9	3	Full rest	Upper body pressing
Nordic Hamstring Curls	Single	3–5	3	Full rest	Hamstring strength and injury prevention
Single-Arm Dumbbell Row	Single	8–12 each side	3	90s	Upper back and trunk stability
Kneeling Pallof Press	Single	8–12 each way	2	60s	Core anti-rotation

DAY 2 — Football Training



PHASE 2 (Weeks 7-12)

Top Tip
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DAY 3 — Gym Session 2 (Unilateral + Plyometrics + Upper Body Power)

Warm-Up: Same and Day 1.

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Pallof Switches	Single	5 each way	2	60s	Core anti-rotation with movement
Linear Pogos	Single	10m	3	30s	Quick reactive ankle/knee work
Single-Leg Step-Up	Single	5–7 each side	3	90s	Hip/glute strength
Chest-Supported Row	Single	8–12	3	90s	Upper back strength
DB Bench Press & Lying Med Ball Push Throws	Superset	6–9 / 4	3	60s	Upper body strength + explosive push
Hamstring Bench Isometric	Single	Max hold each side	2	60s	Hamstring endurance and injury prevention
Copenhagen Plank	Single	Max hold each side	1	60s	Adductor and core stability

DAY 4 — Rest / Active Recovery

Mobility, yoga, light movement, foam rolling, sleep



PHASE 2 (Weeks 7-12)

Top Tip
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DAY 5 — Primer / Match Prep

Warm-Up: 5 min bike/row/light jog, hip openers, hamstring sweeps, T-spine rotations, glute bridge march, pogos 2×8, optional snap downs

Exercise	Set Type	Reps / Duration	Sets	Rest	Notes
Trap Bar Jumps	Single	4	3	60s	Explosive lower body focus
Plyometric Push-Ups	Single	10s	3	90s	Upper body explosive power
Seated Box Jumps	Single	4	3	60s	Jump height and landing control
Rear-Foot Elevated Sprinter Jumps	Single	4 each side	2	90s	Single-leg sprint take-off mechanics
Kettlebell Deadbugs	Single	5–7 each side	2	60s	Core anti-extension / trunk stability

DAY 6 — Match Day

Full game, post-match recovery: ice, mobility, stretching, nutrition.

DAY 7 — Rest / Recovery

Light movement, yoga, mobility, sleep focus.



SUMMARY

Moving Forward – Plan Completion & Pro Tips

Now that you've completed the 12-week in-season plan, you have a couple of options moving forward. You can take a **deload week**, using our plyometric sessions to maintain speed, power, and coordination while reducing overall load. Alternatively, you can **restart the plan** and reduce the weights for a deload week, keeping the movement patterns and intensity while allowing your body to recover.

This plan is designed to be **sustainable and adaptable** — you can continue to use it throughout the season to maintain strength, explosiveness, and injury resilience. Track your progress, pay attention to recovery, and focus on **quality over quantity**: the goal is to stay strong, sharp, and available for every session and match.

Pro Tips – Make This Plan Work for You

- **Track Everything:** Record weights, reps, jump heights, and sets. This is how you measure progress and stay in control of your training load.
- **Prioritise Recovery:** Sleep, mobility, stretching, and ice baths are part of your training, not optional extras.
- **Explosive Technique First:** For all plyometrics and contrast exercises, quality of movement comes before volume or load. Land softly, stay controlled, and produce power efficiently.
- **Adjust Load, Not Form:** If a weight feels too heavy, drop it rather than sacrificing technique. Injuries happen when form breaks down.
- **Warm-Up is Key:** Never skip the warm-up — your joints, tendons, and muscles need to be prepared for high-intensity and explosive movements.
- **Listen to Your Body:** Fatigue, soreness, or niggles are signals. Use the deload options if needed rather than pushing through every session.
- **Consistency Wins:** Non-league schedules can be unpredictable — aim to hit the key sessions (gym, primer, match prep) every week. Adapt around life and training, but don't skip the core sessions.
- **Use Deload Weeks Wisely:** Treat deloads as an opportunity to sharpen speed, power, and movement mechanics without heavy loads.



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