

BASIC ENDURANCE



Basic endurance training delivers what its name promises: it forms the basis for your performance by preparing your cardiovascular and musculoskeletal system for the stress of a football match. This allows you to maintain your performance over a long period of time, regenerate more quickly and avoid overuse injuries.

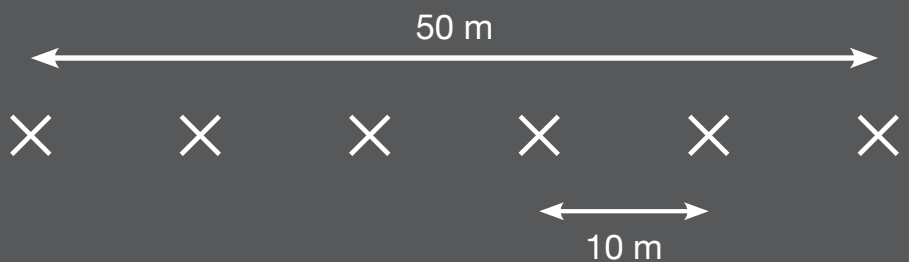


SET UP

You mark a track 50 metres from the starting point with five cones, each 10 metres apart.

EXERCISE:

4x4 Minute Line Runs



HOW TO DO IT

The exercise works according to the following principle: four minutes of exertion, three minutes of recovery. During the four minutes of exertion, you run at a steady speed from the starting point to a cone of your choice and back to the starting point. The three-minute break is spent at a relaxed trot around the course. Repeat this alternation of load and rest four times.

” I think line runs are ideal because the combination of intervals and changes of direction is very close to the match. Football does not work like an endurance run in the forest. “

Maurice Mülder - Athletics trainer, Bayer 04 Leverkusen

IMPORTANT

Make sure you run all intervals at the same speed. Do not push yourself to the limit - about 90% of your maximum capacity is ideal. This means: If you could run 1.000 metres within the four minutes, you'll run 900 metres.

VARIATIONS

Exercise set-up: Complete the 4x4 minute runs in the forest or on the tartan track. **Duration:** Depending on your performance level, you can increase the number of intervals and run for 6x4 minutes, for example. **Distance:** Set yourself a target distance that you want to cover during the four minutes - this can be controlled particularly well on the tartan track.