



Sports Training System

The STS gives you access week by week to more content. It is designed so that you learn an exercise and then practice it before the more difficult exercises appear.

Having access all at once would be overwhelming and also tempting to jump further ahead before your body is ready.

Modules 1-4 Building the foundation. How to get started, assessing where you are, effective warm ups, planning your week, dealing with change. Foundation strength exercises.

Modules 5-8: Structural Integrity. How to fit it all in, hip exercises, how to prevent knee injuries, circuits to build strength, reassessment and tips on how to improve movement.

Modules 9-13: Introduction to Running and nutrition. Introduction to running with specific drills and exercises to help you run faster. Beginners running programme. Nutrition diaries and plans to get you started. How to use technology in training.

Modules 14-17: Supple and strong. Common stretching myths, stretching routines. Why you need to be strong for sport, home gym equipment, strength exercises.

Modules 18-22 Agile and rested. Agility progressions and unique drills: braking, lateral, footwork, programmed and un programmed. The importance of sleep and regeneration. How to get a good night's sleep.

Modules 23-25 Improved running technique. Building on earlier module, looking more at speed training. How to start pre-season training. Bullet proof athletes, key exercises.

Modules 26-28: Applying strength. Dumbbell complexes and how to apply the strength in your sport. Weights planner. 10 step guide to goal setting.

Modules 29-30: Gymnastics. Introduction to basic gymnastics exercises and how to apply them in your sport.

Modules 31-33: Planning your week. How to fit everything in, sample plans and templates for individual and team sports.. Advanced skipping tips, field warm ups, core pillars.

Modules 34-36 Eating for performance and “core” training. Why you need to get rid of the plank. Core pillars, Eating for performance guide, podcast and bonus 48 minute video discussion.

Modules 37- 39: Intermediate running. More specific exercises, and intermediate running programme, introduction to running specific weights exercises. Recovery tips.

Modules 40- 42 Intermediate strength. Dumbbell complexes, session planners, 5 sample strength sessions. How to change habits, Checklists.

Modules 43-44 Hydration and lateral agility. Emphasis on lateral agility and playing low to the ground. 5 day agility programme to implement. Top 10 Hydration tips.

Module 45: Dumbbell week. Final series of dumbbell exercises and detailed tips on how to perform the exercises.

Modules 46-49: Mobility and advanced agility. Dynamic turns and cuts on the field. How to test and measure agility. The 4 cornerstones of training. How to evaluate competition performance. Back and shoulder mobility.

Modules 50-53: Strength and evaluation. Key barbell exercises and how to start them. Two guides to making your own home exercise kit. Guide to supplements. Evaluation one year on after the programme has started.