

Program Design Recommendations for Increasing Muscle Size. (Hypertrophy)

Football (Soccer)

In relation to our own weight training, we use the below guidelines based mainly on recommendations of the American College of Sports Medicine, and our knowledge and experience in football (Soccer).

Explanation of Terms

Reps or Repetitions ----- The number of each exercise you should do one after the other without a rest. The total in one go is usually known as a set.

Sets ----- A number of exercises, all the same, done in one go.

RM or Repetition Max --- The maximum weight you can lift, with good technique and form in one go.

Concentric Movements-- Exercises that involve the muscle getting shorter, whilst under load. E.g. raising the weight in a bicep Curl.

Eccentric Movements ---- Exercises that involve the muscle getting longer, whilst under load. E.g. lowering the weight in a bicep Curl

Weights Reps & Sets.

For Beginners & Intermediate Individuals

70–85% of 1 RM for 8–12 repetitions per set for one to three sets per exercise

For Advanced Individuals

70–100% of 1 RM be used for 1–12 repetitions per set for three to six sets per exercise.

Vary the Reps and Sets over a 6 Week Period

E.g. Spend 4 weeks doing sets of 6 – 12 reps and 2 weeks doing sets of 1-6 reps.

Timings & Rest Periods.

- 1) Leave 30 seconds between each set of exercises.
- 2) Plan your session so it's completed within 45 minutes to an hour each time.
- 3) Leave a minimum of 48 hours before hitting the same muscle or muscle group again.

Exercise selection and order.

When training multiple muscle groups in a workout try and follow the suggestions below:

- 1) Do your large muscle group exercises before your small muscle group exercises.
- 2) Do your multiple-joint exercises before your single joint exercises.
- 3) Do your higher intensity exercises before your lower intensity exercises.

Speed of Repetitions.

Muscles have fibres that react quickly and slowly. The nature of the game of football requires you to maintain your agility, speed and quickness. Having large muscles with a high percentage of trained slow type muscle fibres is not likely to achieve this! It is recommended that you carry out all your exercises at a moderate to high rate and concentrate on explosive moves. By doing the exercises in this manner you should maintain your speed and quickness but it means the muscles may not grow as quickly!

Other Stuff & Tips

If you are ABLE to continue lifting in excess of the repetitions and sets for any muscle group the weight you are using is probably too LIGHT.

If you are UNABLE to continue lifting in excess of the repetitions and sets for any muscle group the weight you are using is probably too HEAVY.

Check out <http://www.exrx.net/Calculators/OneRepMax.html> for more ways of calculating rep max

After each session immediately consume 40 grams of WHEY protein, before showering, getting changed or leaving the gym.

We source out Protein from www.myprotein.com and use Impact Whey Protein. There is a link on our web site to take you directly to the type we use.

For more advice or a personalised program we can be contacted at enquires@PhizBiz.com or via our web site at www.PhizBiz.com

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