Open to all, pre-season training is two weeks of quality, fun training to get you back into the groove.

- Improve strength, power, speed and agility
- Improve cardio vascular performance
- Strength and power weightlifting
- Nutrition for performance seminars (Team GB Nutritionist, Martin MacDonald)
- Sport Psychology seminars (Fulham FC Sports Psychologist, Danny Holmes)
- Coach led pool recovery and rehab sessions
- Free sports massage

For more information, please contact the Active Lifestyles Team at actlife@imperial.ac.uk or 020 7594 8957
Pre-Season Training Information Sheet

Training

Be prepared to train hard:

- Ensure you have had a good breakfast and bring a packed lunch or money to buy lunch.
- Bring water with you. Some sessions are in Hyde Park with limited facilities.
- Bring asthma medication with you. You are responsible for your own health.

Clothing and footwear

Ensure you have the correct clothing and footwear:

- Trainers or boots, shorts, t-shirt and tracksuit top or jumper for cool down.
- Bring a change of training clothing, there are 2 sessions in the day and a change of clothes will make things a lot more comfortable.
- The pool recovery sessions require you bring swim wear and a towel.
- The pool recovery sessions include an ice bath; bring flip-flops or socks to wear in the ice bath.

What to expect

- Expect to have FUN. We aim to keep the sessions interactive and fun as well as informative and technical.
- Sessions will fall into 5 categories: strength, speed and agility, recovery and knowledge based sessions. We aim to show you the latest techniques in performance training to help you create your own programme.
- Strength sessions will be primarily in the gym. We will be showing you strength based techniques that are key to improving speed and body composition.
- Speed and agility sessions will be running based sessions in Hyde Park. These will aim to improve your sprinting technique and change of direction skills, therefore making you faster in a straight line and in game play.
- Recovery sessions will be based in the pool and sports hall. These will aim to reduce exercise related soreness, enabling you to get the most out of the other sessions.
- Knowledge based sessions will aim to improve your knowledge of sports nutrition, mental preparation for sports performance and putting together an effective training plan.
## The Programme

<table>
<thead>
<tr>
<th>Group 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<td>17th</td>
<td>18th</td>
<td>19th</td>
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<td>26th</td>
<td>27th</td>
<td>28th</td>
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<tr>
<td>Session 1</td>
<td>10am-12noon</td>
<td>Intro Screening</td>
<td>Agility deceleration</td>
<td>CV 4x4</td>
<td>Agility COD</td>
<td>Strength</td>
<td>Anerobic Long Sprints</td>
<td>Strength</td>
<td>Anerobic Short Sprints</td>
<td>Agility Speed</td>
<td>Power</td>
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<tr>
<td>Session 2</td>
<td>2pm - 4pm</td>
<td>Strength</td>
<td>Seminars Nutrition</td>
<td>Strength</td>
<td>Recovery CV Pool 4x4</td>
<td></td>
<td>Agility Speed</td>
<td>Seminar 2 Nutrition</td>
<td>Strength / Power Complex 3 - 5 reps</td>
<td>Recovery Pool Contrast</td>
<td>Anerobic Short Sprints</td>
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<td>Lunch</td>
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<tr>
<th>Venue</th>
<th>OUTDOOR</th>
<th>GYM</th>
<th>POOL</th>
<th>LECTURE</th>
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</thead>
<tbody>
<tr>
<td>You need to bring</td>
<td>Trainers</td>
<td>work out clothes</td>
<td>swim wear</td>
<td>casual clothes</td>
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<tr>
<td></td>
<td>workout cloth to suit weather</td>
<td>trainers</td>
<td>towel el change of clothes for afterw ards</td>
<td>pens</td>
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<tr>
<td></td>
<td>or weight lifting shoes if you have them</td>
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<td>paper</td>
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**NB:** Participants will be split into 4 groups. Each group will do exactly the same sessions, however the order may change.

## What We Expect

- We expect participants to do their best to improve and have **FUN**!
- Show the coaches and other participants respect by turning up on time – ready to train.
- Tell the strength and conditioning coaches if you have any medical/ physical conditions that may affect your performance. (e.g. Asthma). This information will be held in strict confidence.
- You will need to fill out a HCS form before you participate in Pre-Season Training.
- Bring the correct clothing. See the key in the Programme section of this document.
- Ask questions, all of the coaches are very knowledgeable and will be happy to answer your queries.
Guest Speakers

Team GB Nutritionist, Martin MacDonald

Martin MacDonald is one of the UKs leading applied nutritional scientists who both lectures, in Applied Nutrition, as well as working with a wide range of private clients through his consultancy Mac-Nutrition.com. Martin specialises in nutrition for optimal body composition and also sports performance; this has led to Martin being the nutritionist to celebrities such as Hannah Waterman and Clare Nasir in their amazing body transformations as well as being the lead performance nutritionist at Derby County Football Club and for British Weight Lifting. Martin has become known for his myth busting of common nutrition dogmas which makes listening to him speak all the more interesting.

Twitter: http://twitter.com/MacNutrition
Facebook: http://www.facebook.com/MacNutrition
Blog http://www.mac-nutrition.com/blogs

Fulham FC Sports Psychologist, Danny Holmes

Danny is a mental skills coach, who works with athlete's and teams in a dynamic and practical way to offer insight and tangible tools to take into their field of performance.

In his applied work, Danny currently works with Fulham FC where he delivers a mental skills training program in the Academy. Additional consulting this year has seen him work with Bristol Academy FC throughout their 2012 season in the Women's Super League and some Tennis & Badminton players based at the "Win" Academy at Bisham Abbey. Previous work has included spending time working as a mental conditioning coach at the IMG sports academy in Florida (which houses Bollettieri Tennis, Madden Football, Leadbetter Golf and the US U17 residency soccer program); working with Brunel University Men's Football and Rugby teams and Brighton Netball Club. Danny is also currently working towards a PhD in Sport Psychology, where his research is looking into sub-optimal performance under pressure, skill execution and the use of priming in sport.

Twitter: http://twitter.com/DHolmesPsych