Hytro

In Season Performance BFR

Prioritisation, Timing and Dose

FOOTBALL

	GD+1	GD+2	GD+3	GD+4	GD+5	GD+6	GAME DAY
INTENSITY	Low	Moderate	High	Moderate	Low	Low	High
FOOTBALL TRAINING	N/A	N/A	Installation Practice	Specific Practice	Final Preparation	Walk Through	Compete
RESISTANCE TRAINING	Lift	Personal Options	Main Lift	Supplementary Lift	N/A	Rest	N/A
CONDITIONING TRAINING	N/A	Personal Options	Individual Needs	Individual Needs	Individual Needs	Rest	N/A
	BFR PERFORMANCE OPPORTUNITIES						
Preparation BFR Used prior to exercise to optimise performance			**Preparation BFR - Individualised options** 1) Performance Optimisation - BFR Added to functional exercises to optimise preparation from the perspective of type II fibre recruitment - 1x15min round 2) Pain Relief - BFR used passively for joint pain or muscle soreness alleviation to enable players to move more freely and without apprehension - 3x5mins - 2mins flush Why? Used to optimise the brief periods of preparation players have prior to heading to the Soccer field, with each player needing to manage their preparation in different ways.		**Prioritise individual preferences prior to game**	
BFR Training Used as a modality to drive neuromuscular or structural adaptations	**BFR Resistance Training** Ancillary exercises after main strength exercises 3-5x15 reps occluded: 30s rest btw sets Why? To reduce neuromuscular fatigue associated with traditional ancillary exercises			**BFR Resistance Training** 3-5 main supplementary exercise 3-5x15 reps occluded: 30s rest btw sets Why? Used to optimise the lifting opportunity within a period of accumulated load and potential body soreness, as opposed to avoiding lifting			
BFR Conditioning Used as a metabolic stimulus to drive central peripheral adaptations			**BFR Conditioning - Individualised options** Aerobic & Central Adaptation focused - LISS Treadmill walking - Total Occlusion time 15mins steady state or Anaerobic & Peripheral Adaptation focused - HIIT Cycling - 2:1 W:R -Total Occlusion time approx. 12-16mins 4x4mins @ 40% effort - 2mins flush Why? Used to create metabolic adaptations that aren't created from football practice alone, but don't risk fatigue for players. Aerobic system development is critical for PCr replenishment between high intensity efforts crucial for in game performance			
Recovery BFR Used after training or competition to speed up the recovery process	**Passive BFR Recovery @ Home** Passive BFR - 3x5mins strapped in with 2mins flush btw sets. Why? Limited equipment and passive protocol can still promote hormonal responses that enable faster recovery	**Personal Choice** 1) Passive Recovery 2) Hytro Recovery BFR Walk 3) Hytro Bike Flush Why? To remove metabolite build up/waste products prior to 3 days consecutive training.				**Passive BFR Recovery @ Home** Passive BFR - 3x5mins strapped in with 2mins flush btw sets. Why? Limited equipment and passive protocol can still promote hormonal responses that enable faster recovery	**Passive BFR or Ice Bath + BFR** **- Post game, for those with high collisions** Passive BFR - 3x5mins strapped in with 2mins flush btw sets. Why? To promote hormonal responses that enable faster recovery and remove metabolites