



	MD-6	MD-5	MD-4	MD-3	MD-2	MD-1	GAME
INTENSITY	Rest Day	Low	Moderate	HIGH	Rest Day	Low + Post training plane Travel	HIGH + Post Game Plane Travel
SOCCER TRAINING	N/A	Restart/Installation - Small Spaces	Intensive - small sided games	Extensive - large sided games	N/A		Compete
RESISTANCE TRAINING	N/A	Upper Body Strength	Lower Body Strength & Power	Functional Strength Top Ups	N/A		N/A
CONDITIONING TRAINING	N/A	Non Starters Top Ups	N/A	Non Starters Top Ups	N/A		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 3-5x15reps occluded: 30s rest btw sets Why? To increase tissue capacity, reduce neuromuscular fatigue associated with traditional ancillary exercises.	BFR Resistance Training: TOP UPS e.g. - Priority exercises for hamstring and calf 1x30reps + 3x15reps - 30s btw sets Why? To promote structural changes that enhance functional capacity of tissue, at reduced loads and minimal neuromuscular fatigue.			
BFR Conditioning Used as a metabolic stimulus to drive central peripheral adaptations		BFR Conditioning : HIIT Cycling - 2:1 W:R Total Occlusion time approx. 12-16mins 5x3mins @ 40% effort - 2mins flush Why? To create peripheral adaptation associated with high intensity exercise, at lower cost for players who've had lower training exposure from being non starters.					
Recovery BFR Used after training or competition to speed up the recovery process	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.		Hytro Bike Flush 3x5mins @ 90rpm (1-1.5 w/kg) with 2mins unstrapped flush in btw sets. Why? To combine movement with occlusion to accelerate metabolite clearance, enhance oxygen delivery and optimise recovery prior to the main day training 18-24hrs later.		Hytro Recovery Walk 3x5mins active recovery walk at home, with 2mins flush btw sets. Why? To promote hormonal responses that enable faster recovery.	Hytro Flight Recovery Passive BFR - 3x5mins strapped in with 2mins flush btw sets. Why? Short bouts of passive BFR during flights stimulate blood flow and venous return, helping reduce lower-leg stiffness, swelling, and poor circulation from prolonged sitting.	Hytro Flight Recovery Passive BFR - 3x5mins strapped in with 2mins flush btw sets. Why? Short bouts of passive BFR during flights stimulate blood flow and venous return, helping reduce lower-leg stiffness, swelling, and poor circulation from prolonged sitting.