

Content

Introduction	13
Basic Physiology of Football	17
Oxygen transport	22
Energy production	32
Energy stores (substrates)	34
Temperature regulation	34
Muscle function	37
Summary	53
Physical Demands of Football	55
Match analysis	57
Physiological measurements during match-play	71
Muscular strength and coordination (technique)	76
Summary	77
Performance Testing	79
Reasons for testing	81
Fitness tests	81
When to test	97
Summary	99
Fitness Training	101
Types of fitness training	105
Training methods	108
Individual training	109
Training of young players	110
Fitness training for female players	112
Summary	113

The Training Session	115
Warm-up	117
Recovery activities	125
Monitoring heart rate during training	130
Training drills	135
Summary	140
Aerobic Training	141
Aims	143
Effects	143
Types of aerobic training	144
Recovery training	144
Aerobic low-intensity training	152
Aerobic high-intensity training	160
Summary	184
Anaerobic Training	185
Aims	187
Effects	187
Types of anaerobic training	187
Speed training	188
Speed endurance training	198
Summary	221
Specific Muscle Training	223
Application to football	225
Muscle strength training	228
Muscle endurance training	262
Summary	269

Planning the Season	271
General fitness training	273
Specific muscle training	294
Summary	297
Nutrition	299
Muscle glycogen utilization during football	301
Diet and intermittent exercise performance	302
Replenishment of muscle glycogen stores	306
Practical applications	309
What should a football player eat	310
Changing dietary habits	315
Meal times during the week	315
The match-day meal	315
Summary	317
Fluid Intake	319
What to drink	322
How much to drink	326
When to drink	327
Summary	329
Word index	331
References and further reading	335