

# Linked Pre-Season Program 2016/17



The Linked Pre-Season is specifically designed for those stepping up to under 15's, 16's or 17's for the 2017 season. The program has been created to help footballers who want break tackles, keep their feet in a contest and run out their games with power and endurance next season.

The program will focus on:

- building power and strength for all parts of the body: legs, core and upper body
- Explosive speed and running development
- X-training sessions
- Fitness and strength testing (pre and post program)
- Summer Duathlon (run/swim/run)
- Nutritional guidance and recipes (football specific)

Training Times:

Thurs: 4:30-5:30pm - Outdoors

Sat: 11:15am-12:00pm - Linked Studio

Dates:

Dec 1st - Dec 22nd 2016

Feb 2nd - Mar 9th 2017

Cost:

\$260 per player

Limited places available!

Register at [www.thelinkedstudio.com.au/events](http://www.thelinkedstudio.com.au/events)

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TRAINING + NUTRITION