OPC PERFORMANCE PROGRAM

CONDITIONING PROGRAM

FIT FOR THE FULL 90 MINUTES

Want to keep producing intense actions late in the match? This programme provides additional conditioning alongside football training and matches.

WHAT DO YOU WANT TO ACHIEVE?

First build your aerobic base, then improve your ability to maintain a high pace, increase your maximum aerobic power and develop the capacity to repeat intense actions. Your conditioning improves step by step.

FOUR PHASES. ONE CLEAR GOAL.

PHASE 1	PHASE 2	PHASE 3	PHASE 4
AEROBIC BASE	LACTATE THRESHOLD	VO2MAX	ANAEROBIC

Each phase lasts 4, 6 or 8 weeks, depending on your plan.

CHOOSE YOUR PROGRAMME

16 WEEKS
4 weeks per phase

€220 / 4 weeks

Total €880

24 WEEKS
6 weeks per phase

€210 / 4 weeks

Total €1,260

32 WEEKS
8 weeks per phase

€200 / 4 weeks

Total €1,600

Prices include VAT. Billed every 4 weeks. Longer programmes have a lower rate per period.

THE FOUR TRAINING PHASES

PHASES 1 + 2

All four phases stay the same. Their duration depends on your chosen programme length.

01 AEROBIC BASE

Longer, easy efforts

GOAL
Build endurance to stay active for longer and recover between efforts.

TRAINING
Steady endurance work at an easy, sustainable pace.

WHAT DO YOU DEVELOP?
The ability to sustain aerobic energy production over time.

WHY THIS PHASE?
A stronger aerobic base supports recovery between hard efforts.

02 LACTATE THRESHOLD

Maintain a faster pace for longer

GOAL
Learn to sustain a demanding pace without fading too quickly.

TRAINING
Longer intervals at a hard but manageable intensity.

WHAT DO YOU DEVELOP?
The ability to sustain higher-intensity movement for longer.

WHY THIS PHASE?
Improve your capacity during prolonged passages of faster play.

THE FOUR TRAINING PHASES

PHASES 3 + 4

All four phases stay the same. Their duration depends on your chosen programme length.

03 MAXIMUM AEROBIC POWER

VO2max · Shorter, harder intervals

GOAL
Increase how much oxygen your body can use during hard efforts.

TRAINING
Shorter, more intense intervals than threshold work, with recovery.

WHAT DO YOU DEVELOP?
Greater aerobic capacity for demanding efforts.

WHY THIS PHASE?
Build the engine needed when the pace of play increases.

04 ANAEROBIC CAPACITY

Repeat intense actions more often

GOAL
Develop the capacity to repeat very intense, short efforts.

TRAINING
Short, demanding intervals with a planned work-to-rest ratio.

WHAT DO YOU DEVELOP?
Greater capacity for repeated hard efforts with limited recovery.

WHY THIS PHASE?
Prepare for the most physically demanding phases of a match.

WHY THIS APPROACH?

STAY EFFECTIVE THROUGHOUT THE MATCH

A match combines easier periods, running and repeated high intensity. Your fitness needs to support it all, especially in the final minutes.

HOW DOES IT HELP ON THE PITCH?

01

AEROBIC BASE & RECOVERY

A stronger aerobic base supports recovery between demanding actions and training sessions.

02

MAINTAIN A HIGH PACE FOR LONGER

Threshold work and maximum aerobic training help you tolerate a higher pace for longer.

03

REPEAT HIGH-INTENSITY ACTIONS

In the final phase, you build the capacity to repeat demanding efforts as fatigue builds.

BUILT AROUND YOUR FOOTBALL WEEK

This programme adds conditioning only, not strength or plyometrics. Training loads are aligned with your team sessions and matches to avoid unnecessary extra fatigue.

YOUR PROGRAMME

YOUR JOURNEY IN FOUR PHASES

One clear goal, with 4, 6 or 8 weeks per phase. Choose how much time you want to build up.

16 WEEKS

€220 / 4 weeks · €880 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
Weeks 1–4	Weeks 5–8	Weeks 9–12	Weeks 13–16

24 WEEKS

€210 / 4 weeks · €1,260 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
Weeks 1–6	Weeks 7–12	Weeks 13–18	Weeks 19–24

32 WEEKS

€200 / 4 weeks · €1,600 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
Weeks 1–8	Weeks 9–16	Weeks 17–24	Weeks 25–32

WHAT YOU GET WITH THE PERFORMANCE ACADEMY

- Personal Performance Baseline and app plan with exercises, sets, reps and videos.
- Weekly check-ins and direct coach contact through the app.
- Adjustments based on progress, recovery, football training and matches.

These are training priorities. Your plan is tailored to you; results cannot be guaranteed.