OPC PERFORMANCE PROGRAM

STRENGTH PROGRAM

STRONGER IN PHYSICAL DUELS

Want to stand your ground and hold up better in physical duels? With full-body strength and core training, you build strength with purpose.

WHAT DO YOU WANT TO ACHIEVE?

Strong legs and hips help you hold your position. A stronger upper body supports pushing, pulling and shielding the ball. Targeted core training helps you stay in control, even when an opponent puts you under pressure.

FOUR PHASES. ONE CLEAR GOAL.

PHASE 1	PHASE 2	PHASE 3	PHASE 4
MUSCLE MASS	SUBMAX. STRENGTH	MAX. STRENGTH	EXPLOSIVENESS

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 MUSCLE MASS & BASE STRENGTH

Full-body · Core: isometric

GOAL
Build muscle mass and lay the groundwork for greater strength.

STRENGTH
Train your legs, hips, chest, back and shoulders.

CORE
Isometric: hold your trunk steady without moving.

WHY THIS PHASE?
More muscle and control prepare you for heavier training.

02 SUBMAXIMAL STRENGTH

Full-body · Core: slow and light

GOAL
Build strength using progressively heavier, controlled loads.

STRENGTH
Gradually increase loads in your main full-body lifts.

CORE
Dynamic: move your trunk slowly against light resistance.

WHY THIS PHASE?
Develop strength while staying in control as you move.

THE FOUR TRAINING PHASES

PHASES 3 + 4

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

03 MAXIMAL STRENGTH

Full-body · Core: slow and heavy

GOAL
Increase the maximum force your whole body can produce.

STRENGTH
Focus on heavier movements for your upper and lower body.

CORE
Dynamic: move your trunk slowly against heavy resistance.

WHY THIS PHASE?
A greater strength reserve helps you withstand physical contact.

04 EXPLOSIVE STRENGTH

Full-body · Core: explosive

GOAL
Learn to apply your strength faster and more powerfully.

STRENGTH
Explosive strength work while maintaining maximum strength.

CORE
Explosive core work: produce or absorb force quickly.

WHY THIS PHASE?
Use your available strength faster during physical actions.

WHY THIS APPROACH?

STRONGER IN PHYSICAL DUELS

Physical duels require strong legs, a powerful upper body and good trunk control. A structured approach develops these qualities.

HOW DOES IT HELP ON THE PITCH?

01

STRONGER LEGS AND HIPS

More leg and hip strength can help you hold your position, push off and handle an opponent's resistance.

02

STRONGER UPPER BODY

Strength in your chest, back, shoulders and arms supports pushing, pulling and shielding during contact.

03

GREATER STRENGTH & CORE CONTROL

Progress from steady core bracing to controlled movement and explosive force production at your own level.

FOCUS ON STRENGTH

This programme includes full-body strength and targeted core training, without plyometrics or separate sprint or conditioning sessions. Loads fit your football training and matches.

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.