



## YO-YO BASED TRAINING EXERCISES

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WE CARE ABOUT FOOTBALL

### Yo-Yo based training exercises

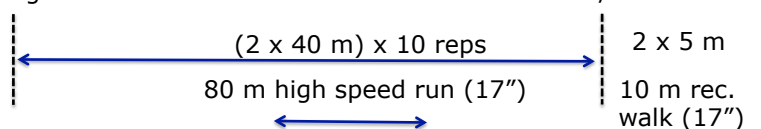
#### Yo-Yo based exercise 1

##### Set 1:

- 2 x 40 m (40 m-turn-40 m) in 17"
- 17" recovery walk (10 m)
- 10 reps in total
- 2' recovery between sets

Turning line

Start/Finish line

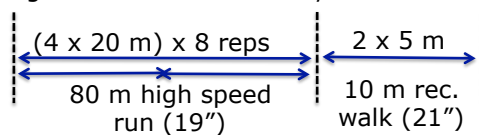


##### Set 2:

- 4 x 20 m (20 m-turn-20 m-turn-20 m-turn-20 m) in 19"
- 19" recovery walk (10 m)
- 8 reps in total
- 2' recovery between sets

Turning line

Start/Finish line

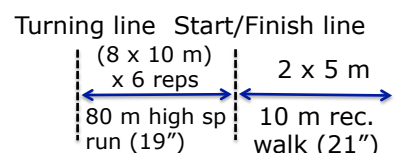


## Yo-Yo based training exercises

### Yo-Yo based exercise 1

#### Set 3:

- 8 x 10 m (10 m – turn – 10 m – turn – 10 m – ...) in 21"
- 21" recovery walk (10 m)
- 6 reps in total
- 2' recovery

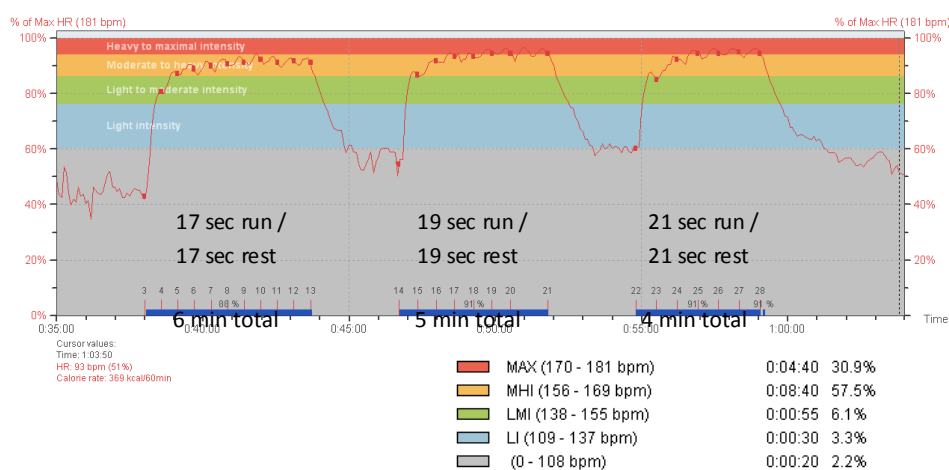


- All together, this exercise takes 21' (6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).
- 1920 m of high-intensity running, 240 m walking, 72 turns in total.

## Yo-Yo based training exercises

### Yo-Yo based exercise 1

10 X (2X40m), 8 X (4X20m), 6 X (8X10m)

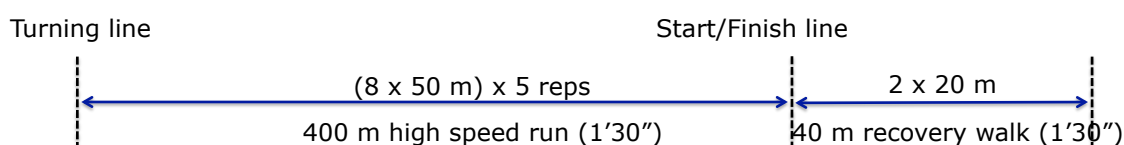


- All together, this exercise takes 21' (6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).
- 1920 m of high-intensity running, 240 m walking, 72 turns in total.

## Yo-Yo based training exercises

### Yo-Yo based exercise 2

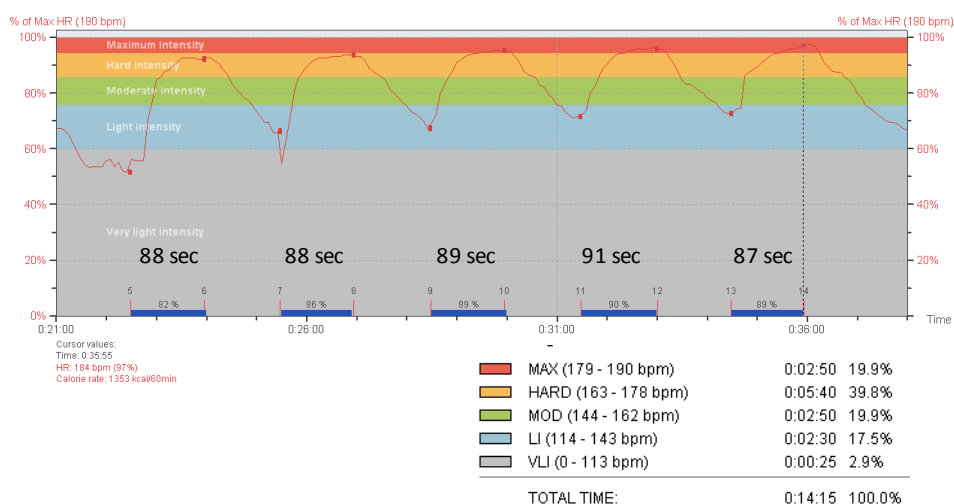
- 8 shuttles of 50 m (50 m – turn - 50 m – turn -...8 x) in 1'30"
- 1'30" recovery walk (40 m)
- 5 reps in total



- All together, this exercise takes 15'
- 2000 m of high-intensity running, 200 m walking, 35 turns in total

## Yo-Yo based training exercises

### Yo-Yo based exercise 2 5 X 400 (8X50m shuttles)

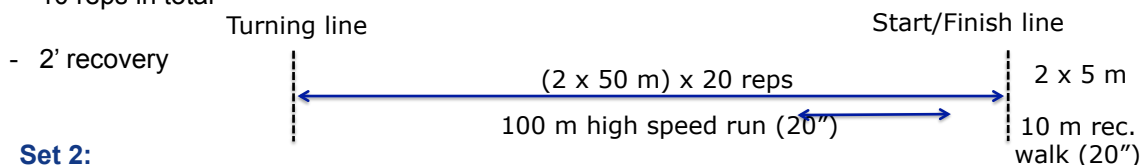


## Yo-Yo based training exercises

### Yo-Yo based exercise 3

#### Set 1:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total



#### Set 2:

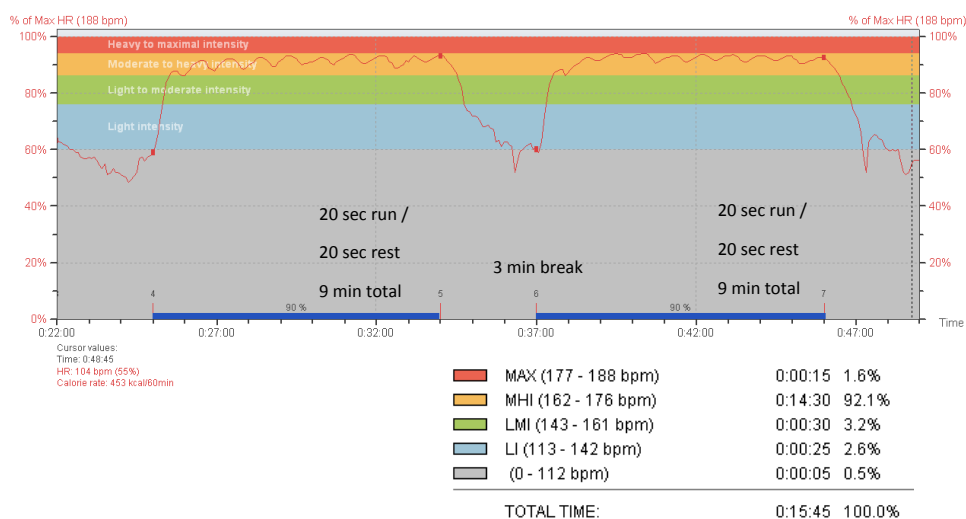
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- All together, this exercise takes 15'20"

- 2000 m of high-intensity running, 200 m walking, 20 turns in total

## Yo-Yo based training exercises

### Yo-Yo based exercise 3 2 X 10 X (2 X 50m shuttles)



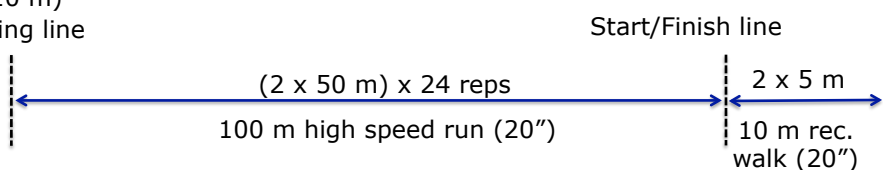
## Yo-Yo based training exercises

### Yo-Yo based exercise 4: variation on exercise 3: 2 x 12 in stead of 2 x 10

#### Set 1:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 12 reps in total Turning line

- 2' recovery



#### Set 2:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 12 reps in total

- All together, this exercise takes 18'

- 2400 m of high-intensity running, 240 m walking, 24 turns in total

## Yo-Yo based training exercises

### Yo-Yo based exercise 5 that is also quite challenging:

#### Set 1:

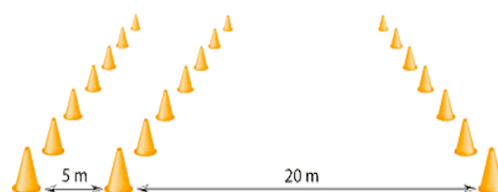
- Start with levels 15, 16 and 17 (takes 7:30), 2 min rest
- Just start the mp3 file of the beep test at 6'45"

#### Set 2:

- Repeat levels 16 and 17 (takes 5 minutes), 2 min rest
- Just start the mp3 file of the beep test at 9'22"

#### Set 3:

- repeat level 16 (takes 2:30), 2 min rest
- Just start the mp3 file of the beep test at 9'22"
- Take care to turn alternatively on your L and R foot/shoulder!
- Do this exercise by preference on natural grass rather than indoor.
- This exercise takes 21 min in total.



## Yo-Yo based training exercises

