



The Footballer's Strength Blueprint

How we plan strength for football: what
to train, when to train it and how hard.

Founding member edition

Why footballers lift

Sprints, jumps and duels all start with force into the ground. You push off to sprint, you push off to jump, you hold your ground in a duel and you brake before you turn. Strength training makes that force bigger. Jumps and throws teach you to use it fast.

Sprint

The first few steps decide who gets to the ball. Strong legs push the ground away harder on every one of them.

Jump

Headers and high balls are won in the air. Every jump starts with a hard push into the ground.

Duel

Shielding the ball, a shoulder in a challenge, holding your spot at a corner. A strong body is harder to move off the ball.

Turn

To change direction you first have to stop. Strong legs let you brake hard and push off the other way.

“Won’t lifting make me slow and bulky?”

Bulky

Getting big takes years of training for size and eating for it on purpose. A footballer who trains with the ball, plays every week and lifts for football stays a footballer, only stronger.

Slow

Heavy lifting and fast movement are trained together. On every hard day in our system the jumps come straight after the warm-up, and each heavy lift is paired with a fast one, so your body learns to use its new strength at speed.

Strong players are also robust players: strength training can help reduce the risk of injury. More on that on page 7.

**Strength is a football skill.
Train it like one.**

The exercise hierarchy

Five tiers, most important first. Every exercise in your week should earn its place in one of them. The examples come from our exercise library, with the names you will see in the system.

1 Compounds

Big lifts that use a lot of muscle at once. They build the base everything else stands on, and most of your heavy work lives here.

High Bar Back Squat, Conventional Deadlift, Pin Split Squat, Barbell Row

2 Maximal power

Heavy intent, moved fast. This is where strength turns into something you can use on the pitch: a quicker start, a higher jump.

Power Cleans, Countermovement Jump, Backward Overhead Med Ball Throw, Falling Starts

3 Plyometrics and ballistics

Jumps, bounds, hops and throws. Few reps, full effort, always done fresh.

Pogos, Skater Hop and Stick, Alternate Leg Bounds, Rotational Throws

4 Isometrics

Holds. You keep a hard position still under tension, which builds strength and control in the positions football puts you in.

Split Stance Iso, Copenhagen, Soleus Wall Sit, Pallof Hold

5 Accessories

Smaller exercises, each chosen for a reason: an area that works hard in football, or a weak spot. They never just fill a session.

Nordic Curl, Single Leg Calf Raises, Cable Hip Flexions, Adductor Machine

The tiers rank what matters most. A session runs in its own order: after the warm-up, jumps come first, while you are fresh. You will see that order on page 6.

Your match week

The match is the most important session of your week. We plan the gym around it: hard days far from the match, lighter days close to it, and nothing on the day itself.

Hard day

High CNS

A warm-up, jumps, a heavy lift paired with a fast one, throws or rows, then muscle work. It asks a lot of your nervous system (the CNS), the wiring behind every fast and heavy effort, so it needs space from the match.

Recovery day

Low CNS

A warm-up and accessory work at a lower effort. It keeps you moving and builds muscle at an effort that leaves you fresh for your next hard day or your match.

One match a week Match on Saturday

Mon MD-5	Tue MD-4	Wed MD-3	Thu MD-2	Fri MD-1	Sat MD	Sun MD+1
Hard day	Club training	Hard day	Club training	Rest	Match	Recovery
					No gym	RPE 1 to 2 lower

Two matches a week Matches on Wednesday and Saturday

Mon MD-2	Tue MD-1	Wed MD	Thu MD+1	Fri MD-1	Sat MD	Sun MD+1
Hard day	Rest	Match	Recovery	Hard day	Match	Rest
		No gym	RPE 1 to 2 lower	Half the sets	No gym	

MD is match day. MD-1 is the day before a match, MD+1 the day after. Your match on another day? Count from your own match day.

How we plan around a match

1 Match day

No gym.

2 The day before

Same weight, same RPE, half the sets.

3 The day after

1 to 2 RPE lower, and never below RPE 4.

4 A heavy club week

We take one hard gym day off and keep at least two.

A month that moves

Your body adapts to what you ask of it, so the ask has to change. In our system every month is a wave: three weeks that build, then a lighter week so your body can catch up.

RPE in three numbers

Every set in our system comes with an RPE. These are the three to know.

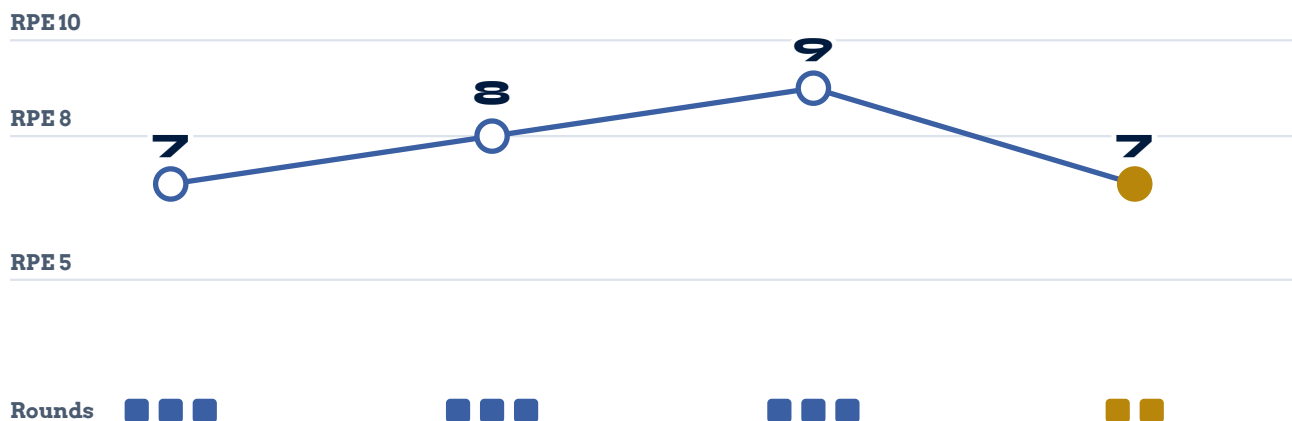
RPE **10** Failure.

RPE **8** You had a few reps in reserve.

RPE **5** You could have done double the reps.

The weekly wave

Say a set is written at RPE 8, for 3 rounds. This is how it moves through the month.



Week 1 Acclimatisation

One RPE point easier than written. Learn the sessions and find your weights.

Week 2 Intensification

As written. The real working week.

Week 3 Peaking

One RPE point harder. The toughest week of the month, on purpose.

Week 4 Deload

RPE 8 and 9 become 7, and you do one round fewer. Lighter on purpose, so you start the next month fresh.

Keep the deload. It is part of the plan.

At the end of each month you tell the system how it went, and the next month is built from your answer.

One hard day

Every hard day in our system runs in the same order: a warm-up, jumps while you are fresh, a heavy lift paired with a fast one, throws or rows, then muscle work, which still does its job when you are tired.

Example

These numbers are an example. In the system your sessions set the rounds, reps and RPE, and you pick the weight that gives you that RPE.

	Exercise	Reps	RPE
1 Warm-up 2 rounds, no rest, easy	World's Greatest Stretch	3 each side	
	Leg Swings	10 each leg	
	Split Stance Iso	20 s each leg	
	Gets you warm and moving through the positions the session will use.		
2 Jumps 3 rounds, rest 1 min	Pogos	15	7
	Single Broad Jump	3	7
	First, while you are fully fresh. Every jump as fast and as far as you can.		
3 Strength pair 3 rounds, rest 2 to 3 min	High Bar Back Squat	5	8
	Countermovement Jump	3	7
	A heavy lift, then a fast one straight after. Squats, then jumps, then rest.		
4 Throws or rows 3 rounds, rest 1 min	Med Ball Slams	6	7
	Fast power from the whole body. On some hard days this block is a row instead, such as the Chest Supported Dumbbell Row.		
5 Muscle work 3 rounds, rest 90 s	Nordic Curl	4	8
	Single Leg Calf Raises	10 each leg	8
	Last, because it still works when you are tired. Page 7 shows how to do both.		

**Fresh legs jump higher.
That is why jumps come first.**

And a recovery day

2 rounds, rest 1 min

The same warm-up, then accessory work at a lower effort.

Exercise	Reps	RPE	Exercise	Reps	RPE
Copenhagen	20 s each side	6	Pallof Press	8 each side	6
Soleus Wall Sit	30 s	6	Cable Hip Flexions	10 each leg	6

The day after a match, the same session drops to RPE 4 or 5.

Robust players

Strength training can help reduce the risk of injury. No training can take that risk away completely. What we can do is build robust players, starting with three areas football asks a lot of: the backs of your thighs, your groin and your calves.

Hamstrings

Your hamstrings slow your leg down at the end of every sprinting stride. The Nordic Curl trains them to work hard while they lengthen, the way they do when you sprint.

Nordic Curl

- 1 Kneel on a pad with your ankles locked under something solid.
- 2 Squeeze your glutes and keep a straight line from knees to head.
- 3 Lower yourself forward as slowly as you can.
- 4 Catch yourself with your hands, then push back up.

Groin

Your groin muscles pull your legs together. They work hard every time you pass, shoot, change direction or stretch for a ball.

Copenhagen

- 1 Forearm under your shoulder, top leg resting on the bench.
- 2 Lift your hips until your body is one straight line.
- 3 Squeeze the top leg into the bench and hold.
- 4 Come down as soon as your hips start to sag.

Calves

Your calves push you off and catch you on every step, jump and landing. We train them with a straight knee and with a bent knee: the wall sit works the deep calf muscle, the soleus.

Single Leg Calf Raises

- 1 Stand on one foot on a step, dumbbell at your side.
- 2 Hold a rack or wall for balance.
- 3 Rise as high as you can and hold a second.
- 4 Lower slowly until your heel drops below the step.

Soleus Wall Sit

- 1 Back flat on the wall, knees bent to a right angle.
- 2 Rise onto the balls of your feet and hold.
- 3 Keep your knees still and your heels high.
- 4 Lower your heels when you can no longer hold the height.

A niggle? Tell the system: exercises that load a sore area are swapped or removed.

If something hurts, stop and see a physio or doctor.



You're a founding member.

Thank you for being here before the doors open. The day Leonte opens, the Leonte system builds your strength programme around your position, season and match week.

Your first month is free.

Train well,

Leonte

Questions? Write to us at **hello@leonte.app**

This guide is general training information. It does not replace advice from a physio or doctor. Leonte is for players aged 16 and over; under 18, train with a coach who knows lifting.

Leonte is a brand of Holland Football University, S.L.