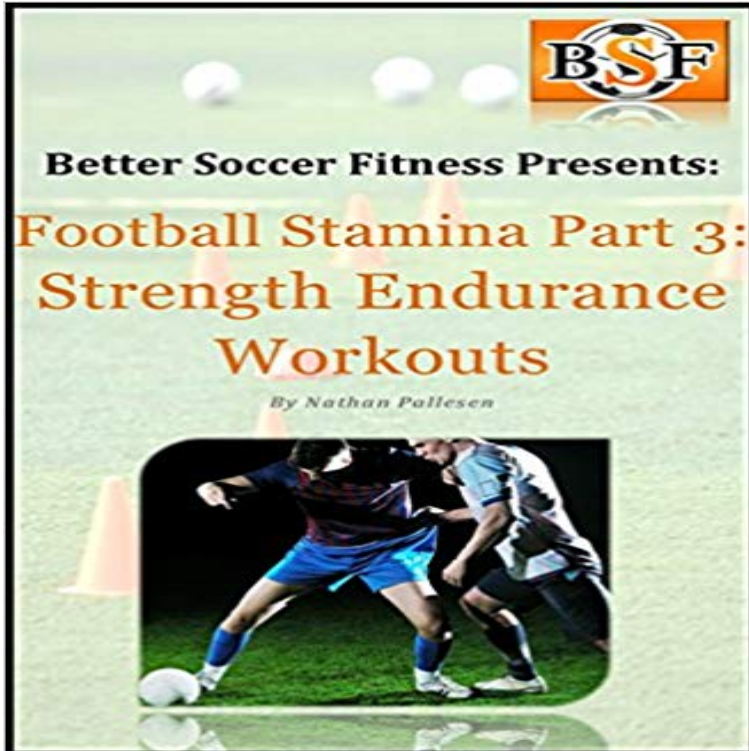


## Football Stamina Series - Part 3: Strength Endurance Workouts



Football Stamina Series - Part 3: Strength Endurance will show you how to develop your strength endurance specifically for football so that you will see the results come game day. Strength is an under-rated physical attribute in football. Not only is it important in the battle to win the ball but it is also crucial for power which effects speed, agility, shot power, jumping power etc - not to mention the injury minimization role that strength training plays. Strength endurance is largely ignored in a football players or coaches training regime. This is unwise because it can be a great source of competitive advantage. Strength Endurance, the 3rd element of Football Stamina is important to ensure that all of your power & strength is maintained in throughout the match. It is also crucial that you can sustain your strength within a given circumstance - for example, when trying to resist a challenge from someone trying to take possession of the ball. It is the elements that others dont train that will give you the edge. Strength endurance training is one of those elements.

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NSCAJ 9:16-26, 1987. Chiu, LZ, and Barnes, JL. The fitness-fatigue model revisited: Implications for planning short- and Garhammer, J. Periodization of strength training for athletes. Resistance training for endurance sports. **Improve your speed, stamina and strength** **FourFourTwo** Plus, the decrease in fat can even help you increase your speed. Off-Season Football Workouts, Part 3: Building Lean Muscle Mass of my football workout, you will have built strength and endurance on a solid foundation. **Off-Season Football Workouts, Part 5: Developing Power** **STACK Soccer Stamina Series Part 1** will show you how to train for aerobic endurance using. 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