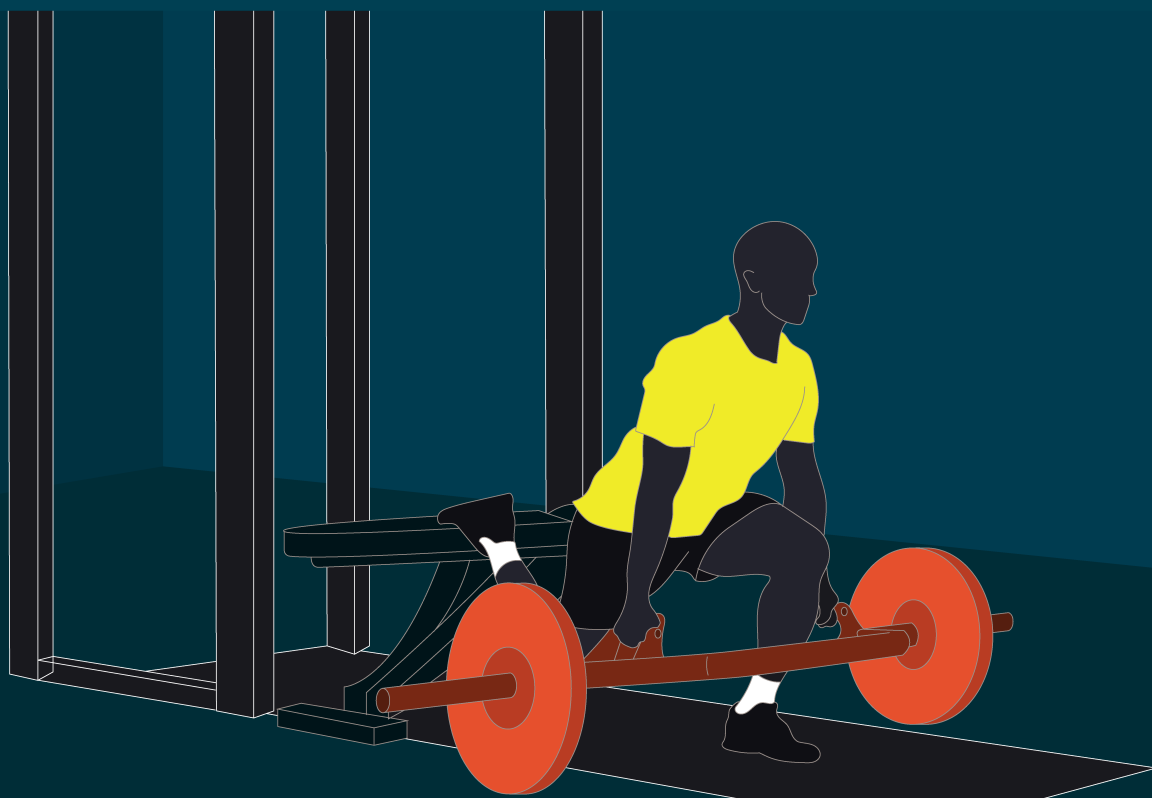




MICRODOSING STRENGTH MINI TOOLKIT

Adapted from Anders Lund

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“Strength” every day

Microdosing strength training is touted as one of the most useful strategies during congested periods of play. But what does that actually look like? This toolkit details how microdosing can help turn small windows of opportunity into small blocks of meaningful physical development.

MICRODOSING STRENGTH: SOLVING A SCHEDULING ISSUE

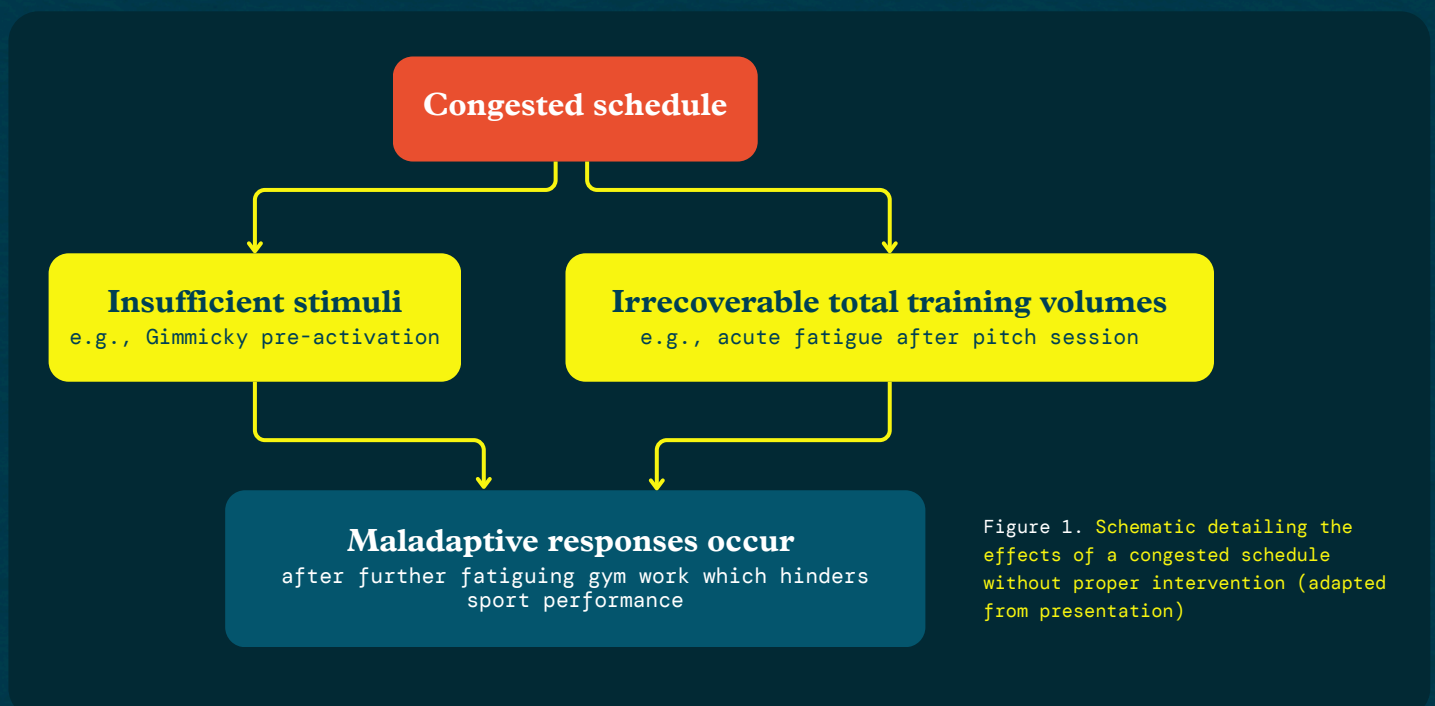
Clubs across a variety of sports often struggle with the same problem - **fitting in quality gym-based sessions into their weekly calendar**, when the focus ultimately falls upon the fixture/s within that week.

Microdosing addresses this issue by providing meaningful doses, which supplement various physical qualities, in those small windows of opportunity throughout the week.

RETHINKING AN OLD MODEL IN SOCCER

Employing a traditional approach to physical development during congested periods often leads down one of two paths (Figure 1).

Either by way of lack of stimuli or the cost of an intensive pitch session, the outcomes of a gym session can be redundant and potentially hinder footballing performance via DOMS.



THE GOALS OF MICRODOSING: MANIPULATING DENSITY OF TRAINING

THE QUESTION:

“What if we could make physical development as consistent and integrated as our technical work?”

What does this look like?

1. Eliminate the mindless non-stimulating activation
2. Reduce influence of acute fatigue from pitch session
3. Avoid large spikes in DOMS and fatigue from gym sessions
4. Improve the quality of gym sessions, and minimise junk volume
5. Improve exercise specificity and stimuli to the intended adaptation

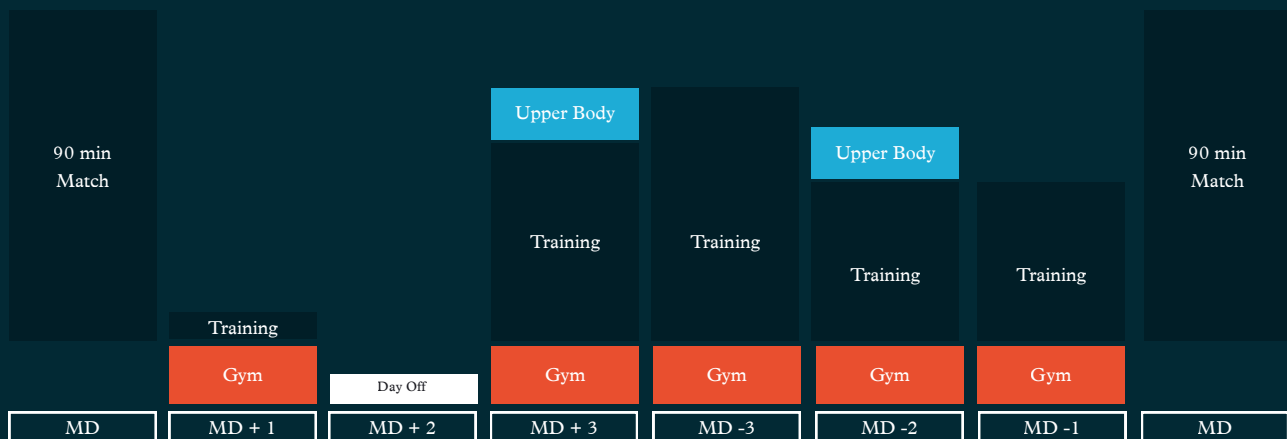


Figure 2. Example weekly session encompassing the above strategies of microdosing delivery

From a weekly perspective, microdosing entails an obvious increase in frequency of strength dosage (Figure 2). Gym sessions can range between 20-30 minutes, with additional time spent with players after training, who require more hypertrophic development.

Specific goals must also be set for each session relative to the desired adaptive responses.

SYSTEMISING DOSAGES

Correct dosages vary player to player. The players current training age, status within the team, and what they need to develop on a physiological level all need to be considered.

“ Fatigue is not linear, it might be exponential to some degree.

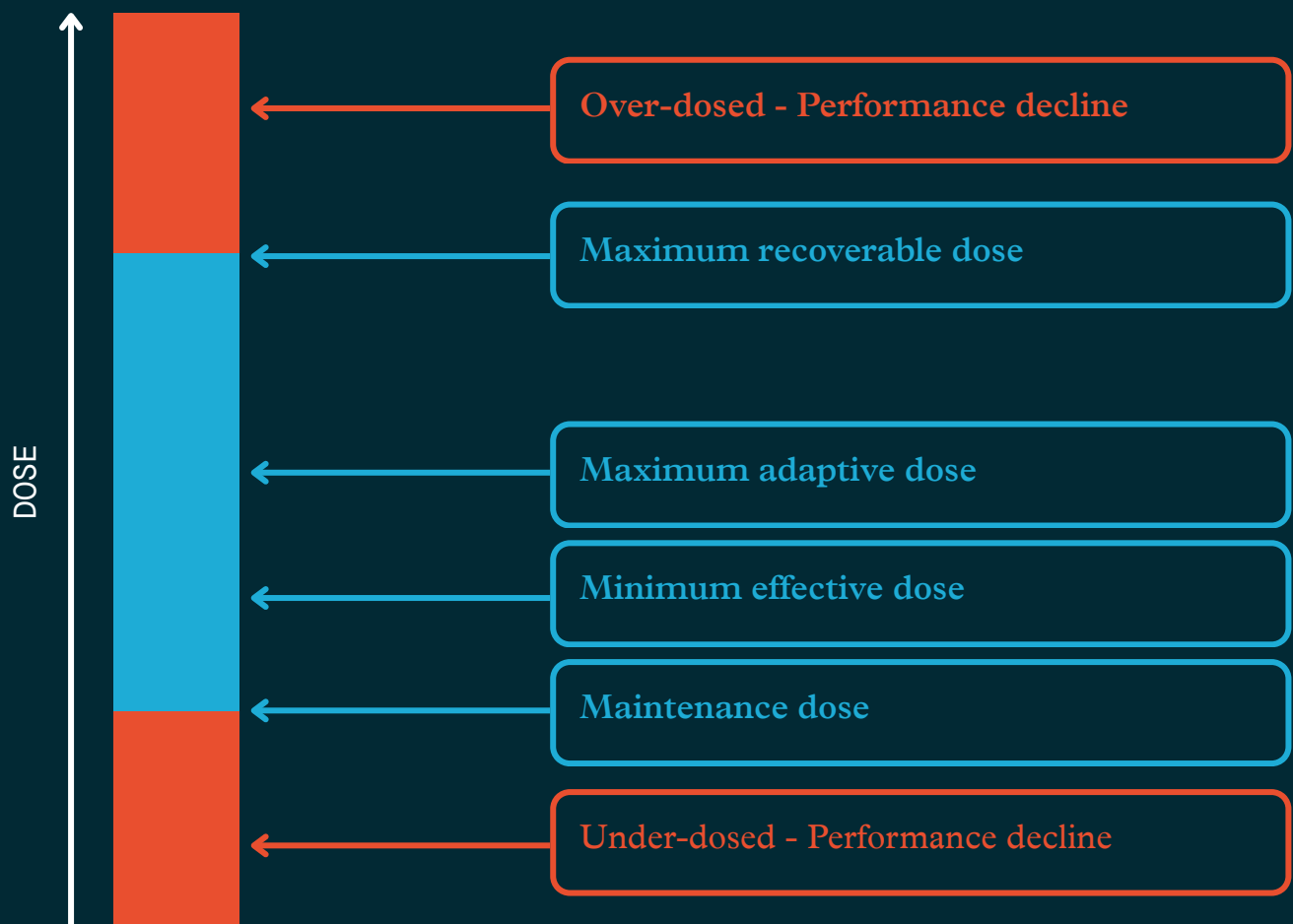


Figure 3. Training dose continuum

Minimum effective dose may be the most common dose prescribed for a squad.

Players who are older and play a more peripheral role within the team may respond better to maintenance dosages. While younger players, who have greater recoverability, may be able to tolerate the maximum adaptive dose.

MODULATING VOLUME AS THE PERFORMANCE DRIVER

MAXIMUM RECOVERABLE DOSE

16–26 sets
per
muscle group

MAXIMUM ADAPTIVE DOSE

8–16 sets
per
muscle group

MINIMUM EFFECTIVE DOSE

2–8 sets
per
muscle group

MAINTENANCE VOLUME

1–6 sets
per
muscle group

HYPERTROPHY	Intensity : >75% 1RM Volume (per week): 6-12 set x 4-12 reps Recovery : >1min.
MAX FORCE	Intensity : >75% 1RM Volume (per week): >20 reps (≤ 6reps) Recovery : >2min. 30 sec.
PLYOMETRICS	Rhythmic: +100 contacts Volume (per session): 20-60 contacts

Dependant on the targetted physical quality, there are a multitude of set x rep scheme combinations that will aid in maintaining, or improving physical capacities.

For example, an athlete who recovers well inter-session, and is deficient in max force production, may be able to tolerate 4-5 sets of 3 reps at a frequency of 2-3 times per week. The same athlete may be a hypertrophic high responder and be in a maintenance dose with a volume of 1 set of 10 reps twice a week.

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