



Challenge: Chris (left) and John get a team briefing from Liverpool FC Fitness Coach Paco De Miguel

Paco makes it look easy

Steven Gerrard makes it look even easier

But Chris and John still find it difficult

Paco checks the final scores at Liverpool FC's training ground

PITCH PERFECT

Ever wondered what it would be like to train with a Barclays Premier League fitness coach? Join our Lucozade Sport challengers to find out what it takes to help you perform like a pro

Check out: menshealth.co.uk/lucozadesport for great football, rugby and gym advice

Lucozade Sport has teamed up with Men's Health to get six readers into the shape of their lives. They're taking part in the Lucozade Sport Challenge 2010. As the football season draws to a close we asked Liverpool FC First Team Fitness Coach, and expert trainer for our Lucozade Sport Challenge footballers, Paco De Miguel, for his tips and advice. The three key attributes a pro-footballer needs according to Paco are strength, speed and stamina. To achieve this our challengers are going to have to reduce their body fat and build their dynamic skills through cardio and circuit training. So, if football is your passion, once you've read Paco's advice here, get yourself over to menshealth.co.uk/lucozadesport and join our challengers on the path to performing like a pro.

Paco, on upping your game

To play football to a Premier League standard, players need three attributes – strength, speed and stamina. Our challengers John Murphy and Chris Parsons have been focusing on these areas over the past few weeks, attempting to get themselves as close to pro standard as possible.

To understand how hard a Premier League player's working week is, consider this: a typical single-match week's training would involve aerobic stamina work on the Monday, strength training on the Tuesday, anaerobic stamina work on the Wednesday, speed training on the Thursday, and reaction training on the Friday. If match day is Saturday they might get Sunday off!

It's nothing without desire

Obviously for our challengers, and anyone playing at an amateur level, such training is unrealistic but there's plenty they can do. Their strength can be improved with a combination of basic weight training moves, such as squats, and explosive power exercises like jumps and hurdles. They should confine their speed work to sprints in short sets and work on their stamina through a mixture of fast interval training and longer runs of between 3 and 10 minutes. What matters most, is the determination they have to improve – training regimes are nothing without desire.

To maintain stamina for these sessions the challengers need to stay hydrated. Paco recommends that Lucozade Sport Lite "is good for consumption during training and games as it contains B vitamins and electrolytes".

STEVEN GERRARD ON...

The Challenge "Our challengers are going to be pushed to the limit – Paco trains me so I should know!"

Hydration "If I'm training, my first priority is making sure I'm fully hydrated. This is where Lucozade Sport Lite is the perfect weapon."



Improve your football training with Lucozade Sport Lite



Be fully prepared every time you step onto the pitch. Lucozade Sport Lite is just 50 calories, contains B vitamins and electrolytes