

New thinking turns Blues players to jelly

WYCOMBE Wanderers have adopted a radical new approach to pre-season training – ordering players to chew their way through hundreds of jelly babies and telling them not to run any further than 150 metres.

The ultra-modern plan has been designed by boss Lawrie Sanchez and Blues' new fitness consultant Pat Fox, the former New Zealand All Black and Wasps fitness guru.

The pair have ditched the traditional eight-mile slogs in favour of a modern new scientific approach which is designed to give Wanderers the edge next term.

Assistant boss Terry Gibson said: "The training is now geared much more to football and what the players face on matchdays. The average sprinting distance in a match is 17 metres, so why in the past have players been running for seven or eight miles?"

"What we're doing is producing the fast reaction muscles players need. The players will be just as fit, but it's a different kind of fitness.

"Our methods have advanced and I think it will put us one step ahead of other clubs."

And Wanderers will do it all on a diet of jelly babies, wine gums and energy bars.

Jelly babies are stuffed full of instant fuel in an easily digestible form and marathon runners have been using them for years for an instant energy burst.

The players will take them on board in a 20 minute re-fuelling break which is designed to replicate the half-time situation.

Instead of training in the mornings and coming back after lunch, Wanderers will cram their work into three intensive hours each day which will be broken up with the 20



New methods, new season: Wanderers get ready for a new era

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minute break.

Gibson promised fans that the club has not gone soft.

He said: "It will be just as tough but different. 150 metres will be the longest the players will run but they will be doing an awful lot of that and shorter distances."

They will sprint the distance, then rest for 25 seconds before repeating it again and again."

"They will be flat out," Gibson said. "The whole thing

will be based on speed endurance."

Midfielder Steve Brown said: "There's no way the club has gone soft. This is every bit as tough but different and better for us.

"We're doing 24 100 metres sprints on a quick repetitive basis and we've got to come in under 17 seconds on each one.

"We're tested on heart monitors all the time and these show whose working hard and who could be working harder.

"It's been really but really hard. We are doing things that

are going to be beneficial to us in the season."

And he endorsed the jelly baby diet.

"They're one of the easiest things to get into your system quickly. There's no fat in them and they're a major source of energy.

"After matches last season we used to be given them and wine gums to re-fuel."

The players have been working two days a week through the summer on a weights and fitness programme but this was their first week

back in full training.

Sanchez said: "They are looking really good, but the proof will be in the pudding.

"Training methods have changed a lot. There's a lot more information out there.

Footballers need to do this type of interval training. The top athletes do it. You make a run, then you've got to be able to recover that's what it's all about."

In another divorce from the old methods, the players will also start training with footballs from next week.