

3-DAY CONGRESS

FOOTBALL FITNESS EXPERT MEETING MALLORCA

BY RAYMOND VERHEIJEN & MARTIN BUCHHEIT

 MALLORCA • SPAIN



6-8

JUNE 2026

FOOTBALL FITNESS

We welcome you to the 3-Day Football Fitness Expert Meeting, taking place June 6–8, 2026, in Mallorca, Spain. This event brings together some of the thought leaders in the football specific approach to fitness to share their expertise, both in theory and practice. Hosted by Raymond Verheijen and Martin Buchheit, the meeting will also feature contributions from renowned experts Javier Mallo Sainz, Andy Barr, and Adrien Tarascon. Across three days, participants will get access to their expert knowledge during presentations and on-field sessions.

The course will be held at the stadium and training ground of RCD Mallorca, providing a world-class environment for football coaches, fitness coaches, sports scientists, and medical staff members who want to deepen their expertise in football-specific fitness, monitoring, and return-to-play strategies. Beyond learning from world-class experts, you will have the opportunity to discuss with and learn from your colleagues in international football, making this not only an educational but also a collaborative and inspiring experience.



KEY TOPICS



“Football fitness is fitness in the football context.”

“Football fitness training is fitness training in the football context.”

“Football fitness coaches are coaches who coach in the football context.”

The above statements will be the starting point for this 3-day congress. Next, we will discuss the role of football rehab training, basic action training, and monitoring training load in the context of football (fitness) training. Raymond Verheijen, Martin Buchheit, Javier Mallo Sainz, Andy Barr and Adrien Tarascon will help you develop a deep football specific understanding of these very important areas of expertise.

MEET THE EXPERTS

Presenting on football fitness training, football rehab training, basic action training, and monitoring football load.



Martin Buchheit

Will present on return to football training, basic action training and monitoring.



Raymond Verheijen

Will present of football fitness training, return to football training and monitoring.



Javier Mallo Sainz

Will present on football (fitness) training in the context of football periodisation.



Andy Barr

Will present on basic action training and the connection to football action training.



Adrien Tarascon

Will present on basic action training based on the player characteristics.

MARTIN BUCHHEIT

Martin has over 20 years of experience in professional sports, with a strong focus on performance, rehabilitation, and research work. He is currently the High-Performance Lead at Aspetar and has held senior roles at top clubs and organizations, including PSG, Olympique de Lyon, Lille OSC, Kitman-Labs, and Aspire Academy. He has also worked on projects with groups like City Football Group. Martin has published over 250 scientific papers and written two best-selling books. In full-time, freelance, or consulting roles, he helps apply sports science in real-world settings to improve team performance and support staff development. He advises elite sports organizations, mentors other professionals, teaches strength and conditioning and sports science courses, and regularly speaks around the world on performance, leadership, and managing egos in high-level environments

RAYMOND VERHEIJEN

Raymond Verheijen is an internationally recognised football coach and periodisation expert with over 25 years of experience at the highest levels of the game. He has worked with national teams at four FIFA World Cups and four UEFA European Championships, including the Netherlands, South Korea and Russia, as well as elite clubs such as FC Barcelona, Chelsea, Manchester City, and Feyenoord Rotterdam. Renowned for developing the concept of Football Periodisation, Verheijen has pioneered a football-specific

approach to fitness training that integrates tactical and fitness development. He is widely regarded as a thought leader thanks to his football philosophical approach, which has generated new knowledge and insights in modern football. Since 2010, he has led Football Coach Evolution (FCE), delivering annual coach education on all continents and providing consultancy for clubs and coaches in international football. He is also the author of several internationally best-selling books, including Original Guide To Football Periodisation, Football Coaching Theory, Tactical Principles, Analysing Football, and Designing Training Situations. Through his teaching, consultancy, publications, and philosophical contributions, Verheijen continues to advance the global conversation on football, fitness and periodisation, helping professionals bridge the gap between the football context and science.

JAVIER MALLO SAINZ

Javier Mallo holds a PhD in Sports Sciences and a BSc in Physiotherapy. He is currently working as Fitness Coach at Rayo Vallecano, in “La Liga” Spanish First Division. In the past we has hold different coaching roles in professional football working for clubs (Real Madrid, Atlético de Madrid, Manchester City) and national teams (Spain U21). He has presented his coaching philosophy in congresses and seminars all around the world and published various books about training methodology in football.

ANDY BARR

Dr. Andy Barr, DPT is a globally recognized leader in high-performance sport with more than 25 years of experience working with elite teams and athletes across the NBA, NFL, EPL, MLS, PGA, WNBA, NWSL, and the Olympics. He is the founder of Quantum Performance, Quantum Movement, and the inventor of Qbands. Originally from the UK, Andy began his career as a professional football player with Luton Town F.C., but an early injury redirected his path. Motivated to help athletes avoid similar setbacks and unlock their full potential, he pursued physiotherapy and entered the medical world in 2001 as First Team Physiotherapist at Bolton Wanderers F.C. He went on to hold senior positions at Southampton F.C. and Manchester City F.C., before moving to the United States in 2009 to join the New York Knicks. He also established the Medical and Performance Department at New York City F.C. during their inaugural MLS season, serving as Director of Medicine and Performance. After years in team settings, Andy founded Quantum Performance to expand his impact beyond a single organization. His work is defined by a sports-specific approach to athlete care—breaking down the unique actions of each sport into their core movement patterns. This framework allows him to design individualized injury recovery and performance strategies to optimize return-to-play and long-term development. Today, he consults with professional teams and works directly with world-class athletes during their off-seasons, including helping Kevin Durant return to elite

form after his Achilles tendon injury. Alongside his consulting work, Andy leads Quantum Movement, a sports technology company specializing in motion capture-based return-to-play testing, and delivers global education programs on injury risk reduction and performance development.

ADRIEN TARASCON

Adrien Tarascon is an Assistant Coach specialized in player development and game analysis, with extensive experience at Paris Saint-Germain, AS Monaco, and LOSC Lille, working alongside managers such as Unai Emery, Thomas Tuchel, and Paulo Fonseca. Throughout his career, he has emphasized the rehabilitation and return-to-play process as an opportunity for growth, using injury recovery phases to strengthen players' technical, tactical, and cognitive capacities. He created individual development methodologies that not only restore performance and confidence but help athletes return stronger. His work integrates positional competence training, cognitive skill development, and game-situation mapping into physical preparation, ensuring that every step of recovery also builds decision-making and game-readiness. By bridging analytical innovation and human-centered coaching in collaboration with physical preparation experts Adrien has shown how structured individualized training and tailored physical preparation can become a driver of player development.

PROGRAM SATURDAY JUNE 6

08:00 – 09.30am	What Is (NOT) Football Fitness? By Raymond Verheijen
09:30 – 10:30am	Subgroup discussion and Plenary Q&A
10:30 – 11:00am	Coffee break
11:00 – 12:00pm	Football Fitness Training (Practical Session) by Raymond Verheijen
12:00 – 01:00pm	Designing Football Fitness Training by Raymond Verheijen
01:00 – 01:30pm	Plenary Q&A
01:30 – 02:30pm	Lunch break
02:30 – 04:00pm	The (Ir)relevance of Basic Action Fitness Training by Martin Buchheit
04:00 – 05:00pm	Subgroup discussion and Plenary Q&A
05:00 – 05:30pm	Coffee break
05:30 – 07:00pm	Developing Football (Fitness) Training Based on Playing Style by Javi Mallo Sainz
07:00 – 08:00pm	Subgroup discussion and Plenary Q&A

PROGRAM **SUNDAY JUNE 7**

08:00 – 09.30am	What Is (NOT) Return To Football Action Training? by Raymond Verheijen
09:30 – 10:30am	Subgroup discussion and Plenary Q&A
10:30 – 11:00am	Coffee break
11:00 – 12:00pm	Designing Return To Football Training? by Martin Buchheit
12:00 – 01:00pm	Designing Return To Football Training? (Practical Session) by Martin Buchheit
01:00 – 01:30pm	Plenary Q&A
01:30 – 02:30pm	Lunch break
02:30 – 04:00pm	From Team Training Sessions to Individual Training Sessions by Raymond Verheijen
04:00 – 05:00pm	Subgroup discussion and Plenary Q&A
05:00 – 05:30pm	Coffee break
05:30 – 07:00pm	From Injury to Playing Style: Tailoring Return to Play Training by Adrien Tarascon
07:00 – 08:00pm	Subgroup discussion and Plenary Q&A

PROGRAM **MONDAY JUNE 8**

08:00 – 09.00am	What Is (NOT) Monitoring Football Load? by Raymond Verheijen
09:00 – 09:30am	Plenary Q&A
09:30 – 10:00am	Coffee break
10:00 – 11:30pm	From Monitoring To Training: Decision-Making Framework by Martin Buchheit
11:30 – 12:00pm	Subgroup discussion and Plenary Q&A
12:00 – 01:00pm	Lunch break
01:00 – 02:30pm	From Movements to Basic Actions back to Football Actions by Andy Barr
02:30 – 3:30pm	Subgroup discussion and Plenary Q&A
03:30 – 04:00pm	Evaluation and Lessons Learned
04:00pm	Closing

REGISTRATION

DELEGATE FEE EARLY BIRD

Register before December 1:

€ 695
(excl. VAT)

DELEGATE FEE REGULAR

Register after December 1:

€ 795
(excl. VAT)

This delegate fee includes: three full course days, FCE certificate, lunch, coffee breaks. Delegates will take care of their accommodation and FCE will offer hotel options with a discounted rate. We have a maximum of 40 spots available.

Register by sending an email to info@fcevolution.com

LOCATION

Training Facility

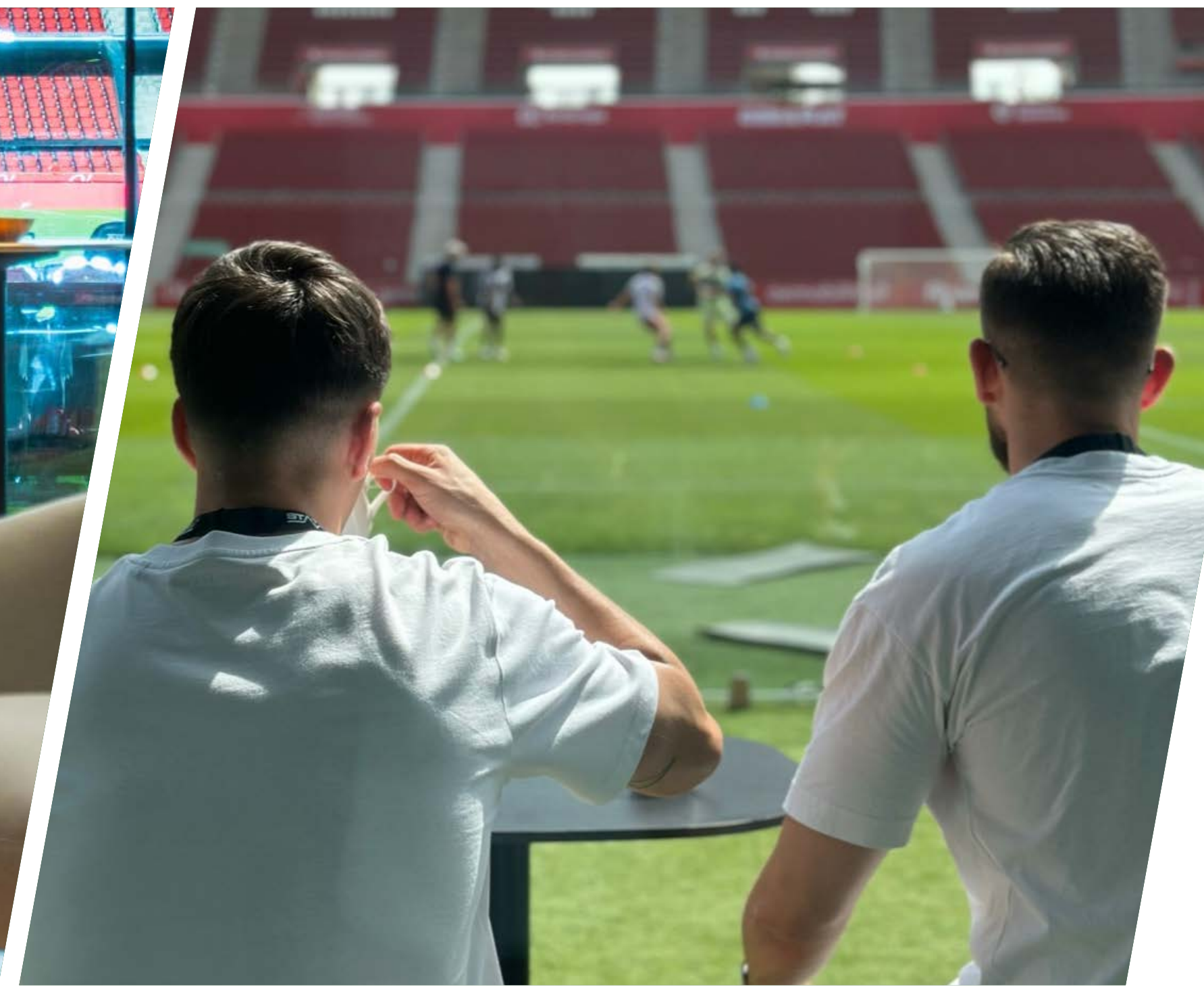
Ciutat Esportiva Antonio Asensio
Diseminado 4420- Son Sardina, 35, Nord,
07120 Palma, Illes Balears

Stadium

Estadi de Son Moix
Camí dels Reis, s/n, Ponent,
07011 Palma, Illes Balears

**INTERESTED?
REGISTER NOW!**

www.fcevolution.com
info@fcevolution.com



TERMS & CONDITIONS

Practice what you preach

By registering for this course you confirm that you will arrive in time before the start of the course and will not depart any earlier than the closure of the course on the final course day. During the course you will have the same professional behaviour as you expect from your players on a daily basis.

‘Dressing room’ learning environment

As a coach you take your players outside their comfort zone to allow them to improve. You create uncomfortable and challenging situations for your players to adapt and you expect them to deal with it. This is what we call overload. World renowned coach educator Raymond Verheijen is well-known for applying this exact same principle when educating coaches. So, this course will not be your normal comfortable coaching course. Instructor Verheijen will create his famous challenging and uncomfortable ‘dressing room’ environment to help accelerate your development as a coach. Please only register if you are ready to challenge yourself and your beliefs.

Cancellation and refund

Course fee is non-refundable after registration and payment.

Limitations of Liability

On behalf of yourself and your heirs, successor and assigns, you hereby acknowledge and accept that neither Football Coach Evolution nor its Affiliates shall be liable or responsible to you (or anyone claiming through you) for any indirect, incidental, consequential, special, exemplary, punitive or other damages under any legal or equitable theory (including without limitation, contract, tort negligence, strict liability, statute, regulation, rule or other theory) arising out of or relating in any way to the Course or any Service and/or any recommendation, news, information or other content, product or service received or obtained through the Course or any Service, including without limitation any service, product or content from any third party service provided. Your sole remedy for dissatisfaction with the Course or any Service is to stop using it.