



96%

**Player availability
throughout the
season.**

How Crawley Town FC uses Exerfly



Crawley Town FC's season of success

Crawley won the 2023/2024 season play offs and were promoted back to League One for the first time since the 2014/2015 season.



Let's crunch the numbers

Available players are the players who are injury-free and ready to compete whether the head coach chooses to put them on the lineup.

Out of Crawley's 27 players, 25.9 were available throughout the entire season on average.



In elite soccer, it has been reported **a lower number of injuries is associated with a higher final league ranking (1).**



**Less injuries,
higher rankings,
lower costs.**

Additionally, an analysis of the 2012 - 2017 EFL seasons estimated that an EPL team loses an average of £45 million sterling due to injury-related decrement in performance per season (2).

So this 96% has a larger weight behind it than what first meets the eye!



Where does Exerfly come in?

Such a high player availability percentage can be thanks to the efforts of Crawley's technical coaching staff, S&C coaches, sport scientists, and medical team members.

We caught up with Ricky McFarlane, Head of Performance at Crawley Town FC to find out how he utilizes Exerfly in his training regime...



Warm ups

Athletes perform their general and dynamic warm-up and then complete a submaximal circuit on the Exerfly. Ricky aims to prepare for the eccentric demands of a game—where most injuries occur—by microdosing eccentric loads via flywheel training.

**Flywheel
Circuit
Exercises**
(Multiple sets)

- + Squat
- + RDLs
- + Straight leg calf raises
- + Bent knee soleus raises



Post game top-ups for bench players

Ricky has the players perform three or four sets of four-minute exposure runs, run at 120% of that player's predicted match work rate (meters/min). Followed by a flywheel circuit of high volume and low inertial load, working for 15 to 20 reps per exercise with a total volume of 100 reps.

This routine of flywheel reps plus the previously mentioned exposure runs allows athletes to have low risk, chronic exposure without subjecting players to something that could potentially be dangerous after all the time spent on the bench during the game.



In-season training

On Tuesday (MD -4), the team should have recovered from the previous game, allowing for higher intensity training. The focus is on strength with heavier flywheel loads and less volume, plus on-field technical work with change of direction via small group games.

On Thursday (MD -2), the focus is on developing top-end speed. Players perform light isolated joint movements under inertia, such as hip flexed knee flexion, hip extended knee flexion, ankle plantarflexion, knee, and hip extension, to replicate the stress on the body. After flywheel work, players transition to the field for top-end speed runs.



Paving the way for injury reduction

Crawley Town FC's remarkable player availability stands as a testament to their innovative training methodology. The integration of Exerfly this season has proven to be a crucial piece of the puzzle.

With off-season training in full swing, we can't wait to see what Crawley's next season brings!

