

Fitness first for Forest fatties



Gary Megson believes that the fitness of his squad will be key to their chances this season.

He introduced a new diet and training regime over the summer and blames a lack of fitness for the Reds' relegation last year.

"Let's face it," he said, "last season the players were so heavy that Geoff Capes would have struggled to keep them up."

"This time around I want my players to be able to gracefully spring around the pitch for the whole game without breaking into a sweat... or at least be able to get out of bed without the aid of pulleys."

Megson has also criticised his predecessor's role in the squad's physical decline: "Without wanting to be rude, Joe Kinner is one fat f**ker - hardly a good example to set is it!"

Explaining one of his new training techniques, the Forest boss said: "Joe used to train the players by making them chase a van full of pies. The trouble was, he'd get distracted, pull over and start eating the pies himself, allowing the players to catch up and gorge themselves silly."

"My system is slightly different: I get in the van and chase after the bastards, screaming my f**king head off."

"If they run to get away from my tirade

BY HUGH JARS

of abuse, then they get fit. If they don't run fast enough, they'll lose weight anyway from s**ting themselves!"

Megson has also been ringing the changes with the players' diets, banning all fatty foods. A spokesperson for Cadbury's said: "Our share price is down and we're having to let staff go by the week. It's a disaster for the company."

Meanwhile, the PFA have kindly requested that Alan Rogers stop sending them official complaints about his treatment. "We had 107 letters about the same thing from Mr Rogers last month alone," a representative said. "The requirement of a footballer to be physically fit does not count as 'personal abuse'."

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Megson

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Great Danish trip for Reds

DESPITE A DISAPPOINTING set of results, Gary Megson believes Forest's pre-season expedition to Denmark was a worthwhile exercise.

"It was a very successful trip," Megson said. "The team managed to go a whole week without getting themselves into the papers for some piss-up or other, which for us is an impressive achievement."

On the subject of the players left behind, the manager commented: "It was too much of a risk to take Alan Rogers. I've just spent s**tloads on liposuction for him so he at least looks half-presentable to other clubs. I wasn't going to risk having him stuffing his f**king face with Danish pastries and bacon."

He added: "Adam Nowland was actually due to join the tour, but he injured himself packing his suitcase and will be out for the next four months."

WANTED!

Do you have pictures or stories of Forest players not on the piss or behaving badly? LTLF is on the look-out for these rare items and is willing to pay handsomely. Please send your pictures to nochance@lthf.co.uk

Doughty set to take 100% share in club

NIGEL DOUGHTY will take complete control of Nottingham Forest after his plans to buy out the remaining 15% of shares were approved by the board.

Explaining his motives, the Forest chairman said: "It was so embarrassing going to all these business dinners with all the other millionaires and only having a so-called 'controlling interest' in the club."

"Roman Abramovich would tease me, boasting, 'I own Chelsea and have stakes in three other clubs, what do you have?'"

"Having a 85% stake in Forest was becoming unbearable. Even Malcolm Glazier would turn up and say, 'Only 85%? Gee! I own that much of a club and I don't even give a shit about soccer!'"

Asked what he would do with the club now he owned it in its entirety, Doughty shrugged and said: "Dunno, eBay..?"