

5

## Explanation of Workout:

Remember to warm-up and cool down for each exercise. You should be working on your flexibility everyday. This will help your performance *and* recovery. Record progress and training notes (i.e. daily nutrition, description of performance, habits, positives, etc.), this will help you make adjustments throughout the summer so you are ready to compete at the highest level this fall.

### LSR- Long Steady Run

Minimum length is 35 mins/distance = no more than 9 minute mile pace; target 8 1/2 minute mile.

### Tempo Run

Find a three mile loop (mark off each mile). 1<sup>st</sup> mile is normal pace. 2<sup>nd</sup> mile run as hard as you can 3<sup>rd</sup> mile normal pace.

### Tempo Laps

See calendar

### Hills

Find a hill that is 60 seconds long -- not too steep! Gradual grade- imagine the hill that goes from the Reynalda Rd entrance of campus, going past the Tavern towards Coliseum Drive. Run for 10 minutes to or near the hill. Do specified repeats up hill. For instance, do 6-8 repeats and your recovery will be the jog back down the hill. Run an extra 10 minutes to cool down.

### X-Train

This is NOT a day off. Bike, swim, hike... Be creative and ACTIVE for *at least* 45 minutes.

### Pick-ups

3 miles. 1<sup>st</sup> mile warm-up. 2<sup>nd</sup> mile do 15x15 second pick-ups (15secs rest b/w 15sec fast pace run). Option: You may choose landmarks as your pickup and rest measurements, instead of time. 3<sup>rd</sup> mile normal pace. Then cool down.

### 21 Minute

Run as far as you can for 21 minutes. This is not a sprint but a quicker pace than a jog. Get your heart rate to a high level and try to keep it there in order to get the most out of this exercise. Set your goals for the first part of the summer, and where you want to be by the end of the summer. Record your progress.

### Tip: Heart Rate

HR Max is calculated as follows: HRM = 220 - (your age x .9) or approximately 220 - your age  
EX: If you are twenty years old. HRM = 220 - (20 x .9) = 202 HRM

Your target heart rate is approximately 50-75 percent of your maximum heart rate. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't significantly contribute to cardiovascular fitness.

70% = 141 80% = 162 85% = 172 90% = 182 95% = 192

Resting Heart Rate- Count your pulse for 10 seconds, and multiply by six to get the per-minute rate.

**120's**

Down in 18 seconds, back in 30 seconds back. 75 seconds rest. Do not miss on the 30 seconds back to finish!

**50's - Shuttle 60:75 \* 50 yd \***

Set up cones fifty yards apart. Run out to the fifty and back 3 times, a total of 300yds. TARGET under 60sec. REST 75sec (1:15) before you do another one. Extra rest when specified.

**25 yrd Shuttle 70:85 \* 25 \***

Run to 25yd and back six times (up and back=1). TARGET 60secs, REST 60secs.

**100's (1 minute) \* 100 \***

Sprint 100 yds in 17 seconds. You have 30 seconds to jog back to the start line. When you return, you have 13 seconds to rest (or more depending on how fast you jog back to start). Do not exceed one minute!

**17down + 30back + 13rest = 60secs.** Do not miss 30 sec jog time! It is part of fitness and extra should be done if you miss. For sets of ten, an extra 30 seconds rest after runs 4 and 7.

**(Track Workout) Find a track. 1:1 Rest to Run Ratio.**

**Upper Ladder**

- 800- 3:20 - target time
- 400- 1:30
- 200- 45 seconds
- 100- 17 seconds

**Lower Ladder 2:1 Rest to Run Ratio. (ex: 90sec for 200, 30sec for 100)**

- 2X 200- 45 sec
- 4X 100- 15-17 sec
- 6X 80- 12 sec
- 10X 40- 6 sec

**IF SETS/REPS are not indicated, please see calendar.**

**SUPERS**

**100/50's Shuttle**

Like 120's/50's. Begin by completing 100, down in 17 back in 30. Rest 25sec. Begin 300yd shuttle, up to the 50 and back three times. TARGET 300yd 1:10, REST 1:20

**1. Speed:** The speed drills consist of Form Running with FULL RECOVERY. FOCUS, NO WASTED MOVEMENT, RELAX, EFFICIENCY

Warm-up: 2x 15 yards

- a. High Knees- KNEES UP, HEELS UP, TOES UP, ARM SWING CHIN TO HIP, TOE LANDS DIRECTLY UNDER HIP, STAY IN THE BOX
- b. Ham Kicks- KNEES SLIGHTLY UP, NOT POINTED DOWN TO GROUND, HEEL TO HAM, ARM SWING CHIN TO HIP, TOE LANDS DIRECTLY UNDER HIP, STAY IN THE BOX
- c. Power Skip- KNEES UP, TOES UP, ARM SWING HIP TO SKY, MAX HEIGHT, TOE LANDS DIRECTLY UNDER HIP, STAY IN THE BOX

**Sprints:** See calendar for reps, Example: 2x40 (2 reps x 40 yards)

Falling Starts, ON TOES, FALL FORWARD, KNEE TO CHEST, ZERO STEP- DRIVE TOE DOWN DIRECTLY UNDER HIP, POWER INTO THE GROUND

**2. Plyos:**

**Ladder**



Set up cones in a straight line 1 yard apart for 10 yards; you can also try chalk or tape on your driveway.

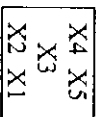
**QUICK FEET**

2 Sets = up and back. Accelerate 5 yds at the end of ladder, repeat pattern. Rest after each set to maximize performance.

- 4x Double leg hop – Forward
- 4x Single leg hop- Forward
- 2x Double leg hop – Sideways, facing same direction up and back
- 2x Single leg hop – Sideways, facing same direction up and back
- 2x Now repeat last two exercises while bringing your knees to chest- stay on the ground for as little time as possible.
- 4x 2 Double leg – hop forward 2, hop back 1
- 4x Double leg – diagonal hop on the outside of ladder, when you get to the fifth marker sprint 10 yards.

\*feel free to do extra of different patterns, or knees to chest option.

**5-dot Pad:**



Each dot is about one foot apart.

Be creative... tape, or chalk on your driveway; set-up some type of markers that you can step on

1 Set = 30 seconds. Rest 1 to 2

Do 2 sets each drill.

**QUICK FEET – ATHLETIC STANCE.**

- 2 Square Jump – 1,2,4,5 repeat.
- 1 Foot hop hour glass – 1,2,3,4,5,3,1 (do right & left)
- 1 Foot Square Jump (right & left)
- 2 Feet hop scotch forward/backward – left foot on 2, right on 1 to start, both go to 3, then out to 4 and 5. Face same direction
- 2 Feet hop scotch forward/turn/forward

\*feel free to do extra of different patterns: 2 Feet- 1,2,3,5,4,3,1

### **3. Agilities:      SPEED, QUICK FEET, ATHLETIC MOVEMENT**

1 Set = as fast as you can, rest to almost full recovery, repeat

1.) 4x Diagonal Cones - touch each cone w/ hand.

2.) 4 x T-test – Start at 1, sprint forward to 2, cut  
sprint forward and touch cones 3, 4, then back to 2, 1

3.) Mark a starting point and mark a finish line 5yds away.      | 5 |

1 Set; At starting point:

Lie on your back, get up and sprint to finish line

Lie on your stomach, hands out, facing opposite direction, get up and sprint to finish

Crab position (hands and feet touching), get up and sprint to finish

On toes and forearms, facing opposite direction, get up and sprint to finish

Stand in between start and finish, touch one endline, touch the other, and get back to starting point- as fast as you can (X's 3)

## Ball Workout AND Soccer Agility

This is supposed to be a physically demanding workout with the ball. Treat it as such.  
Set up a 5 x 5 grid.

Work inside the grid, unless otherwise indicated. \* \*

Warm-up with a jog... get the blood flowing \* \*

6 minutes – Jog (in the grid) while dribbling the ball. Change speed and direction with quick touches.

1 minute – juggle with head (repeat with: feet)

2 minute – sit, throw ball up, get up and stop ball with your head, settle and move quickly. (Repeat with chest, thigh, foot)

1 minute – juggle with head only. (Repeat with feet only)

2 minute – throw ball up, jump and stop ball with your head, settle and move quickly. (Repeat with chest, thigh, foot)

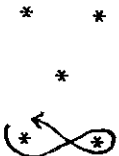
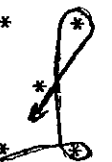
1 minute – juggle with thigh only (Repeat with feet only)

Repeat Drills = Do Minute drills again with different surfaces. See type in ( )

2-3 minutes – Juggle using all parts of body, head, chest, both shoulders, both thighs, inside and instep of both feet.

Soccer Agility – Also can be used as Agility without ball. Add a middle cone to your grid.

Be creative these are just to get you started. Use different combos - R foot only, L foot only, both feet, inside only, outside only.  
Do at least one set of figure 8's for each combo (4 reps around).



### Extra Options:

Leap frog heading- 2 balls, one on ground, one in hand. Throw ball up, jump, head past ball on ground. Pick up ball on ground and repeat.  
Jumps over ball – sideways, front to back. Reps of 20 Add: quick 3yd sprint on the end of just 3-4 jumps over ball.

EXTRA WORK after Ball work:

Set 5 cones 4 yds apart like this      1 \*    2 \*    3 \*    4 \*    5 \*

1.    Put ball at 2 cone  
      Start on 1 cone  
      Sprint to 2, pick up ball, jump, touch ball to ground, jump – repeat 3 jumps leave ball  
      Backward sprint to 1, sprint forward, carry ball to 3, repeat jumps, leave ball  
      Repeat up back rhythm to 5 cone.  
      ^ You can repeat this drill by running only – no backwards.
2.    Start on 1 cone  
      Sprint to 2, 2 push ups  
      Sprint back to 1, then to 3, do 2 pushups  
      Sprint back to 1, then to 4 .... Etc, etc.
3.    You pick – do a shuttle with an activity at each cone.
4.    Start at 1  
      Sprint to 2 drop to stomach  
      Get up, sprint to 3 and drop to stomach  
      Etc etc
5.    Start at 1  
      Sprint to 2, do 3 knees to chest, backwards to 1  
      Sprint to 3, etc etc.