

The best teams in the world have three basic things in common: fitness, discipline, and work ethic, in that order. Luck is a byproduct.

Phase I

Week 1: May 19 – May 25

Monday	Intervals – 3 x mile	
Tuesday	LSD – 20 minutes	Lift
Wednesday	TH Run – 12 minutes	Ball Control and Agility
Thursday	Fartlek Run - 25 minutes	Lift
Friday	Intervals – 6 x Half Mile	
Saturday	LSD – 35 minutes	Strength and Flexibility
Sunday	REST	

Phase I

Week 2: May 26 – June 1

Monday	Intervals – 4 x mile	
Tuesday	LSD – 30 minutes	Lift
Wednesday	TH Run – 15 minutes	Ball Control and Agility
Thursday	Fartlek Run - 30 minutes	Lift
Friday	Intervals – 7 x Half Mile	
Saturday	LSD – 45 minutes	Strength and Flexibility
Sunday	REST	

Phase I

Week 3: June 2 – June 8

Monday	Intervals – 5 x mile	
Tuesday	LSD – 40 minutes	Lift
Wednesday	TH Run – 18 minutes	Ball Control and Agility
Thursday	Fartlek Run - 35 minutes	Lift
Friday	Intervals – 9 x Half Mile	
Saturday	LSD – 55 minutes	Strength and Flexibility
Sunday	REST	

Phase I

Week 4: June 9 – June 15 (June 15 is Father's Day, don't forget!)

Monday	Intervals – 3 x mile	
Tuesday	LSD – 40 minutes	Lift
Wednesday	REST	
Thursday	Fartlek Run - 40 minutes	Lift
Friday	Intervals – 8 x Half Mile	
Saturday	LSD – 50 minutes	Ball Control and Agility
Sunday	REST	

Phase I

Week 5: June 16 – 22

Monday	Intervals – 6 x mile	
Tuesday	LSD – 45 minutes	Lift
Wednesday	TH Run – 19 minutes	Ball Control and Agility
Thursday	Fartlek Run - 45 minutes	Lift
Friday	Intervals – 10 x Half Mile	
Saturday	LSD – 70 minutes	Strength and Flexibility
Sunday	REST	

Never let anyone outwork you, it's akin to quitting. Lots of players have talent; very few have the courage to outwork their opponent.

Phase II

Week 1: June 23 – June 29

Monday	CPI – 3 repetitions	
Tuesday	Fartlek Run – 40 minutes	Lift
Wednesday	HRI – 7 repetitions	Ball Control and Agility
Thursday	TH Run – 18 minutes	Lift
Friday	CPI – 5 repetitions	
Saturday	LSD – 40 minutes	Strength and Flexibility
Sunday	REST	

Phase II

Week 2: June 30 – July 6

Monday	CPI – 4 repetitions	
Tuesday	Fartlek Run – 45 minutes	Lift
Wednesday	HRI – 8 repetitions	Ball Control and Agility
Thursday	TH Run – 19 minutes	Lift
Friday	CPI – 6 repetitions	
Saturday	LSD – 50 minutes	Strength and Flexibility
Sunday	REST	

Phase II

Week 3: July 7 – July 13

Monday	CPI – 5 repetitions	
Tuesday	REST	
Wednesday	HRI – 9 repetitions	Ball Control and Agility
Thursday	TH Run – 20 minutes	Lift
Friday	CPI – 7 repetitions	
Saturday	LSD – 60 minutes	Strength and Flexibility
Sunday	REST	

Phase II

Week 4: July 14 – July 20

Monday	CPI – 6 repetitions	
Tuesday	Fartlek Run – 55 minutes	Lift
Wednesday	HRI – 10 repetitions	Ball Control and Agility
Thursday	TH Run – 22 minutes	Lift
Friday	CPI – 8 repetitions	
Saturday	LSD – 65 minutes	Strength and Flexibility
Sunday	REST	

It WILL be difficult.

It WILL take time.

It WILL require sacrifice.

It WILL be worth it.

Phase III

Week 1: July 21 – July 27

Monday	Intervals – 3 x 800; 3 x 600; 3 x 300	
Tuesday	Fartlek Run – 50 minutes	Lift
Wednesday	Shuttles – 10 x 150	Ball Control and Agility
Thursday	TH Run – 25 minutes	Lift
Friday	Intervals – 3 x 400; 3 x 300; 8 x 150	
Saturday	LSD Run – 60 minutes	Strength and Flexibility
Sunday	REST	

Phase III

Week 2: July 28 – August 3

Monday	Intervals – 4 x 800; 4 x 600; 4 x 300	
Tuesday	Fartlek Run – 55 minutes	Lift
Wednesday	Shuttles – 12 x 300	Ball Control and Agility
Thursday	TH Run – 30 minutes	Lift
Friday	Intervals – 4 x 400; 4 x 300; 10 x 150	
Saturday	LSD Run – 70 minutes	Strength and Flexibility
Sunday	REST	

Phase III

Week 3: August 4 – August 10

Monday	Intervals – 5 x 800; 5 x 600; 5 x 300	
Tuesday	Fartlek Run – 30 minutes	Lift
Wednesday	Shuttles – 10 x 150	Ball Control and Agility
Thursday	TH Run – 35 minutes	Lift
Friday	REST	
Saturday	LSD Run – 50 minutes	Strength and Flexibility
Sunday	REST	

Phase III

Week 4: August 11 – August 16

Monday Intervals – 3 x 800; 3 x 600; 3 x 300

Tuesday Fartlek Run – 50 minutes Lift

Wednesday Shuttles – 6 x 300 Ball Control and Agility

Thursday TH Run – 20 minutes Lift

Friday Intervals – 2 x 400; 2 x 300; 4 x 150

Saturday OFF – Report to Campus

LSD - Long Slow Distance Run – You should be able to jog along comfortably and chat to a running partner. You should not be pushing this run, but rather enjoying the scenery.

TH - Threshold Run – This is an up-tempo run and can be done around a track. There should be a spring in your step and you should be close to 90 second laps around a track.

Intervals - Discussed later in the packet.

Fartlek - Is broken running which simulates running in a game. This should be done if you are unable to find a game, and is discussed on the next page.

CPI - Cardiac Power Interval – You should run as FAST as you can for 90 seconds, this is an all-out sprint (Max effort). Rest 3-4 minutes; that is one repetition. Do as many reps that are listed for that day.

HRI - High Resistance Interval – You need to find a really steep hill for this one, it can be grass or pavement. You should run as fast as you can up the hill for 6 seconds; then rest 60 seconds. That is one repetition, repeat for the prescribed number of reps. Be careful if doing this on grass, especially if the grass is wet.

Fartlek Runs

Games are the best way of having fun and keeping your fitness levels high. However, if you are unable to play a game, you can work on your own and replicate the running style of a game with a Fartlek run. This is a mix of speeds and even allows for a walk...it is very like a soccer game where you have to keep moving at a variety of speeds from walking to sprinting.

Typical Run:

1 mile easy pace...do some warm-up exercises, side steps, butt kicks, etc.

1 mile of 30-40 yard sprints with 90-120 yard slow jog in between...10 sprints are ideal.

1/4 mile walk to recover

3/4 mile of 10 - 15 yard bursts. Work on first 2-3 steps with a 50 yard bouncing easy jog.

1/2 mile - easy jog.

1/2 mile - very fast to finish.

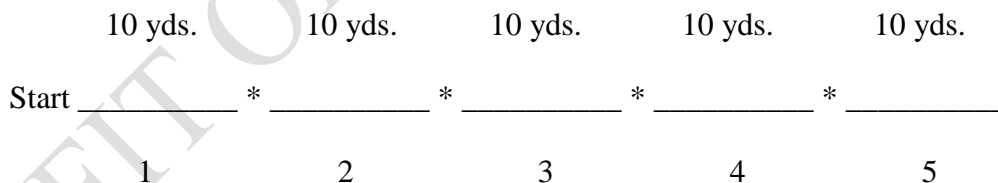
Cool down, walk and stretch.

Distances can be increased or decreased as condition allows but the total distance should be in the 3-5 mile range. Hills (sprint up the hills and recover on the flat or downhill) can provide a nice bit of variety, and actually one of the most interesting things about a fartlek workout is the planning and imagination that YOU put in to it. The best results come from varying your routes; obviously you need some degree of familiarity to plan your run, but different routes will keep things interesting.

Shuttles

5 x 300 yard shuttle

This is a series of shuttle runs over distances varying from 10 to 50 yards.



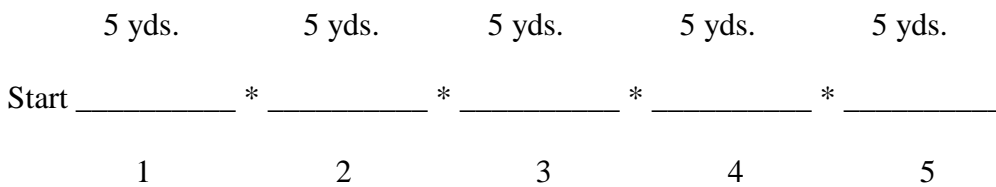
Sprint out and back to cone #1, then to cone #2, and keep going until you hit the #5 cone. Since the cones are 10 yards apart, you will cover a total of 300 yards in shuttle form.

Allow yourself 60 seconds for the run. You should rest for 180 seconds between each run. During this rest period, try to work with a ball (juggle, quick touches, etc.).

Repeat 5 times; try to go as fast as you can on each and every run.

10 x 150 yard shuttle

This is a series of shuttle runs over distances varying from 5 to 25 yards.



Sprint out and back to the #1 cone, then to the #2 cone, and keep going until you get to the #5 cone. Since the cones are 5 yards apart, you will cover a total of 150 yards in shuttle form.

Allow yourself between 30-33 seconds for each run. You should rest for 90 seconds between each run. During this rest period, try to work with a ball (juggle, quick touches, etc.).

Repeat 5 times, have a break either playing or working on ball skills, and then finish off with another set of 5. Try to go as fast as you can on each and every run.

Interval Training

Intervals should be done at approximately 60-70% effort initially, with active (slow jog) recovery in between. Progressively increase the intensity to 80-85% on each successive run.

Use the target times as a guide; the times listed below are on a 1:1 ratio, but if you are under pressure and your pulse has not come down below 120 bpm, then you should wait until that happens.

Distance	Target Times	Recovery
1 mile	5:30 - 5:45 mins	6 mins.
1/2 mile	2:40 - 2:50 mins	3 mins.
800 yards	2:30 - 3:00 mins	3 mins
600 yards	2:00 - 2:15 mins	3 mins
400 yards	65 - 75 sec	90 sec
300 yards	45-55 sec	60 sec
200 yards	30-33 sec	45 sec
150 yards	20-23 sec	30 sec
100 yards	13-15 sec	30 sec
75 yards	12-14 sec	30 sec

Ball Control and Agility

- 1 minute - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
- 1 minute - Head juggling
- 1 minute - Throw ball up, jump and while you are in the air trap the ball with your head, settle the ball to your feet, and move off quickly - repeat.
- 1 minute - Thigh juggling
- 1 minute - Throw ball up, jump, and while you are in the air trap the ball with your chest, settle the ball to your feet, and move off quickly - repeat.
- 1 minute - Foot juggling with no spin on the ball.
- 2 minutes - Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly - repeat using head, chest, each thigh, each foot in that order to trap the ball.

Strength and Flexibility

- 60 jumps - Two foot jumping forward and backward over the ball.
- 15 "8's" - Standing position with legs spread and knees straight, roll the ball with your hands in a figure "8" pattern around your legs.
- 60 jumps - Two foot jumping side to side over the ball.
- 15 sole rolls - Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.
- 60 jumps - Throw the ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to "hang" in the air.
- 60 sit-ups - Touch the ball on the ground over your head and back up and touch your toes.
- 60 sky jumps - Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible.
- 60 push-ups - Do as many regular push-ups as you can, then move on to your knees