

# OLENTANGY LIBERTY GIRLS SOCCER SUMMER FITNESS

*“It’s not the will to win that matters—everyone has that. It’s the will to prepare to win that matters.” -Paul Bryant*

Pre-season is designed to add additional fitness to an already high level. It is **not** designed to take unfit players to competition fitness in just a few weeks. This is an impossible task and attempts to do this often lead to significant injury with the subsequent result of missing games. **Fitness will play a major role for participation on all three teams.**

Each of you is at your own level of fitness. Therefore, the examples that follow are only guidelines. You must modify them to fit your level of conditioning. If you have been training, make them harder and more intense or they will not do you any good. If you’ve not been training, start at a lower level of effort and work up. Use common sense; increase the intensity of your workout gradually.

DAY	OPTION 1	OPTION 2
<b>Sunday</b>	Warm-Up: ½ mile jog <b>120’s</b> Cool Down: ½ mile jog	Warm-Up: ½ mile jog <b>Manchester United Runs</b> Cool Down: ½ mile jog
<b>Monday</b>	Warm-Up: 1 mile jog <b>1 mile &lt; 7:15</b> Cool Down: 1 mile jog  *Make an effort to complete this once a week ☺	Warm-Up: 1 mile jog <b>2 miles &lt; 15:30</b> Cool Down: 1 mile jog  *Make an effort to complete this once a week ☺
<b>Tuesday</b>	Warm-Up: 1 mile jog <b>300 Yard Shuttle Run</b> Cool Down: 1 mile jog	Warm-Up: 1 mile jog <b>Short Shuttles</b> Cool Down: 1 mile jog
<b>Wednesday</b>	30-45 minutes cardio of your choice -bike/elliptical/swim	30-45 minutes cardio of your choice -bike/elliptical/swim
<b>Thursday</b>	Warm-Up: ½ mile jog <b>Yo-Yo Recovery Beep Test (YY IRTL 1)</b> Cool Down: ½ mile jog  *Make an effort to complete this once a week ☺	Warm-Up: ½ mile jog <b>Yo-Yo Recovery Beep Test (YY IRTL 1)</b> Cool Down: ½ mile jog  *Make an effort to complete this once a week ☺
<b>Friday</b>	OFF	OFF
<b>Saturday</b>	Warm-Up: ½ mile jog <b>Sideline/Endline Runs</b> Cool Down: ½ mile jog	Warm-Up: ½ mile jog <b>Cooper Test</b> Cool Down: ½ mile jog

*\*\*Description of all fitness activities on the back\*\**



The fitness tests performed during tryouts will be the **-Yo Recovery Beep Test (YY IRTL 1), 300 yard shuttle, push-ups (1 min AMRAP), and sit-ups (1 min AMRAP)**. The Varsity team expectations are: 300 yard shuttle (2x) in 60 seconds or less each time and at least 1240m (complete Stage 8:7 [62 laps]) of the beep test. *\*NOTE: Meeting expectations does not guarantee a player a spot on Varsity. Not meeting expectations does not disqualify a player from making Varsity.\**

**Weightlifting:** Attending school-organized weightlifting sessions will assist in developing core strength to complete pushups and sit-ups.

**Playing Soccer:** There is no substitute for playing the game of soccer. Take advantage of any opportunity you have to get out and play. Each component of the game will be improved every time you step out on the field. Organize 1v1s, 3v3s, or small-sided games. Play as much soccer as possible this summer!

**Short Term Fitness (Anaerobic):** These drills will develop your ability to generate and tolerate lactic acid. Your ability to perform short, explosive sprints and blow by your opponent with little or no fatigue will be much improved. This is the most important component of soccer training.

### 120's

This is a full sprint the length of the field (120 yds) with a recovery jog back to the start. The 120 should be run in under 20 secs and the next sprint should be started exactly 1 min and 20 secs after the first one began. In other words, if it takes you 20 seconds to sprint the 120 yards, then you will have exactly 60 seconds to jog back to the start and begin your next sprint. A reasonable goal is to perform 10 CONSECUTIVE sprints at this pace. If you cannot make your sprints at this pace, make sure you at least complete 10 sprints. Do not quit if you cannot make your goal. This is a difficult drill that may require much time to complete successfully.

### Manchester United Runs

Run repeat 100 yards, and jog back. There is 1 rep every minute. To complete the entire test you will run 22 – 100 yard sprints in 22 minutes.

- 100 yard sprint in 25 seconds, 35 seconds to get back (10 Sets)
  - **After initial set of 10, each round will be run 1 time**
- 100 yard sprint in 24 seconds, 36 seconds to jog back
- 100 yard sprint in 23 seconds, 37 seconds to jog back
- 100 yard sprint in 22 seconds, 38 seconds to jog back
- 100 yard sprint in 21 seconds, 39 seconds to jog back
- 100 yard sprint in 20 seconds, 40 seconds to jog back
- 100 yard sprint in 19 seconds, 41 seconds to jog back
- 100 yard sprint in 18 seconds, 42 seconds to jog back
- 100 yard sprint in 17 seconds, 43 seconds to jog back
- 100 yard sprint in 16 seconds, 44 seconds to jog back
- 100 yard sprint in 15 seconds, 45 seconds to get back
  - **Test is maxed out if can complete 3 sets of this round**



### 300 Yard Shuttle Run

Set-up markers 25 yds apart. Run hard from one marker to the other and back. This is one lap. Each set consists of 6 laps (12 sprints) with no rest for a total of 300 yds. Use a 1:2 rest ratio. For example, if it takes you 60 secs to perform a set, then you should rest for 120 secs. A reasonable goal is to do 2 sets under 60 seconds each.

### Short Shuttles

Set up markers at 5, 10, 15, and 25 yds. One run consists of 5 and back, 10 and back, 15 and back, and 25 and back. Each run should be completed in under 30 secs. 1:1 work to rest ratio. If it takes you 30 secs to complete one run, rest for 30 secs in between. 1 set = 3 runs. Complete 2 sets with a minute rest in between sets.

**Long Term Endurance (Aerobic):** This type of exercise will improve both respiratory and cardiovascular systems. In return, this will enable you to perform efficiently in the 90th minute of a match. You will be able to exercise longer with less fatigue.

### 1 or 2 Mile Time Trial

Make sure you're warmed-up and push yourself. 1 mile under 7:15; 2 miles under 15:30 minutes.



### Yo-Yo Recovery Beep Test

The test evaluates an individual's ability to repeatedly perform intervals over a prolonged period of time. Search on your phone's app store {**Bleep Test** is a great app for only \$0.99} or YouTube. *Make sure you're doing the YY IRTL 1 option!* ☺

### Sideline/Endline Run

On a lined soccer field, jog the end lines and sprint the sidelines. Run 2 miles in this fashion. (2 miles = 10 laps on a regulation field).

### Cooper Test

On a track, jog as many laps as you can within 12 mins. Record your distance or amount of laps and compare them each time you perform this test. 1 lap = 400 meters.