

Fitness Guidelines

This fitness program is designed for you to target weak areas of fitness and your overall progress toward peak performance. Playing soccer is a very important way to get soccer fit. It is necessary that you find a competitive place to train and play in games over the next few months along with this program. It is also important that you identify your weaknesses and target these areas to make yourself a better player in time for the fall season.

There are three workout programs:

- Progressive Interval and Aerobic workout (Complete June 3 to July 31)

Combined with one of these two work outs:

- Fitness anywhere (Complete June 3 to July 30)
Or
- Weight program (Complete weights1 June 4-June 29, weights2 July 2-July 27)

You can find the entire summer workout packet here: <http://www.ojc.edu/soccer.aspx>

Video examples of the weight program exercises can be found at this link near the bottom right of the webpage: <http://www.ojc.edu/OJCFitnessCenter.aspx>

You will do the interval and aerobic workout combined with either the weights or fitness anywhere program (feel free to mix up the weights and fitness anywhere workouts to target your own specific needs and be sure to increase repetitions and or sets as you progress)

Monday, Wednesday, Friday: Interval and Aerobic workouts

Tuesday, Thursday, Saturday: Fitness anywhere or weight program

Listed below are a few general guidelines to keep in mind while organizing your workouts:

- Always warm up properly before your workouts (dynamic stretching is recommended pre-workout).
- Always cool down properly after your workouts (static stretching is recommended post-workout).
- Avoid back to back days for workouts of the same type or same muscle groups (listen to your body).
- To reach your goals and get results you must stay consistent with your workouts.
- Pay close attention to your diet (nutrition directly affects your training, performance and recovery).
- Rest and recovery (including hydration, nutrition, sleep).

*This program is highly recommended. If you have any questions on this fitness program contact the coaching staff. Mike Bielski 719-384-6808.

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Fitness Testing

Additionally you will be required to pass these two fitness tests at the time of tryouts:

1. Three Mile Test/800 repeats

Run .5 miles in 3 minutes/rest for three minutes. Repeat this six times for a total of 3 miles

2 laps in 3 minutes

3 minute rest period

Repeat 6 times for 3 miles

2. 400 repeats

1 lap in 1 minute and 30 seconds

15 second rest period

Repeat for 8 laps

Practice these tests at least three times over summer and make sure you are able to pass both tests before arriving at tryouts August 4th. Failure to pass these tests in tryouts will have a negative impact on making the team.

*I will be testing your fitness during our preseason. It is very important that you take the time this summer to get yourself into shape and prepared for the season. The more fit we are going into the preseason the more time we can work on the technical and tactical parts of our team. Everyone is coming into this season with a clean slate and it is up to you to prove yourself and earn the right to play for this program! I will be using the two tests above in an effort to evaluate where our team and each individual stands with their level of fitness.

Interval and Aerobic workouts

Interval workouts

Interval workouts are progressive in the increase of number of sprints and rest periods (see attached workout)

Aerobic workouts

Aerobic workouts are progressive in the amount of distance covered and time per mile. Aerobic workouts should be a vigorous activity, which elevates the heart rate enough to build cardiovascular fitness.

Workouts should last 30-45 minutes. Running workouts are recommended but alternative exercises can be used to vary your workouts i.e. swimming, cycling

*aerobic workouts are very important to get a good fitness base and to build your endurance. Remember the game of soccer utilizes both aerobic and anaerobic movements.