

Summer Training Program

Fairfield High School

“One thing I have learned very quickly is that if you want your teams to be successful, the players need to be responsible for their own fitness”

-Anson Dorrance, University of North Carolina

Training tips:

- Always do a legitimate cardiovascular warmup and flexibility phase before starting your workout. Your workout should also include a cool-down phase that includes a light cardiovascular phase and flexibility.
 - The warmup should consist of a 10 minute cardiovascular and flexibility sequence
 - The cool-down consists of a short (40 yard) jog and stretch (Jog, stretch, jog, stretch, etc)
- Avoid the heat of the day. Workout before 9am or after 6pm
- Drink at least 16oz of water AT LEAST 30 minutes prior to training
- After the workout, drink plenty of water
- Rest is an important aspect of training. In a seven day training week it is important to take one day off. Two days is acceptable and taking more than two days off will hurt your training

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Strength Training Instructions

Strength training:

Power	Core	Lower Body
4x5 Kneeling Jump Squats 3x10 Scissor Jumps 3x10 Jump Squats	3x45sec Plank 6x30sec Side Plank	3x8 Lunges 3x8 Box Squat

Notes:

- Dumbbells can be added to power and lower body exercises if available and appropriate
- Make sure to take 2 minute rests between sets of power exercises and 1 minute rests between sets of core and lower body exercises

Abdominal / Pushup Workouts:

Workout #1	Workout #2	Workout #3
50 abdominal crunches 25 medicine ball sit-ups 25 medicine ball obliques 25 throw-downs 10 pushups 10 reverse dips 10 pushups with hand on ball 10 reverse dips 10 pushups with hand on ball 10 reverse dips 10 pushups with 2 hands on ball	50 abdominal crunches 10 pushups 30 oblique crunches (each side) 10 walking pushups 30 reverse crunches 10 pushups 30 flutter kick crunch 10 plyometric pushups	5 abs of each exercise 10 abs of each exercise 10 depth pushups 15 abs of each exercise 20 abs of each exercise 10 walking medicine ball pushups 25 abs of each exercise 10 rolling barbell pushups 20 abs of each exercise 15 abs of each exercise 10 stability ball pushups 10 abs of each exercise 5 abs of each exercise

Notes:

- Workout #3 – complete all 3 types of abs listed below for each set
 - Crunches
 - Touch outside of opposite ankle
 - 90 degrees to 6 inches
- Feel free to substitute any type of abdominal exercises for workout #3
- Once you cannot complete a full pushup (elbows to 90 degrees), drop your knees and complete the set (make sure your knees, hips, and shoulders remain in a straight line)
- If you do not own a medicine ball, substitute for objects that weigh between 6-10 pounds. Use a soccer ball for pushups with hands on a ball

You must become comfortable with a level of discomfort each workout for the program to be effective. Muscular discomfort is good and the more you can handle the more benefit you receive. Joint discomfort during strength training is bad, and is a sign of poor technique, which may lead to injury.

Conditioning Instructions

1. On running days, follow the following guidelines for the following distances.
All distances should be completed at 80% of maximum heart rate
 - a) 2 Mile Runs – 13 minute minimum / 17 minute maximum
 - b) 3 Mile Runs – 20 minute minimum / 26 minute maximum
 - c) 4 Mile Runs - 28 minute minimum / 34 minute maximum
2. For speed training exercises, sprint all out on every sprint, take the full rest period, and concentrate on explosive starts and technique (driving knees, leaning forward, pumping arms)
3. Anaerobic / Aerobic Fitness Shuttles
 - a. 40 yard shuttles
 - i. two markers 40 yards apart
 - ii. up and back 3 times (total of 240 yards)
 - iii. work interval = 45 seconds
 - iv. rest interval = 45 seconds
 - v. start at 4 sets and work up to 8
 - vi. 15 seconds extra rest after every 3 sets
 - b. 50 yard cone drill
 - i. six markers at 10 yard intervals
 - ii. 10 and back, 20 and back, and so on (total of 300 yards)
 - iii. work interval = 1 minute
 - iv. rest interval = 1 minute
 - v. start at 4 sets and work up to 6
 - vi. 15 seconds extra rest every 3 sets
 - c. 120's
 - i. 120 yard sprints in 20 seconds
 - ii. 120 yards back in 30 seconds
 - iii. start at 6 reps and work up to 10