

SUMMER
HEAT

PERFORMANCE
PLAN

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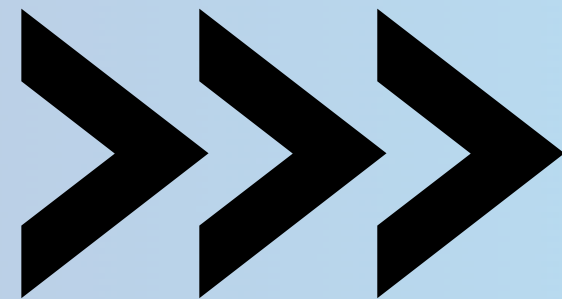
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UNLOCK PERFORMANCE GAINS IN THE SUMMER HEAT

**SUMMER IS A GOLDEN OPPORTUNITY FOR ATHLETIC DEVELOPMENT BUT IT'S ALSO A
TIME WHEN POOR PLANNING CAN LEAD TO BURNOUT, DEHYDRATION, OR INJURY.**

HERE'S HOW TO DO IT RIGHT



HYDRATION GUIDELINES

YOUTH ATHLETES ARE AT HIGHER RISK OF HEAT-RELATED ILLNESSES, SO HYDRATION IS NON-NEGOTIABLE.

DAILY GOAL:

- **AGES 9–13: 64–80 OZ/DAY**
- **AGES 14–18: 80–100+ OZ/DAY (MORE IF TRAINING)**
- **PRE-WORKOUT: 12–16 OZ 1–2 HOURS BEFORE ACTIVITY**
- **DURING WORKOUT: 4–8 OZ EVERY 15–20 MINUTES**
- **POST-WORKOUT: 16–24 OZ PER POUND OF WEIGHT LOST**

SIGNS OF DEHYDRATION: DRY MOUTH, FATIGUE, HEADACHE, DARK URINE

PRO TIP: ADD ELECTROLYTES (SODIUM, POTASSIUM, MAGNESIUM) FOR SESSIONS LONGER THAN 1 HOUR OR IN EXTREME HEAT.

SAFE SUMMER SUPPLEMENTS (ONLY IF NUTRITION IS DIALED FIRST)

FOR ATHLETES 13+ WITH SOLID FOOD INTAKE:

- **CREATINE MONOHYDRATE (3—5G/DAY): SAFE, PROVEN TO IMPROVE POWER AND RECOVERY**
- **WHEY PROTEIN (20—30G POST-TRAINING): CONVENIENT IF DAILY PROTEIN NEEDS AREN'T MET**
- **VITAMIN D3: ESPECIALLY IF INDOORS OFTEN OR LOW SUN EXPOSURE**
- **OMEGA-3 (FISH OIL): SUPPORTS RECOVERY AND JOINT HEALTH**

AVOID ANY STIMULANT-BASED PRE-WORKOUTS IN YOUTH ATHLETES.

NUTRITION & MACROS FOR PERFORMANCE

FOCUS ON HIGH-QUALITY, WHOLE FOODS FOR GROWTH, RECOVERY, AND ENERGY.

MACRO GUIDELINES (GENERAL):

- **PROTEIN: 1.0—1.5G PER POUND OF BODYWEIGHT (CHICKEN, TURKEY, EGGS, GREEK YOGURT, WHEY)**
- **CARBS: 2—3G PER POUND FOR ENERGY AND GLYCOGEN (RICE, PASTA, FRUIT, OATS)**
- **FATS: HEALTHY FATS FROM NUTS, SEEDS, AVOCADO, OLIVE OIL**

MEAL TIMING:

- **PRE-TRAINING: CARBS + PROTEIN (E.G., TURKEY SANDWICH + BANANA)**
- **POST-TRAINING: PROTEIN + CARBS WITHIN 30—60 MINUTES (E.G., WHEY SHAKE + FRUIT + RICE)**

WEEKLY ATHLETIC SCHEDULE (BALANCED DEVELOPMENT PLAN)

OPTIMAL WEEKLY TRAINING BREAKDOWN (AGE 12–18):

ACTIVITY FREQUENCY

- STRENGTH TRAINING 2–3 DAYS/WEEK
- SPEED/AGILITY 2–3 DAYS/WEEK
- SKILL PRACTICE 2–3 DAYS/WEEK
- GAMES/TOURNAMENTS 1–2 DAYS/WEEK
- RECOVERY/REST 1–2 DAYS/WEEK

TIP: ROTATE FOCUS (UPPER BODY, LOWER BODY, MOBILITY, POWER DAYS) TO AVOID BURNOUT.

SUMMER GAME VOLUME VS. ATHLETIC DEVELOPMENT

PLAYING TOO MANY HIGH-VOLUME GAMES OR TOURNAMENTS CAN LEAD TO:

- **OVERUSE INJURIES**
- **MENTAL FATIGUE**
- **STALLED LONG-TERM PROGRESS**

INSTEAD, PRIORITIZE:

- **TARGETED DEVELOPMENT SESSIONS (CORRECT WEAKNESSES, SHARPEN TOOLS)**
- **SPEED, POWER, STRENGTH, RECOVERY BLOCKS**
- **SKILL REFINEMENT AND MOBILITY**

ASK THIS: 

- *IS THIS TOURNAMENT HELPING THEM GROW OR JUST FILLING UP THE CALENDAR?*
- *ARE THEY BETTER PREPARED PHYSICALLY TO DOMINATE NEXT SEASON, FOR SCHOOL, COLLEGE?*

WHAT THEY SHOULD FOCUS ON

ADDRESS WEAKNESSES (POOR FIRST-STEP QUICKNESS, LIMITED HIP MOBILITY, ARM STRENGTH, SPEED)

BUILD TOOLS:

- **SPEED: SPRINT MECHANICS, ACCELERATION, CHANGE OF DIRECTION (COD)**
- **POWER: JUMPS, MED BALL THROWS, OLYMPIC LIFTS**
- **ARM STRENGTH: LONG TOSS, RESISTANCE BAND ROUTINES**
- **CORE STRENGTH: ANTI-ROTATION, STABILITY DRILLS**

FINAL CHECKLIST FOR SUMMER WINS

- ☒ DIAL IN HYDRATION AND NUTRITION DAILY
- ☒ BALANCE VOLUME WITH RECOVERY
- ☒ INCLUDE DEDICATED SPEED AND STRENGTH SESSIONS
- ☒ FOCUS ON DEVELOPMENT, NOT JUST GAMES
- ☒ LET THEM TRAIN HARD, RECOVER HARDER