

If we are going to compete strongly in the area for a mountain league and a district championship, we have to train like champions in the spring and summer seasons. We have to continue to strive to maximize our individual potential on the training grounds so we can be ready to win together as a team! Every player on this team will be tested in the technical training, conditioning and sprint circuits during the pre season. If you want to be on the field than it is necessary to be ready both mentally and physically! Below is a quick explanation of the Heart Rate Monitor

Helpful hints:

1. 80% of your heart is the minimum for our technical training, conditioning and sprint circuit. For example, if your maximum heart rate is 200 than 80% of max heart rate is 160. If you drop below 160 in any technical training, conditioning or sprint circuit than you have to pick up your pace. If you are in 85%-100% of your maximum heart rate, you are making progress. Always finish the run and always stay at the designated heart rate! If you are running at 90% of your heart rate and you are making a 3 mile run in 20 minutes when you should be making a 3 mile run in 19 minutes than you need to get yourself up to 95% of your heart rate for several minutes on the run. Push yourself!

Conditioning – 3 x's a week.

Lifting/Core Work/Plyometrics – 2 x's a week.

Touching a ball – 5-7 x's a week.

Always take two days off to Stretch, Recover and Juggle. DO NOT take two consecutive days off.

Ideally give yourself 5/6 weeks of training to prepare for an upcoming season

After Day 1 and Day 2 running, follow the exercises in the 11 plus workout e-book download and also do the Beast Mode MySoccerTraining App or other individual drills found on the internet for 60 minutes

After Day 3 – MySoccerTraining App or other individual drills found on the internet for 60 minutes

Weeks 1 and 2:

Day 1 – 20 Minute Run in the following increments with a 45 second rest in between:

2 minute jog – 5 times

1 minute run – 5 times (try to make 300-400 meters on a track if possible)

5 minute cool down

Day 2 – 25 Minute Run in the following increments with a 45 second rest in between

3 minute jog – 5 times

1 minute run – 5 times

5 minute cool down

Day 3 – Long Run Start out trying to make 2-3 mile run

Weeks 3 and 4:

Day 1 - 25 Minute Run in the following increments with a 45 second rest in between:

2 minute jog – 7 times

1 minute run – 7 times (try to make 300-400 meters on a track if possible)

4 minute cool down

Add Sprints with 1 minute rest in between:

10 yard – 5 times

20 yard – 5 times

30 yard – 5 times

Day 2 – 30 Minute Run in the following increments with a 45 second rest in between

3 minute jog – 6 times

1 minute run – 7 times times (try to make 300-400 meters on a track if possible)

5 minute cool down

Add Sprints with 1 minute rest in between:

10 yard – 7 times

20 yard – 7 times

30 yard – 4 times

Day 3 – Long Run Start out trying to make 3-5 mile run. Time your run and see how subsequent Day 3 times compare to the same distance or just go further.

Weeks 5 and 6:

Day 1 - 30 Minute Run in the following increments with a 45 second rest in between:

3 minute jog – 6 times

1.5 minute run – 6 times (try to make 400-500 meters on a track if possible)

3 minute cool down

Add Sprints with 1 minute rest in between:

10 yard – 7 times

20 yard – 7 times

30 yard – 4 times

Day 2 – 35 Minute Run in the following increments with a 45 second rest in between

3 minute jog – 5 times

2 minute run – 5 times (try to make 600-800 meters on a track if possible)

5 minute cool down

Add Sprints with 1 minute rest in between:

15 yard – 6 times

25 yard – 6 times

40 yard – 4 times

Day 3 – Long Run Start out trying to make 3-5 mile run. Time your run and see how subsequent Day 3 times compare to the same distance or just go further.