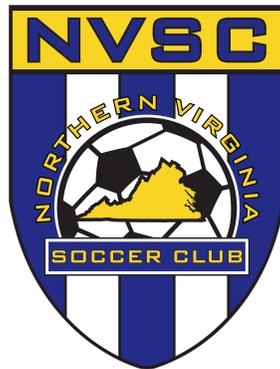


# 2019 Summer Fitness



**#bebravewiththeball**

NVSC 2019 Summer Fitness U15 - U19

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>June 30</b> - <b>July 6</b>	rest	15 min 30/30s 75% effort	Core	18min 30/30s 75% effort  Upper Body	2 mile steady/slow run  Lower Body	8 mins steady/slow run  6x90sec  Core	<b>HIIT run (4 reps)</b>  Core
<b>July 7</b> - <b>July 13</b>	rest	<b>SPAC</b>  Core	20min 30/30s 75% effort  Core	Upper Body  Lower Body	2.5 mile steady run  Core	8 mins steady run  6x90 sec	<b>HIIT run (5 reps)</b>  Core
<b>July 14</b> - <b>July 20</b>	rest	<b>SPAC</b>  Core	22min 30/30s 75% effort  Core	Upper Body  Lower Body	2.5 mile steady/slow run	8 mins steady run  6x90 sec  Core	<b>HIIT run (6 reps)</b>  Upper Body
<b>July 21</b> - <b>July 27</b>	rest	<b>SPAC</b>  Core	24min 30/30s 75% effort  Core	Lower Body  Upper Body	2.5 mile steady/slow run  Lower Body	8 mins steady run  6x90 sec  Core	<b>2 mile race</b>  <b>Email me your time</b>
<b>July 28</b> - <b>August 3</b>	rest	2.5 mile steady/slow run	Upper Body Lower Body  Core	8 mins steady run  6x90 sec	Upper Body Lower Body  Core	2.5 mile steady/slow run	rest
<b>August 4</b> - <b>August 10</b>	rest	Lower Body Upper Body  Core	24min 30/30s 75% effort	Lower Body Upper Body  Core	8 mins steady run  6x90 sec	Lower Body Upper Body  Core	<b>2 mile race</b>  <b>Email me your time</b>

## NVSC 2019 Summer Fitness U15 - U19

The 2019 summer fitness program is **6-weeks** in duration. You should have a solid fitness base from the Spring season. EACH PLAYER is RESPONSIBLE for maintaining a high fitness level during the summer months to be ready for the Fall 2019 season.

The main goal of the summer program is to develop a high level of running conditioning and maximize your overall body strength. Player's fitness level will be measured during the team mini-camp starting **August 13th**.

Players **WILL NOT** be as fit if they skip activity weeks or have too many days of inactivity. Your fitness level improves through **OVERLOAD**. Overload is slightly increasing the amount of work and running you do each week.

Players participating in summer sports (basketball, Super-Y, x-country) can substitute these fitness activities for their summer sport activities. Do not substitute for the HIIT runs. If you have a team practice scheduled on a HIIT run day move the HIIT run to the following day. If you have questions, please email or call the coach.

### **PLAYER SAFETY**

Players are encouraged to workout in pairs or small groups.

Outdoor workouts should be performed before 10am or after 7pm to avoid extreme temperatures and humidity.

Increase water intake.

Stop immediately if you experience dizziness or become lightheaded.

## HIIT Run

Setup two cones 20 yards apart. 1 repetition will last 45 seconds followed by 3-4 minutes of rest. You may run with or without a soccer ball or intermittently with a soccer ball. **You must sprint with 100% effort for this to be effective.** Your heart rate should be back to normal before starting next repetition. Extend rest period up to 5 minutes if your heart rate has not recovered.

## 30/30's

This is a continuous run: 30 second fast run (75% effort) followed by 30 second VERY slow jog.

## 90 Second Runs

Utilize a track if possible. Each interval ran at 80-90% effort for 90 seconds followed by 2-3 minutes of recovery. Recovery is a mix of standing or slow walking. Your heart rate should be back to normal after 2-3 minutes. Extend rest period up to 5 minutes if your heart rate has not recovered.

## Steady Runs

Steady runs are at a steady pace, faster than a jog. You should almost (but not quite!) be able to carry on a conversation while you are running.

## 10 Minute Runs; 5 Minute Runs

Run the 10 minute runs at a fast, steady pace. There is recovery time in between. Run each 5 minute run at a faster pace. There is rest time between each of those runs on your calendar.

## Speed/Acceleration (SPAC)

Complete the entire chart every **SPAC** day on your calendar. The sprint series should be done at 100% effort. All starts should be completed with the recovery followed by an immediate start again.

Remember: The only way you can improve in this aspect of your game is to go as fast as you can on each sprint!

### Speed/Acceleration Workout

Start		Sprint Distance	Recovery
Soccer Start	x4	15 yards	jog back, wait 15 secs
Stagger Start			
right foot forward	x3	15 yards	jog back, wait 15 secs
left foot forward	x3	15 yards	jog back, wait 15 secs
Side Step and Go	x4	15 yards	jog back, wait 15 secs
Carioca Step and Go	x4	15 yards	jog back, wait 15 secs
180 Jump and Go	x4	15 yards	jog back, wait 15 secs
Jogging Start			
hit line w/ right foot	x3	25 yards	walk back, wait 20 secs
hit line w/ left foot	x3	25 yards	walk back, wait 20 secs

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Running Start	x6	25 yards	walk back, wait 20 secs
Running Start	x4	40 yards	walk back, wait 30 secs

**Starts**

Soccer Start: Both feet are next to each other, shoulder width apart. The objective is to get your feet on the ground quickly without lunging. In order to do this you will need to bend your knees—do not lunge forward with your back. Make your first few steps shorter and quicker, then lengthen out.

Stagger Start: Right foot forward or left foot forward following the same instructions as above for leaning forward and letting your momentum carry you forward.

Side Step and Go: Shuffle step sideways twice, then drive off the back foot and accelerate out. Alternate off the right and left foot.

Carioca Step and Go: Begin 10 yards behind the start line with a carioca step. When you reach the line, drive off with the front foot. Alternate driving off with right foot, then left foot.

180 Jump and Go: Start facing the opposite direction you intend to run. Jump off both feet turning 180 degrees in the air, land and accelerate.

Jogging Start: Start 10 yards behind your start line and jog forward. As soon as you hit the line with your right foot, accelerate. Repeat this with your left foot.

Running Start: Start 15 yards behind your start line and build up into a sprint so when you hit the line you are going all out through the specified distance.

180 Backpedal Start: Start 15 yards behind your start line and back-pedal until you see the start line underfoot. Immediately face forward and sprint through the specified distance.

## Core Strength Training

The core strength training circuit is performed by alternating sit-ups and lower back exercises. All of the exercises below count as 1 total set. **Each week, add 2-5 reps to each exercise.** The chart below is your starting point.

<b>Circuit</b>	<b>reps.</b>
regular crunches	50 reps
planks	hold for 30 seconds
left oblique crunches	20 reps
right oblique crunches	20 reps
flutter kick crunch	60 reps
Supermans	hold for 3 seconds, 20 reps
reverse crunch	25 reps
6 inches	hold for 15-20 seconds, 4 reps

### Description of exercises

- 1) regular crunch: Self explanatory
- 2) left/right oblique: Allow lower torso and legs to lay on the right side for the reps, then on the left side for reps.
- 3) double crunch: Contract upper torso (like a regular crunch) and legs at the same time.
- 4) reverse crunch: Hands under hips, extend legs out and then back in toward chest.
- 5) flutter kick crunch: Legs straight out, 6 inches from ground, hands under hips, flutter kick.
- 6) 6 inches: Lay down on back, hands flat on ground under your butt, extend feet straight ahead, and hold them 6 inches off the ground. Avoid bending your knees.
- 7) Supermans: Lay down on stomach, hands and feet extended. Lift hands and feet together in one smooth motion, until only your stomach is on the ground. Hold and tighten the muscle in your lower back
- 8) Planks: Lay down, hold your body off the ground only using fists, elbows, and toes. Hold and tighten the muscle in your lower back.

**Upper Body Strength** (feel free to add more!)

Pushups	50 reps (small rest breaks allowed)
Burpees	25 reps
Mountain Climbers	50 reps
Arm Curls	12 reps per arm, 3 sets
Military Press	12 reps, 3 sets
Pull-ups / Lat pull-downs	10 reps, 3 sets

**Lower Body Strength** (feel free to add more!)

Squats	35 reps, 1 set
Lunges	25 reps (per foot), 1 set
Side-squats	20 reps, 1 sets
Double Lunge	15 reps per foot, 1 set
Calf extensions	50 reps, 1 set
Wall Sit	hold for 60 secs, 3-5 sets