



FAIRVIEW KNIGHTS

FHS Women's Soccer: Fitness Program Winter 2017

Work hard. Love hard. Show up.
Say little... Do a lot.

FHS Soccer... All Heart.

OVERVIEW: It is imperative that you come into the beginning of the season in good physical condition. The FHS Women's Soccer Program places an extraordinarily high level of physical demand on players; if you want to be on the field, you must be relentless in your play. Be prepared for tryouts, and the beginning of the season.

The objectives of our conditioning program are fairly simple. Staying disciplined on a daily basis over time develops champion-level physical fitness. However, while the plan itself is not complicated, **some of you will have a difficult time disciplining yourself to following the schedule.** I hope you embrace the challenge of disciplining yourself now, which will pay you back quite well later. Reach for the Varsity Benchmark in each activity. You might not be there just yet but... over time, you will make progress toward the goal. For you younger players... relax. You've got a long road in front of you. Do the best you can. Set ambitious goals for yourself. Be patient. Know that this is one of the top programs in the state, with some of the top players in the state to look up to.

THE BENCHMARKS: Your pre-season fitness assessment will include 5 benchmarks. All players will be assessed on each of the measurements during tryouts. Results will be used in part to inform player selections.

Measure 1: Full Field Shuttles (Endline to opposite endline, and back, less than one minute each)

- **All Heart Benchmark:** 15 full field shuttles, completed in 15 minutes
- **Varsity Benchmark:** 12 full field shuttles, completed in 12 minutes

Measure 2: Push-Ups

- **Varsity Benchmark:** 40 push-ups must be completed in 120 seconds

Measure 3: Sit-Ups

- **Varsity Benchmark:** 60 sit-ups must be completed in 120 seconds

Measure 4: Ball Step-ups

- **Varsity Benchmark:** 200 step-ups must be completed in 70 seconds

Measure 5: Burpies, with lateral jump

- **Varsity Benchmark:** 25 Burpies with 12 inch lateral jump in between, in 90 seconds

PREPARING TO MEET THE BENCHMARKS: You don't have to meet the Varsity Benchmark in December. But you better start working toward them in December. Some things to consider:

- **Be consistent over time...** put in regular work on a daily basis, and you will be surprised at how quickly your body acclimates to increasing demands.
- Increase your work load each week, **starting where you are**, but aiming for the **Varsity Benchmark.**

- While hard work is imperative, **so is rest**. You should push your body 4-5 times per week this winter. Likewise, you should allow your body to recover 1-2 days per week as well.
- **Sleep matters**. If you want to perform as a top level athlete, you need 9 hours of sleep each night.
- **You are what you eat**. Nutrition matters. If you fill your body with processed food, you'll have minimal energy. If you fill your body with sugar, your muscles will break down. The human body was not designed to ingest chemicals. Avoid soda. **Eat real food. Drink water.** If you choose to consume alcohol or drugs, find a different soccer team. Seriously.

FHS Women's Soccer Fitness Benchmarks: Training Recommendation

Unless you are on a specific and supervised weight training program, you should complete the following at least three days every week. As I said above, this is not complicated. However, it requires discipline that some of you will struggle to find.

- 50 push-ups, done throughout the day
- 120 sit-ups, done throughout the day
- As many Burpies as you can complete in 60 seconds
- Ball step-ups: As many step-ups as you can do in 90 seconds

Additional Running Recommendations: By following the running recommendations below, you will be prepared for pre-season camp and tryouts. Of course, you may need to adapt the running load based on your beginning level of fitness, injuries, sickness, etc. You may also have other activities during any given week that may impact how much training your body can handle. For example, if you play in an indoor soccer match, if you are playing another sport, if you spend a day skiing, etc., those activities should take the place of one of your work-out days during the week. These are recommendations only, and are intended to help support your efforts to come into the tryout week in February in good physical condition. The weather will, of course, impact this training schedule at some point. Snow... cold... wind... we cannot control those factors. Do the best you can to follow these workouts, knowing that you might have to skip or substitute a part of the workout some weeks.

Week of December 18 (3 days of rest)

- 3 days a week, 30 minute run at moderate pace
- 1 day during the week: 6 full field shuttles in 6 minutes

Week of December 25 (3 days of rest)

- 3 days a week, 35 minute run at moderate pace
- 1 day during the week: 7 full field shuttles in 7 minutes

Week of January 1 (2 days of rest)

- 4 days a week, 35 minute run at moderate pace
- 1 day during the week: 8 full field shuttles in 8 minutes

Week of January 8 (3 days of rest)

- 3 days a week, 30 minute run at moderate(+) pace
- 1 day a week, 60 minute run at a moderate pace

Week of January 15 (3 days of rest)

- 3 days a week, minimum 30 minute run at moderate pace
- 1 day during the week: Track Workout

- 6 x 400 meters (once around track, goal is under 90 seconds); 90 second rest between laps.

Week of January 22 (2 days of rest)

- 4 days a week, minimum 30 minute run at moderate(+) pace
- 1 day during the week: 9 full field shuttles in 9 minutes

Week of January 29 (2 days of rest)

- 4 days a week, 40 minute run at moderate pace
- 1 day during the week: Track Workout
 - 8 x 400 meters (once around track, goal is under 90 seconds); 90 second rest between laps.

Week of February 5 (3 days of rest)

- 3 days a week, minimum 40 minute run at moderate pace
- **Optional Fitness Benchmark Assessment, February 10 (after school)**

Week of February 12 (2 days of rest)

- 3 days a week, 45 minute run at moderate(+) pace
- 1 day during the week: 60 minutes, moderate pace
- 1 day during the week: 6 sets of Shuttles (start on end line: 18, midfield, far 18, full end line)

Week of February 19: Pre-Season Camp

Week of February 26: TRYOUTS

See below for a training log to help chart your progress throughout the preseason.

FHS SOCCER PRESEASON TRAINING PLAN: Daily Log

Name: _____

Fitness requires discipline over time. Training one day won't get you fit. And neither will missing one day kill your fitness. Over time, with regular discipline, your body will acclimate to increasing load. If you start now, you'll hit the benchmarks by February 27, and you'll have a great season, and FHS will have great teams. Use the table below to chart your daily consistency and discipline. I will ask to see your results at some point in the winter months. Don't lie. I'll know if you did the work anyway. It will be obvious. This is for you. Be disciplined.

	Push-up total for the day	Sit Up total for the day	Burpie total for the day	300 ball Step-Ups Yes/No	Full field shuttles: How many minutes?
Dec 18					
Dec 19					
Dec 20					
Dec 21					
Dec 22					
Dec 23					
Dec 24					
Dec 25					
Dec 26					
Dec 27					
Dec 28					
Dec 29					
Dec 30					
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Feb 19					