

## Fall Athletes – Summer Fitness Schedule

Hello Woodlynde School athletes,

Do you “know you should” be keeping up with your athletic fitness over the summer but figuring out what that looks like is a bit of an issue? Well guess what? I wrote a guide for you!

Are you doing August Fall practices? Grab the 10-week block that is split into two 5-week cycles. Are you starting in September instead? You can use the 12-week block split into two 6-week cycles.

All athletes need to do strength training (S), conditioning (C), and have days just for fun physical activity (F)!			
Team	Type	Min #	Workouts
Volleyball	Strength Training	3	S1-S2-S3
	Conditioning	2	C1-C2
	Fun	2	F1-F2
Cross Country	Strength Training	2	S1-S2
	Conditioning	3	C1-C2-C3
	Fun	2	F1-F2
Soccer	Strength Training	2*	S1-S2 *S3
	Conditioning	2*	C1-C2 *S3
	Fun	2	F1-F2
* Soccer can do either 2 or 3 of either a strength training or conditioning workout depending on preference			

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**August Fall practices - 10-week block**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Baseline - week 1 should be relatively easy paced, low mileage, light weights and low reps – have fun!</b></p>							
<b>Week 2</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<b>Week 3</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Building effort – Medium exertion for these next weeks. Each week do more in either pace, mileage, add some weight or a couple reps</b></p>							
<b>Week 4</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Highest effort – Hard exertion for this week. Aim for quick pace or more, higher weight/reps</b></p>							
<b>Week 5</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Recovery week – Drop effort in pace, miles, reps, and weight to BELOW what you did in your Baseline week</b></p>							

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<b>Week 6</b>	<b>C1</b>	<b>S1</b>	<b>C2</b>	<b>S2</b>	<b>C3 or F1</b>	<b>S3 or F1</b>	<b>F2</b>
<p><b>New Baseline - should be relatively easy paced, low mileage, light weights and low reps BUT a bit more than you did in week 1.</b></p>							
<b>Week 7</b>	<b>C1</b>	<b>S1</b>	<b>C2</b>	<b>S2</b>	<b>C3 or F1</b>	<b>S3 or F1</b>	<b>F2</b>
<b>Week 8</b>	<b>C1</b>	<b>S1</b>	<b>C2</b>	<b>S2</b>	<b>C3 or F1</b>	<b>S3 or F1</b>	<b>F2</b>
<p><b>Building Effort - Medium exertion for these next weeks. Each week do more in either pace, mileage, add some weight or a couple reps</b></p>							
<b>Week 9</b>	<b>C1</b>	<b>S1</b>	<b>C2</b>	<b>S2</b>	<b>C3 or F1</b>	<b>S3 or F1</b>	<b>F2</b>
<p><b>Highest effort - Hard exertion for this week. Aim for quick pace or more, higher weight/reps</b></p>							
<b>Week 10</b>	<b>C1</b>	<b>S1</b>	<b>C2</b>	<b>S2</b>	<b>C3 or F1</b>	<b>S3 or F1</b>	<b>F2</b>
<p><b>Recovery week – Drop effort in pace, miles, reps, and weight to BELOW what you did in your Baseline week</b></p>							

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**Starting sports in September - 12-week block**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Baseline - week 1 should be relatively easy paced, low mileage, light weights and low reps – have fun!</b></p>							
Week 2	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
Week 3	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
Week 4	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Building effort – Medium exertion for these next weeks. Each week do more in either pace, mileage, add some weight or a couple reps</b></p>							
Week 5	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Highest effort – Hard exertion for this week. Aim for quick pace or more, higher weight/reps</b></p>							
Week 6	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
<p><b>Recovery week – Drop effort in pace, miles, reps, and weight to BELOW what you did in your Baseline week</b></p>							

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<b>Week 7</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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**New Baseline - should be relatively easy paced, low mileage, light weights and low reps BUT a bit more than you did in week 1.**

<b>Week 8</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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<b>Week 9</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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<b>Week 10</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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**Building effort – Medium exertion for these next weeks. Each week do more in either pace, mileage, add some weight or a couple reps**

<b>Week 11</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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**Highest effort – Hard exertion for this week. Aim for quick pace or more, higher weight/reps**

<b>Week 12</b>	C1	S1	C2	S2	C3 or F1	S3 or F1	F2
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**Recovery week – Drop effort in pace, miles, reps, and weight to BELOW what you did in your Baseline week**

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### Workout Reference Tables

<b>Strength Training ((a) – week 1 to 5-6) and ((b)– week 5-6 to 7-12)</b>					
<b>S1a</b>		<b>S2a</b>		<b>S3a</b>	
Exercise	Sets x reps	Exercise	Sets x reps	Exercise	Sets x reps
Air Squat	3 x 20	Split Squat	3 x 10 (each leg)	*Thruster (Squat + Press)	3 x 10
Walking Lunge	3 x 20 total steps	Glute Bridge	3 x 20	Bench Dip	3 x 10-15
Pushup (Any version!)	3 x 10-15	*Half Kneeling Chop	3 x 10 (each side)	*One Arm Row	3 x 10 (each side)
Plank	3 x 30 sec	Inverted Row	3 x 10-15	Russian Twist	3 x 20 total twists
<b>S1b</b>		<b>S2b</b>		<b>S3c</b>	
Exercise	Sets x reps	Exercise	Sets x reps	Exercise	Sets x reps
Pushup (Any version!)	3 x 10-15	Lateral Lunge	3 x 10 (each leg)	Jump Squats	3 x 5-10
*Goblet Squat	3 x 10-15	Monster Walks	3 x 20 total steps	Incline Pushup	3 x 10-15
Reverse Lunge	3 x 10 (each leg)	*Bent Over Row	3 x 10-15	*Bench Pullover	3 x 20
Calf Raise	3 x 20	High Plank to Down Dog	3 x 20	*Romanian Deadlift	3 x 10
* Grab a weighted object for these – textbook, full backpack, medicine ball, weight plate, dumbbell, or full gallon jug of water					

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<b>Conditioning</b>			
<b>Type</b>	<b>C1</b>	<b>C2</b>	<b>C3</b>
<b>Run</b> (Road, Track, or Trail)	Easy pace, low miles	Same miles as C1 - Increase pace	Increase distance relative to C1 and C3
<b>Biking</b> (Road or Mountain bike)	Easy pace, low miles	Same miles as C1 - Increase pace	(Road) Increase distance relative to C1 and C3 or (Mountain) increase elevation
<b>Swim</b>	Steady lap pace, sustainable lap number	Increase lap pace	Increase lap number by 2 lengths
Other options: Rowing, Hill sprints, High-intensity Interval Training (HIIT), Aerobic exercise machines, Sports practice, etc.			

<b>Fun Physical Activity / Active Recovery</b>			
<b>F1</b>		<b>F2</b>	
These should be FUN, physical activities that help you recover from your strength training and conditioning, as well as just letting you enjoy your summer. Check out some options below!			
Hiking	Pickleball	Gardening	Yoga
Dance	Sport Skill Drills	Beach Volleyball	Frisbee
Wii Sports	Playground Tag	Horseback Riding	Wakeboarding
Office Parkour	Walking Dogs	Skateboarding	Basketball H.O.R.S.E.