

## 2020 SUMMER SOCCER ENDURANCE TRAINING LOG *(see notes on bottom)*

	Day 1	Day 2	Day 3	Day 4
<b>Week</b>	Easy Run	<b>Soccer Fartlek</b>	Easy Run	<b>Superior Endurance Run</b>
1 (6/22-6/28)	10:00	(Combining easy and effortful intensity in a run which will mimic game play. "Pickup" is what you would do when running for a loose ball alongside an opponent)	15:00	Optional 10:00
Enter initial under each completed activity				
2 (6/29-7/5)	15:00	<b>Soccer Fartlek 15:00 total 5:00 easy + 7:00 w/10 second pickup once per minute + 3:00 easy</b>	20:00	Optional 15:00
Enter initial under each completed activity				
3 (7/6-7/12)	20:00	<b>Soccer Fartlek 20:00 total 5:00 easy + 10:00 w/10 second pickup once per minute + 5:00 easy</b>	20:00	<b>"SER" (Superior Endurance Run) 30:00</b>

Enter initial under each completed activity				
4* (7/13-7/19)	15:00	<b>Soccer Fartlek 15:00 total 5:00 easy + 7:00 w/15 second pickup once per minute + 3:00 easy</b>	15:00	<b>"SER" (Superior Endurance Run) 40:00</b>
Enter initial under each completed activity				
5 (7/20-7/26)	25:00	<b>Soccer Fartlek 25:00 total 10:00 easy + 10:00 w/15 second pickup once per minute + 5:00 easy</b>	25:00	<b>"SER" (Superior Endurance Run) 45:00</b>
Enter initial under each completed activity				
6 (7/27-8-2)	30:00	<b>Soccer Fartlek 30:00 total 10:00 easy + 13:00 w/15 second pickup once per minute + 7:00 easy</b>	30:00	<b>"SER" (Superior Endurance Run) 50:00</b>
Enter initial under each completed activity				

7 (8/3-8/9)	35:00	Soccer Fartlek 35:00 total 10:00 easy +15:00 w/15 second pickup once per minute + 10:00 easy	35:00	"SER" (Superior Endurance Run) 55:00
Type in your initial under each activity you have completed				
8 (8/10-8/16)	40:00	Soccer Fartlek 40:00 total 10:00 easy +20:00 w/15 second pickup once per minute + 10:00 easy	40:00	"SER" (Superior Endurance Run) 60:00
Type in your initial under each activity you have completed				

### SUGGESTIONS:

- All runs should be at a comfortable, conversational pace with the Soccer Fartlek as the exception.
- Invest in a solid pair of running shoes. This will prevent injuries, worth the investment and you will get more out of this endeavor. Runners Alley (Concord or Portsmouth) will fit you with appropriate shoes for you. Tell them you are a CBNA athlete, should get 10% off
- Share the work, run with a partner. Makes it sooooo much easier.

- Soccer Fartlek - keep on a flat surface - - even go to a rail trail...perfect for this.
- Do the Superior Endurance Runs at a cool place - - seacoast, rail trail, state park. Scenery makes it EASIER.
- "Much" respect afforded to those who complete the Superior Endurance Run progression. Enough to be referred to as SIR or "SER"... :)
- HYDRATE and FUEL - so important for endurance training in the summer.
- TIMING - try to run at the cooler points of a day...morning or evening.