

Hello Ladies!

It is with intense excitement and enthusiasm that I give you your summer workout program! I hope you all have fun in the sun, but don't neglect your conditioning. By keeping up with this program you will be fast, strong, and ready to rock pre-season training come August.

The following workout program begins in July and takes you to the first day of tryouts. This program is not required; it is merely a recommendation. With that said, players who follow this program or another of their choosing and are in shape come August 4th will show their dedication and commitment during tryouts. Some of these workouts will be part of your varsity tryout so put your best foot forward. This program is designed to gradually get you in shape, but is certainly difficult. This whole program can be done with a buddy or three, so get in touch with your fellow teammates. I have attached a sample calendar at the bottom allowing for days off; however, if you would like to build your own program, go for it!

Week 1	Week 2	Week 3	Week 4 & 5
<ul style="list-style-type: none"> • 2 interval workouts • 2 ab workouts • 1 day of agility • 2 days of stick work 	<ul style="list-style-type: none"> • 2 interval workouts • 1 Fartlek workout • 2 days of agility • 2 days of stick work • 2 days of abs 	<ul style="list-style-type: none"> • 2 days of intervals • 2 days of Fartleks • 2 days of agility • 2 days of stick work • 3 days of abs 	<ul style="list-style-type: none"> • 3 days of intervals • 2 days of Fartleks • 3 days of agility • 2 days of stick work • 3 days of abs

Interval Training:

Intervals are high intensity, short duration sprints. 100 meters is roughly the length of a field. Do a length, literally take a second, and on to the next one. Adhere strictly to the rest times that are listed in each interval workout. Do not take additional rest in between. These workouts are hard! Your heart rate should be towards the upper end of your target heart range immediately after your intervals and should drop below your target heart rate range (but no lower than 120 beats per minute) before you begin your next set. On the days you are supposed to do intervals, choose one of the two workouts.

Interval I

- 2 x 800 meters; 4 minute rest
- 2 x 400 meters; 2:30 minute rest
- 2 x 200 meters; 1:30 minute rest
- 4 x 100 meters; 45 second rest
- 4 x 50 meters; 30 second rest
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- Total Miles: 2.15

Interval II

- 6 x 200 meters; 1 minute rest
- 6 x 400 meters; 2 minute rest
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Total Miles: 2.25

Fartleks

Fartlek workouts are a combination of intense runs alternated with modified rests performed at various speeds and distances. This kind of running simulates the running that you perform in a game much more closely than a steady distance run. When running your fartleks make sure that your shorter times are run at top speed and your longer times are run at a pace that is similar to the pace you would run an 800. There should be definite difference between your jog (“off”) and your run (“on”). Fartlek workouts are more fun when you run them with a partner that you can race against. Push yourself!

KEY: On = sprint; Off = jog; Run = 800 meter pace (faster than jog); X = number of reps

Fartlek I

- 5 min. run
- 2 min. on / 2 min. off x 4
- 1:30 on / 1:30 off x 4
- 1 min. on / 45 sec. off x 4
- 5 min. run
-
- Total: 39 minutes

Fartlek II

- 5 min. steady pace
- 1 min. on / 1 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 2 min. on / 2 min. off x 2
- 1:30 min. on / 1:30 min. off x 2
- 1 min. on / 1 min. off x 2
- 5 min. steady pace
-

Total: 38 minutes

AGILITIES: During agility drill days, choose two of the following drills. Mix them up! Repeat each 10 times through. Every other drill, add a stick and ball to the mix!

Line Drills - 10 Yards

1. Start by sprinting from line A to line B at full speed.
2. Touch line B with foot and sprint back to line A, then immediately back to line B (finish

line).

3. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

Off Set Weave - Zig Zag Pattern with cone every 5 yards for a total of 15 yards

1. Start by sprinting to the first cone.
2. With a quick change of direction, begin back pedaling to the next cone (and repeat).
3. Concentrate on accelerating out of the corners.

Z-Drill - Make the letter Z in a 5 yard by 5 yard pattern

1. Start by sprinting to the first cone at full speed.
2. Then make a hard, sharp cut and sprint to the next cone, and then again to the last cone.
3. Make sure to stay low and get your body "square" to the direction that you are running as quick as possible.
4. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

M Drill - Make the letter M in an 8 by 8 yard pattern

1. Start by sprinting to the first cone and then follow an "M" pattern to the finish line.
2. Variations of this drill can be done by incorporating back pedals, side shuffles, etc.

Figure 8 Drill - Make a Figure 8 in a 5 yard pattern

1. Face one direction at all times (keep the shoulders "square" to this point) and shuffle a through a figure 8 pattern.

Pro-Agility Drill - Total is 10 yards, with the mid line in the middle at the 5-yard mark

1. Start by straddling the mid line.
2. Sprint hard to one side then all the way back to the far side and then finish by sprinting back to the middle. Touch each line as you cross

Stick Work

On days in which you are to do stick work, these should be a little lighter. Take 10-15 minutes and just work on your hand-eye coordination. Do as many yardsticks and air dribbles as you can. Keep track of your record!

Abs

You can do ab workouts every day if you want to. Your abdominals are the only muscle that doesn't need to tear and rebuild to become stronger. Work those beach bodies! Do this circuit 3x (if you have to work up to the planks, don't worry about it!)

Planks- 1 min 45 seconds

Leg Lifts-15 to the middle, 10 to each side

Crunches-50

Bicycles-25 (50 each side)

Butterfly Kicks- 50