

STRENGTH AND CONDITIONING

Play For Those Warriors That Came Before You



*Max Fantl
2009 All-American*



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2010 All-American*

WARRIORS SOCCER

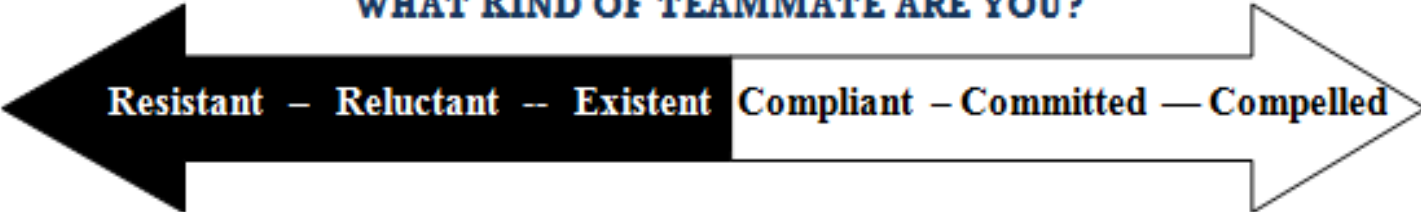


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"There are only two options regarding commitment. You're either IN or you're OUT. There's no such thing as life in-between."—Pat Riley

WHAT KIND OF TEAMMATE ARE YOU?



Resistant – Reluctant – Existent **Compliant – Committed – Compelled**

Resistant teammates resist being led. They have their own stubborn way of doing things and are not open to being influenced. They don't agree with team rules and standards and openly oppose them. They complain about everyone and everything, don't buy into the common goal but instead pull in the opposite direction.

Reluctant teammates are not yet willing to buy into the common goal. They hesitantly do what is asked of them only giving partial effort and enthusiasm. They are the guys that are hard to get in the weight room, are not fully fit and don't really do what it takes. This may be due to the fact that they are not sure that the effort is worth it and not going to pay off.

Existent teammates are present in body but not in mind and spirit. They show up but give little more than presence. They go through the motions in training and play and train with little enthusiasm. It is surprising that they are still part of the team because they contribute little and gain very little. Most times they don't get better or stronger and don't challenge those around them to get better.

Compliant teammates do what are told by coaches and team leaders. They are obedient and do what is expected but they lack the initiative to go above and beyond the call of duty. They do enough to get by, but are not willing to do much or anything extra. They can be frustrating because they only do what is asked and not much more.

Committed teammates are willing to go the extra mile in order to reach goals. They are self motivated meaning that they don't need someone else to tell them to workout or what to do. They take initiative.

Compelled teammates find a way no matter what obstacles, adversities or distractions are in their way. They won't rest until they get the job done. They prepare, train and compete at the highest level. They never just go through the motions or skip workouts. They get proper rest, eat well and don't consume anything that will negatively impact their performance. They have expectations for their teammates and themselves and take every opportunity to better themselves and those around them.

“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.” –Anson Dorrance

NUTRITION AND HYDRATION

In order to build lean muscle mass you need to combine an adequate calorie intake with a solid strength and conditioning program. A large number of calories are needed to fuel both workouts and tissue building. While getting enough calories is important, it is also important to get the right kind of calories.

Carbohydrates

Focus your meals on wholesome carbs. Multi-grain bagels, whole wheat pasta, rye crackers, brown rice and oatmeal are just a few examples of wholesome grain foods that both fuel muscles and protect against cancer, diabetes and heart disease. Carb-rich bananas, orange juice, yogurt and/or smoothies also do the job. If you are now slowly recovering from training sessions or games, remember that rapid post-exercise refueling optimizes recovery.

Protein

As people age, their protein needs slightly increase, but not enough to have a separate protein recommendation for older players. Just don't skimp on protein-rich foods. Be sure to eat protein with at least two meals per day to build, repair and protect your muscles. Peanut butter on toast, turkey sandwich on multi-grain bread and/or spaghetti with meat sauce will do the job.

Red meat, reputed to be bad for heart health, can actually be a welcome addition to a sports diet as long as it is lean. (Beef's cholesterol content is similar to that of chicken and fish.) Lean beef offers not only protein but also iron, zinc, B-vitamins and other nutrients important for all players. Protein-rich fish, in particular salmon, swordfish, tuna and other oily fishes, offer health-protective fats that reduce the risk of heart disease, as well as cancer and the discomfort of rheumatoid arthritis. Target twelve ounces of fish per week (two to three servings).

If you prefer a vegetarian diet, enjoy generous amounts of beans, nuts and soy. Consuming a protein-rich plant food at each meal can supply adequate protein. Enjoy chopped walnuts in oatmeal, hummus in a pita pocket, tofu in a stir-fry.

Fat

Healthful plant and fish oils have a health-protective anti-inflammatory effect. Given that diseases of aging, such as heart disease and diabetes, are thought to be triggered by inflammation, consuming plant and fish oils that reduce inflammation is a wise choice. (For example, people who eat peanut butter five or more times per week reduce their risk of heart disease by 50%). Enjoy a little healthful fat at each meal: slivered almonds on granola, trail mix with nuts for snacks, fish with dinner, a sprinkling of olive oil on salads. Fat is not only satiating and abates hunger, but it also is an important fuel for endurance exercise.

Calcium.

Even though your bones have stopped growing, they are still alive and need to be kept strong with resistance exercise and daily calcium. This advice applies to men (who plan to live older than 70 years) as well as women. By selecting a calcium-rich food at each meal (including soy or lactose-free milk products), you'll invest in bone health. This could easily be milk on cereal, yogurt with lunch, and a latte for a snack. Having strong muscles attached to the bones is also essential, so be sure to do strengthening exercises such as lifting weights at least twice a week.

Fiber

Eat enough fiber-rich foods to have regular bowel movements; this not only enhances sports comfort but also invests in good health. The fiber in oatmeal, for example, reduces cholesterol and risk of heart disease. Foods richest in fiber include bran cereal, bran breads, whole grains; fruits and veggies are second-best.

Vitamins/Antioxidants

Colorful fruits and vegetables are the best all-natural sources of vitamins. By eating a rainbow of foods (blue berries, orange carrots, red tomatoes, green beans, etc.), you consume not only lots of vitamin C, potassium and folic acid for heart health and blood pressure control but also are thought to be cancer protective. While there's no harm in taking a multi-vitamin pill for health insurance, the better bet is to at least have a generous amount of **fruit at breakfast (banana on cereal + 8 ounces OJ) and a pile of colorful veggies at lunch and/or dinner (big salad, lots of broccoli)**. Also keep exercising: the more you train or play, the more you eat, and the more vitamins you consume.

Anti-oxidant vitamin supplements such as C and E are popular among older players but the research has yet to support this practice. At the 2003 American College of Sports Medicine meeting, the latest research found no benefits for C or E with regard to muscle recovery. The body responds to extra exercise by making extra anti-oxidants. The body also responds with a larger appetite. The trick is to eat more vitamin-rich fruits and veggies rather than cookies and desserts. These wholesome foods offer compounds that work synergistically and are more powerful than vitamin pills.

Fluids

The older you get, the less sensitive your thirst mechanism becomes. That is, you may need fluids but may not feel thirsty. To reduce the risk of chronic dehydration, **drink enough so that you urinate every three to four hours. The urine should be a light color; not dark and concentrated.** You don't have to drink plain water; the water in fruit, yogurt, salads, soups and even coffee and iced tea counts toward your fluid requirement.

Effects of Dehydration on Physiology and Performance

Hydration status is a critical determinant of the athlete's physiological capacity to train, compete, and recover successfully. **Even slight dehydration (e.g., a 1-2% loss in body weight) has a negative effect on performance.** An athlete who fails to replace body fluids lost as sweat typically experiences many adverse functional changes. As dehydration becomes greater, so does the negative impact on performance. The fact that athletes regularly encounter dehydration during training and competition makes adequate fluid intake the number one nutrition intervention for all athletes. The performance benefits of drinking ample fluid during exercise have been clearly established by decades of scientific investigation. The simple truth is that no other nutritional intervention comes close to providing the performance-enhancing effects of staying well hydrated.

Athletes Usually Do Not Drink Enough

Even though the benefits of hydration are well established; most athletes still experience dehydration during training and competition. Even the most well-intentioned, well-educated athlete, with fluid easily available, may become dehydrated because athletes generally underestimate their sweat loss and therefore do not voluntarily consume enough fluid, and because the human thirst mechanism is an inaccurate short-term indicator of fluid needs. For these reasons, significant dehydration can quickly occur in highly fit athletes. Unfortunately, there is no clear physiological signal that dehydration is occurring, and most athletes are oblivious to the subtle effects of dehydration (thirst, growing fatigue, **irritability, inability to mentally focus**), in large part because they are so accustomed to experiencing these symptoms.

Hydration Guidelines

Consuming adequate fluid at regular intervals during exercise easily prevents dehydration. All athletes can train themselves to become better drinkers and can learn from experience just how much fluid they need under varying circumstances of exercise and environment. Athletes can learn to become better drinkers, and procedures should be put in place to assure that they do.

During your workout, drink 4 to 8 ounces every 15 to 20 minutes. Current fluid replacement guidelines recommend that the goal of fluid replacement is to replace 100% of sweat loss during exercise. For instance, if an athlete loses sweat at a modest rate of one liter per hour, ingesting 8 oz every 15 minutes would fully replace sweat loss. Of course, it is important that athletes have a good idea of just how much sweat they lose during a typical practice or game so that they can judge how much fluid to ingest. This is most easily accomplished by having athletes record a nude body weight before and after practice. Any weight deficit represents a failure to drink adequately. For example, if an athlete weighs 178 lb before practice and 176 lb after practice, the 2-lb difference reflects the need to drink an additional 32 oz of fluid in future practices. **After exercise, replace any further fluid losses with 16 ounces of water. If you want to be precise, you can weigh yourself before and after workouts. For each pound lost during exercise, you should be drink 16 ounces of fluid.**

Suggested Post-Exercise Foods

Hydration after Exercise

The first nutritional priority after exercise is to replace any fluid lost during exercise. In general the best way to determine how much to drink (either water or a sports drink) is to:

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 16 fl oz water for every 1 lb of body weight lost.**

Eating After Exercise

It is also important to consume carbohydrates, such as fruit or juice, a handful of pretzels, half a bagel, or a granola bar **within 15 minutes maximum**, post-exercise to help restore glycogen.

Research has shown that eating 100-200 grams of carbohydrate within two hours of endurance exercise is essential to building adequate glycogen stores for continued training. Waiting longer than two hours to eat results in 50 percent less glycogen stored in the muscle.

Carbohydrate Plus Protein Speeds Recovery

Research shows that combining protein with carbohydrate in the two hours after exercise nearly doubles the insulin response, which results in more stored glycogen. The optimal carbohydrate to protein ratio for this effect is 4:1 (four grams of carbohydrate for every one gram of protein)

Protein Needs after Exercise

Consuming protein has other important uses after exercise. Protein provides the amino acids necessary to rebuild muscle tissue that is damaged during intense, prolonged exercise. It can also increase the absorption of water from the intestines and improve muscle hydration. The amino acids in protein can also stimulate the immune system, making you more resistant to colds and other infections.

Bottom Line

If you are looking for the best way to refuel your body after long, strenuous endurance exercise, a 4:1 combo of carbohydrate and protein seems to be your best choice. While solid foods can work just as well as a sports drink, a drink may be easier to digest make it easier to get the right ratio and meet the 2-hour window.

PLAY HARD, PLAY SMART, PLAY TOGETHER

Dynamic Warm-up and Cool down

Incorporate a soccer ball and work on technique!!

Warming up is often overlooked but should be part of every workout. A good warm up will:

- Increase the temperature of muscles
- Increase blood flow and oxygen to muscles.
- Increase the speed of nerve impulses - making you faster.
- Increase range of motion at joints reducing the risk of tearing muscles and ligaments.

Warm up will not only help avoid injury but will also improve performance. A warm up should consist of:

- Dynamic stretching combined with jogging.
- Incorporate a ball whenever possible.

The warm up should last 15 minutes. Do not warm up too early. The benefits are lost after about 30 minutes of inactivity.

<http://www.youtube.com/watch?v=di42CUdOht4>

Open hips (continuous)

Close hips (continuous)

Knee hugs (quicker pace)

Ankle to opposite hip (groin stretch)

Quad into a toe touch

Lunge with reach thru and away

Lunge with hamstring rocker (toes up)

Side lunge with front reach

Moderate to High Intensity Jog into back pedal

High Kicks

Leg Swings

Side shuffle with arm swings

Carioca with High Knees

Quick Skips

Ice Skaters

Penguin Runs

ButtKicks

High Knees

Tempo runs 25% ,50% 75%, 100%

Cool Down

This is also often overlooked and should be a part of every workout.

The aim of the cool down is to:

- Gradually lower heart rate.
- Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise.
- Remove waste products such as lactic acid.
- Reduce the risk of muscle soreness.

The cool down should consist of jogging and both dynamic and static stretching.

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STRENGTH TRAINING

PREPARE FOR SUCCESS -- YOU SHOULD BE LIFTING ALREADY!

Strength training is critical to your success and safety at the college level. You will be able to compete at a higher level and reduce the risk of injury. You must be lifting 3 times per week and doing core workouts 3 times per week. Below is a required soccer specific strength plan put together by our strength and conditioning coach. If you work hard, you will prepare for success and see the results.

Start each workout with a dynamic warm up.

Try to increase weights each week, while maintaining perfect technique.

All exercises should be in a super set. Recovery should be 30-60 seconds between exercises.

All exercises in the summer program are ones you already have experience with, but if you are unsure of an exercise or technique feel free to contact Coach Jones.

WEIGHT TEST STANDARDS FOR FIRST YEAR PLAYERS (RETURNERS HAVE INDIVIDUAL GOALS)

Goal #1 is to be able to bench your weight 10 times by preseason.

Goal #2 is to be able to squat $1\frac{1}{4}$ - $1\frac{1}{2}$ your weight 10 times by preseason.

Goal #3 is to be able to do 15 pull ups by preseason.

YOU ARE EXPECTED TO IMPROVE ON THESE NUMBERS EACH SEASON

The charts that follow are to track your progress. Use them.

FOR PULL UPS AND DIPS, YOU MAY NEED TO DO ASSISTED PULL UPS AND DIPS IN ORDER TO DO THE REQUIRED AMOUNTS.

MAKE SURE EACH WORKOUT STARTS WITH DYNAMIC STRETCHING AND A WARM UP SET!!

“If you don’t have time to do it right then when will you have time to do it over?” – John Wooden

STRENGTH TRAINING

June Day 1 Full body

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
Body weight Squat	4x10	4x15	4x20	4x25	4x20 Hold 25 lbs. plate
Pull ups Fill in the # of reps you do	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Dips	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Body weight Lunge	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg Hold 25 lbs. plate
Push ups	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Bench Hamstring	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg
Squat Jump	3x10	3x10	3x15	3x15	3x15
Core					

Notes

Recover 60 seconds between sets.

Bench hamstring (lie on your back, put your feet on a bench, keep your knees at 90 degrees. Push your heels down into the bench lifting your butt off the ground. Keep your arms across your chest. If you have any questions contact Coach Jones at jonesmicha@easternct.edu

June Day 2 Full body

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
Leg press	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Bench press	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Lat pull down	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Triceps push down	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Biceps curl	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Shoulder press	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Upright row	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
	_____12	_____12	_____12	_____12	_____12
Back extension	3x10	3x10	3x10	3x10	3x10
Squat jump	3x10	3x10	3x10	3x10	3x10

Notes

Take 60 seconds recovery between sets.

June Day 3 Full body

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5
Body weight Squat	4x10	4x15	4x20	4x25	4x20 Hold 25 lbs. plate
Pull ups Fill in the # of reps you do	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Dips	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Body weight Step ups Use a 12-16 inch box	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg Hold 25 lbs. plate
Feet elevated Push ups Use a 12-16 inch box	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Bench Hamstring	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg
Squat Jump	3x10	3x10	3x15	3x15	3x15
Core					

Notes

Take 60 seconds recovery between sets.

July Day 1 Full body

Exercise	Week 6	Week 7	Week 8	Week 9	Week 10
Body weight Squat	4x20 Hold 25 lbs. plate	4x15 Hold 35 lbs. plate	4x20 Hold 35 lbs. plate	4x15 Hold 45 lbs. plate	4x20 Hold 45 lbs. plate
Pull ups Fill in the # of reps you do	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Dips	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Body weight Lunge	3x10 each leg 35 lbs. plate	3x15 each leg 35 lbs. plate	3x20 each leg 35 lbs. plate	3x15 each leg 45lbs.plate	3x20 each leg 45 lbs.plate
Push ups	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Bench Hamstring	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg
Squat Jump	3x10	3x10	3x15	3x15	3x15
Core					

Notes

Recovery: 45 seconds between set

July Day 2 Full body

Exercise	Week 6	Week 7	Week 8	Week 9	Week 10
Leg press	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8 ____8	____8 ____8 ____8 ____8
Bench press	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8 ____8	____8 ____8 ____8 ____8
Lat pull down	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8	____8 ____8 ____8
Triceps push down	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8	____8 ____8 ____8
Biceps curl	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8	____8 ____8 ____8
Shoulder press	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8	____8 ____8 ____8
Upright row	____10 ____10 ____10	____10 ____10 ____10	____10 ____10 ____10	____8 ____8 ____8	____8 ____8 ____8
Back extension	3x10	3x10	3x10	3x10	3x10
Squat jump	3x10	3x10	3x10	3x10	3x10

Notes

Take 45 seconds recovery between sets.

July

Day 3 Full body

Exercise	Week 6	Week 7	Week 8	Week 9	Week 10
Body weight Squat	4x20 Hold 25lbs.	4x15 Hold 35lbs.	4x20 Hold 35lbs.	4x20 Hold 45lbs.	4x20 Hold 45lbs.
Pull ups Fill in the # of reps you do	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Dips	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Step ups Use a 12-16 inch box	3x10 Hold 35lbs.	3x15 Hold 35lbs.	3x20 Hold 35lbs.	3x15 Hold 45lbs.	3x20 Hold 45lbs.
Feet elevated Push ups Use a 12-16 inch box	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps	___ max reps ___ max reps ___ max reps ___ total reps
Bench Hamstring	3x10 each leg	3x15 each leg	3x20 each leg	3x25 each leg	3x20 each leg
Squat Jump	3x10	3x10	3x15	3x15	3x15
Core					

Notes

Take 45 seconds recovery between sets.

August (Circuit training)

Day 1

Exercise	Week 11 3 rounds	Week 12 3 rounds	Practice begins
Leg press	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Bench press	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Lat pull down	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Shoulder press	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Biceps curl	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Triceps push down	____ 10 ____ 10 ____ 10	____ 10 ____ 10 ____ 10	
Pull ups	____ max reps ____ max reps ____ max reps ____ total reps	____ max reps ____ max reps ____ max reps ____ total reps	
Dips	____ max reps ____ max reps ____ max reps ____ total reps	____ max reps ____ max reps ____ max reps ____ total reps	
Squat jumps	3x10	3x10	
Core			

Notes

To perform the circuit, complete one set of an exercise then move quickly into the next exercise on the list. Try to start the next exercise within 30 seconds. If done properly you should be maintaining a fairly high heart rate throughout the circuit workout.

In August I cut back the resistance training so you can continue to focus on the running program.

August (Circuit training)

Day 2

Exercise	Week 11 3 rounds	Week 12 3 rounds	Practice begins
Leg press	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Bench press	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Lat pull down	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Shoulder press	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Biceps curl	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Triceps push down	____ 15 ____ 15 ____ 15	____ 15 ____ 15 ____ 15	
Pull ups	____ max reps ____ max reps ____ max reps ____ total reps	____ max reps ____ max reps ____ max reps ____ total reps	
Dips	____ max reps ____ max reps ____ max reps ____ total reps	____ max reps ____ max reps ____ max reps ____ total reps	
Squat jumps	3x10	3x10	
Core			

Notes

To perform the circuit, complete one set of an exercise then move quickly into the next exercise on the list. Try to start the next exercise within 30 seconds. If done properly you should be maintaining a fairly high heart rate throughout the circuit workout.

In August I cut back the resistance training so you can continue to focus on the running program.

CONDITIONING

Starts June 5

RSA exercises develop “Repeated Sprint Ability,” soccer specific and develop your ability to recover and must be done at 100% maximum intensity.

HIIT exercises are “High Intensity Interval Training” soccer specific exercises. They also must be done at 100% intensity.

Tempo exercises must be done at the specified pace (tempo) AT A TRACK...which means you also MUST have a watch with you when doing them. They are meant to develop endurance and recovery—so that is the focus. During these exercises they are not always maximum but by the end of the summer the intensity becomes maximum or close to it.

Conditioning is not optional. 4 workouts per week are the standard and expected. This is a soccer specific conditioning program developed to get you in shape for soccer. This will prepare you for what we expect which is success. This is your way of controlling your success individually and that of the program. ALWAYS DYNAMIC WARM UP 1ST.

For every 90 minutes you play (time on the field) you can skip 1 Aerobic Workout.

For every club team training session you can skip 1 Aerobic Workout.

Active rest is with a ball/moving. Passive rest is standing.

A shuttle means only one direction.

Long dotted lines mean slower/recovery/jog.

Short dotted lines mean sprint.

Reps=number of repetitions Series=number of sets

Green means go, yellow slow down and red stop.

“A man can be as great as he wants to be. If you believe in yourself and have courage, the determination, the dedication and the competitive drive and you are willing to sacrifice the little things in life and pay the price for things that are worthwhile, it can be done.”—Vince Lombardi

1 Aerobic Power 1.1

Run 32 minutes alternating between 3 minutes at an easy pace and 1 minute at a moderately hard pace

2 Agility 1.4

distance	intensity	work:rest	reps	series	recovery
20yds	max	x:60s	6	1	n/a

starting at cone 2, sprint 5yd to cone 3, cut and sprint back cone 1, cut and sprint back through the cone 2. Do 1 rep every 60s; 6 reps total.

2 Repeated Sprint Ability 1.2

distance	shuttle	intensity	work:rest	reps	series	recovery
60yds	straight	build-up	x:60s	6	1	n/a

starting at the 1st cone, slowly build up your speed so that you are in a full sprint when you reach the 2nd cone; continue full sprint through the 3rd cone.

3 Hi Intensity Interval Training 1.5

distance	shuttle	work	rest	duration	series	recovery
40yds	10yds	10sec	10sec	6min	2	6min

10/10 - 10yds - 6min - x2

4 shuttles in 10s, passive rest for 10s; repeat for 6min, active rest for 6min; 2 sets

3 Tempo Runs Weeks 1-3

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	80s/60s/40s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1miles as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise 400m in 80s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (60s) and 200m (40s). 3 reps each with 90s of rest in between.

1 Aerobic Capacity 1.6

5k at easy pace

1 Aerobic Power 2.1

Run 40 minutes alternating between 3 minutes at an easy pace and 1 minute at a moderately hard pace

2 Agility 2.4

distance	intensity	work:rest	reps	series	recovery
20yds	max	x:40s	8	1	n/a

starting at cone 1, sprint forward to cone 2, cut and side shuffle to cone 3, cut and backpedal to cone 4, cut and side shuffle back to cone 1. Do 1 rep every 60s; 6 reps total.

2 Repeated Sprint Ability 2.2

distance	shuttle	intensity	work:rest	reps	series	recovery
40yds	straight	build-up	x:40s	8	1	n/a

starting at the 1st cone, slowly build up your speed so that you are in a full sprint when you reach the 2nd cone; continue full sprint through the 3rd cone.

3 Hi Intensity Interval Training 2.5

distance	shuttle	work	rest	duration	series	recovery
80yds	40yds	15sec	15sec	15min	2	3min

15/15 active recovery - 40yds - 15min - x2

2 shuttles in 15s, walk/jog around outside cone for 15s; repeat for 15min, active rest for 6min; 2 sets

3 Tempo Runs Weeks 1-3

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	80s/60s/40s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise 400m in 80s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (60s) and 200m (40s)...3 reps each with 90s of rest in between.

1 Aerobic Capacity 2.6

5k at easy pace

1 Aerobic Power 3.1

Run 3 x 1600 meter repeats at a moderately hard pace. Run 400 meters at any easy pace between each repeat

2 Agility 3.4

distance	intensity	work:rest	reps	series	recovery
48yds	max	x:20s	10	1	n/a

starting at cone 1, sprint cone 2, cut and sprint to the middle cone, cut and sprint to cone 3, cut and sprint to cone 4, cut and sprint to the middle cone, cut and sprint to cone 1. Do 1 rep every 40s; 8 reps total.

2 Repeated Sprint Ability 3.2

distance	shuttle	intensity	work:rest	reps	series	recovery
20yds	straight	build-up	x:20s	10	1	n/a

starting at the 1st cone, slowly build up your speed so that you are in a full sprint when you reach the 2nd cone; continue full sprint through the 3rd cone.

3 Hi Intensity Interval Training 3.5

distance	shuttle	work	rest	duration	series	recovery
60yds	straight	10sec	10sec	6min	2	6min

10/10 - 60yds - 6min - x2

60yds in 10s, passive rest for 10s; repeat for 6min, active rest for 6min; 2 sets

3 Tempo Runs Weeks 1-3

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	80s/60s/40s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1miles as your warm up after doing dynamics stretching for 8 minutes. Begin at the start marker and cruise 400m in 80s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (60s) and 200m (40s)...3 reps each with 90s of rest in between.

1 Aerobic Capacity 3.6

5k at easy pace

1 Aerobic Power 4.1

Run 4 x 800 meters at a hard pace. Run 400 meters at an easy pace between each hard repeat.

2 Repeated Sprint Ability 4.2

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	straight	max	x:45s	12	1	n/s

starting at the 1st cone, sprint full speed through the 2nd cone. Rest 45s then repeat for a total of 12 reps.

3 Tempo Runs Weeks 4-6

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	76%/58%/38s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in 76s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (58s) and 200m (38s). 3 reps each with 90s of rest in between.

2 Agility 5.1

distance	intensity	work:rest	reps	series	recovery
34yds	max	x:43s	12	1	n/a

starting at cone 1, sprint forward to cone 2 and back to cone 1, cut and sprint to cone 3 and back to cone 1, cut sprint to cone 4 and back to cone 1. Do 1 rep every 40s; 8 reps total.

3 Hi Intensity Interval Training 5.2

distance	shuttle	work	rest	duration	series	recovery
90yds	straight	15sec	15sec	10min	3	6min

15/15 - 90yds - 10min - x3

90yds in 15s, passive rest for 15s; repeat for 10min, passive rest for 3min; 2 sets

3 Tempo Runs Weeks 4-6

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	76s/58s/38s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in 76s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (58s) and 200m (38s). 3 reps each with 90s of rest in between.

1 Aerobic Power 6.1

Run 8 x 400 meter repeats at a very hard pace. Rest 1 minute between each repeat.

2 Agility 6.4

distance	intensity	work:rest	reps	series	recovery
24yds	max	x:20s	6	3	3min

starting at cone 1, sprint forward to cone 2, cut and sprint to cone 3, cut and sprint to cone 4 then backpedal to cone 3. Do 1 rep every 20s; 10 reps total.

2 Repeated Sprint Ability 6.2

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	straight	max	x:20s	6	3	3min

starting at the 1st cone, sprint full speed through the 2nd cone. Rest 20s then repeat for a total of 6 reps. Rest 3min then repeat for a total of 3 series.

3 Hi Intensity Interval Training 6.5

distance	shuttle	work	rest	duration	series	recovery
170yds	83yds	15sec	15sec	7min	2	3min

15/15 active recovery - straight - 7min - x2

1 shuttles in 15s, walk/jog around outside cone for 15s; repeat for 7min, active rest for 6min; 2 sets

3 Tempo Runs Weeks 4-6

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	76s/58s/38s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamics stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in 76s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (58s) and 200m (38s). 3 reps each with 90s of rest in between.

1 Aerobic Capacity 6.6

7k at moderate pace

1 Aerobic Power 7.1

Run 6 x 800 meters at a hard pace. Run 400 meters at an easy pace between each hard repeat.

2 Agility 7.4

distance	intensity	work:rest	reps	series	recovery
29yds	max	x:40s	12	1	n/a

starting at cone 1, sprint forward to cone 2, cut and sprint to cone 3, cut and sprint to cone 4, cut and sprint back to cone 1, cut sprint to cone 4 and back to cone 1. Do 1 rep every 40s; 8 reps total.

2 Repeated Sprint Ability 7.2

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	15yds	max	x:40s	12	1	n/a

starting at the 1st cone, sprint full speed through the 2nd cone and back to the start. Rest 45s then repeat for a total of 12 reps.

3 Hi Intensity Interval Training 7.5

distance	shuttle	work	rest	duration	series	recovery
150yds	75yds	30sec	15sec	8min	3	3min

30/15 - 75yds - 8min - x3

2 shuttles in 30s, passive rest for 15s; repeat for 8min, passive rest for 3min; 3 sets

3 Tempo Runs Weeks 7-9

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	73s/56s/36s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and sprint 400m in 73s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (56s) and 200m (36s)...3 reps each with 90s of rest in between.

1 Aerobic Capacity 7.6

7k at moderate pace

1 Aerobic Power 8.1

Run 20 minutes alternating between 30 seconds at a very hard pace and 30 seconds at an easy pace.

2 Agility 8.4

distance	intensity	work:rest	reps	series	recovery
20yds	max	x:20s	6	3	n/a

starting at cone 2, sprint 5yd to cone 3, cut and sprint back cone 1, cut and sprint back through the cone 2. Do 1 rep every 60s; 6 reps total.

2 Repeated Sprint Ability 8.2

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	15yds	max	x:20s	6	3	3min

sprint

starting at the 1st cone, sprint full speed through the 2nd cone and back to the start. Rest 20s then repeat for a total of 6 reps. Rest 3 min and complete 3 series

3 Hi Intensity Interval Training 8.5

distance	shuttle	work	rest	duration	series	recovery
80yds	40yds	15sec	10sec	6min	2	6min

15/10 - 40yds - 6min - x2

2 shuttles in 15s, passive rest for 10s; repeat for 6min, active rest for 6min; 2 sets

3 Tempo Runs Weeks 7-9

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	73s/56s/36s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and sprint 400m in 73s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (56s) and 200m (36s)...3 reps each with 90s of rest in between.

1 Aerobic Capacity 8.6

5k at easy pace

1 Aerobic Power 9.1

Run 2 x 800/1200 meter compound sets.
Run the 800 meter segments at a hard pace and the 1200 meter segments at a moderately hard pace. No rest between segments. Rest 2 minutes between each compound set.

2 Repeated Sprint Ability 9.2

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	10yds	max	x:45s	12	1	n/s

starting at the 1st cone, sprint full speed to the 2nd cone, back to the start then back to the 2nd cone. Rest 45s then repeat for a total of 12 reps.

3 Tempo Runs Weeks 7-9

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200	tempo	73s/56s/36s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and sprint 400m in 73s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (56s) and 200m (36s)...3 reps each with 90s of rest in between.

Week 10—August 7

2 Agility 10.1

distance	intensity	work:rest	reps	series	recovery
20yds	max	x:45s	12	1	n/a

starting at cone 1, sprint forward to cone 2, cut and side shuffle to cone 3, cut and backpedal to cone 4, cut and side shuffle back to cone 1. Do 1 rep every 60s; 6 reps total.

1 Aerobic Power 10.4

Run 8 x 2 minute repeats at a very hard pace. Run 2 minutes at easy pace between each hard repeat.

3 Hi Intensity Interval Training 10.2

distance	shuttle	work	rest	duration	series	recovery
80yds	40yds	15sec	10sec	6min	2	6min

30/30 active recovery - 75yds - 12min - x2

2 shuttles in 30s, walk/jog for 30s; repeat for 12min, passive rest for 3min; 2 sets

2 Repeated Sprint Ability 10.5

distance	shuttle	intensity	work:rest	reps	series	recovery
30yds	10yds	max	x:20s	6	3	3min

starting at the 1st cone, sprint full speed to the 2nd cone, back to the start then back to the 2nd cone. Rest 45s then repeat for a total of 12 reps.

1 Aerobic Capacity 10.3

5k at an easy pace

3 Tempo Runs Weeks 10-11

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200/100	tempo	71s/54s/35s/18s	varies	3	1	90s

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in 71s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (54s) and 200m (35s)...3 reps each with 90s of rest in between. Add on 3 100s in less than 18s each with 90s of rest in between.

3 Tempo Runs Weeks 10-11

distance	shuttle	intensity	work:rest	reps	series	recovery
400/300/200/100	tempo	71s/54s/35s/18s	varies	3	1	90s

The diagram shows a light-colored oval representing a 400m track. A 'start' line is marked at the bottom center. Three points are marked along the track: '100m' on the right side, '200m' at the top center, and '300m' on the left side.

On a 400m track, roughly mark out 100m intervals as shown above. Run 1 mile as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in 71s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (54s) and 200m (35s)..3 reps each with 90s of rest in between. Add on 3 100s in less than 18s each with 90s of rest in between.

3 Hi Intensity Interval Training 11.2

distance	shuttle	work	rest	duration	series	recovery
90yds	30yds	20sec	20s	8min	2	6min

The diagram shows a horizontal line representing a 40yd shuttle. A blue double-headed arrow below the line is labeled '40yds'. At each end of the line is a green triangle. Above the line, a dashed line with arrows at both ends represents a 30yd shuttle. A yellow circle is at the right end of this dashed line, and a grey circle is at the left end. Below the dashed line, a solid line with arrows at both ends represents a 20yd shuttle, with a grey circle at the left end.

20/20 active recovery - 30yds - 8min - x2

3 shuttles in 20s, walk/jog back to start for 20sec; repeat for 8min, active rest for 6min; 2 sets

1 Aerobic Capacity 11.3

5k at an easy pace

Fitness Testing

Either Test 1 or 2 AND Test 3 will be conducted during preseason.

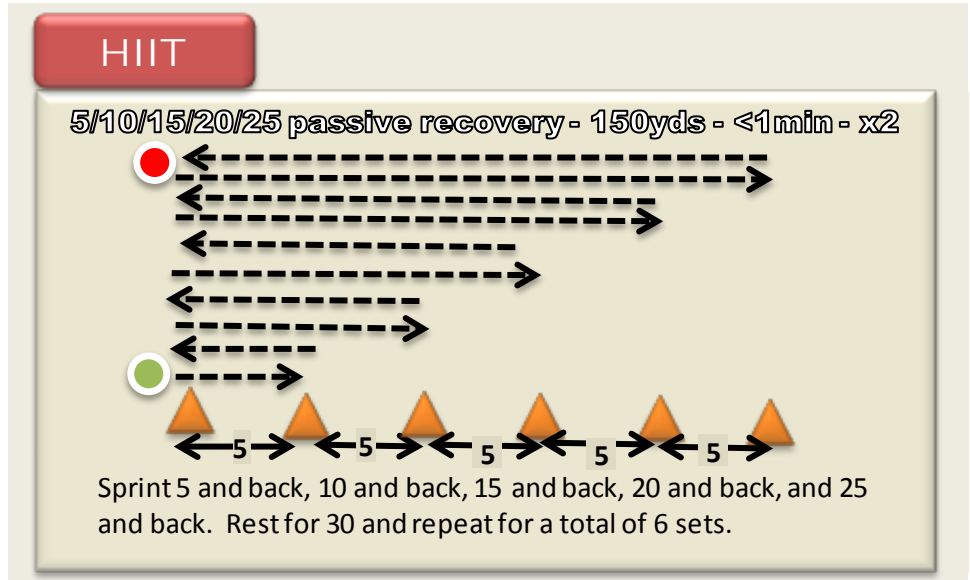
Test 1 –

150's

Set up six cones each 5 yards apart. Start at the first cone and sprint 5 yards and back, 10 yards and back, 15 yards and back, 20 yards and back and 25 yards and back. (total 150 yards) Time to beat is 30 seconds per set Rest 30 seconds in between sets. Repeat for a total of 6 sets.

Fitness Guide

- If you complete 6 sets you are in great shape and can train with the team and play in matches.
- If you complete 5 sets, you can train with the team, but run test daily until passed.
- Anything less than 5 sets completed and you will not be allowed to train with the team until test is passed.



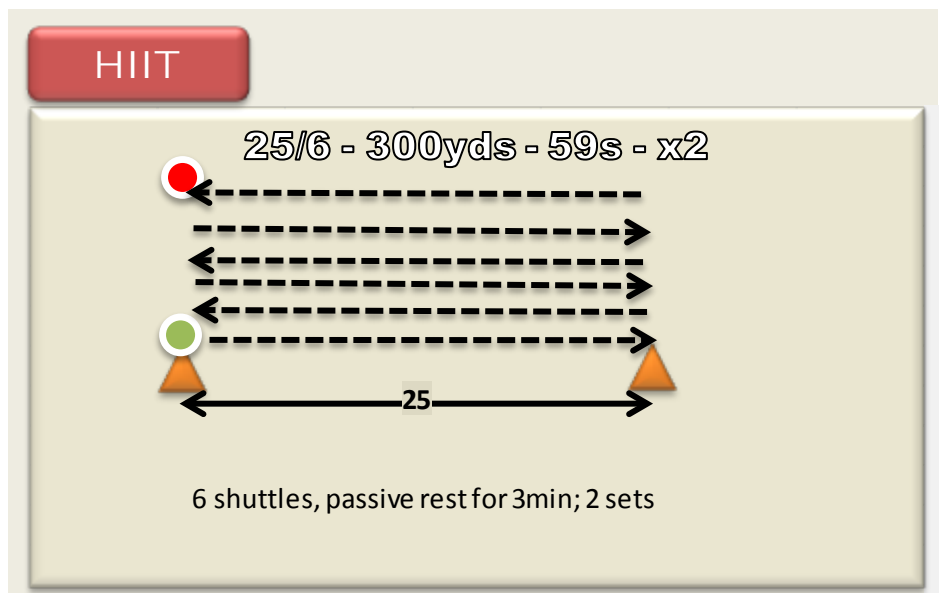
Test 2 – 300's

Set 2 cones 25 yards apart. Start at one cone and sprint 25 yards and back. Repeat this 6 times continuously. Rest for 3 minutes and then repeat the test.

Fitness Guide

If you complete both shuttles with an average time of:

- 59 seconds or less, you will be allowed to train with the team and play in matches.
- 60-62 seconds, you will be allowed to train with the team but will run test daily until passed.
- Anything greater than 62 seconds and you will not be allowed to train with the team until test is passed.



Test 3 – Interval Endurance Training

Run 400m (1 lap).

Passive rest for 90 seconds

Repeat for a total of 3 x 400m.

Repeat above for 300m, 200m and 100m.

400m in 1:11 or less.

300m in 54s or less.

200m in 35s or less.

100m in 17s or less.

Fitness Guide

- If you complete the entire test you are in great shape and can train and play in matches.
- If you complete the 400m, 300m and 200m portion you can train with team but not play in matches-and will run the test until passed.
- Anything less and you will not be allowed to train with the team until the test is passed.

Tempo							9-10
distance	shuttle	intensity	work:rest	reps	series	recovery	
400/300/200/100	tempo	<71s/<54s/<35s/<17s	varies	3	1	90s	
<p>On a 400m track, roughly mark out 100m intervals as shown above. Run 1miles as your warm up after doing dynamic stretching for 8 minutes. Begin at the start marker and cruise/sprint 400m in <71s, then rest for 90s and repeat. Rest again for 90s and repeat for total of 3 reps. Then do the same for 300m (<54s) and 200m (<35s)..3 reps each with 90s of rest in between. Add on 3 100's in < 17s each with 90s of rest in between</p>							



“The player that is willing to train harder, once the pain sets in is the player that will win in the end.”

Kyle Bedini
2008 NSCAA All-American
2 Time All Conference
Team Captain
2009 ECSU Mail Athlete of the Year

WHAT I DID TODAY TO HELP OUR PROGRAM BE A CHAMPIONSHIP PROGRAM

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**WHAT I DID TODAY TO HELP OUR PROGRAM BE A
CHAMPIONSHIP PROGRAM**

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**WHAT I DID TODAY TO HELP OUR PROGRAM BE A
CHAMPIONSHIP PROGRAM**

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Core Medicine Ball Routine #1

- 1) Solo Twists (2*30) Standing with a slight knee bend and holding the medicine ball out in front at waist level, twist side to side through a full range of motion while keeping eyes focused forward.
- 2) Rocky Full Twist (2*30) - Athletes position themselves back to back but further apart than the regular Rocky Twist. With knees slightly bent and torso tall, one athlete turns to his or her right (completely around) to hand the ball to the other who is ALSO turning to his or her right (completely around) to receive the ball. The rotation continues in this direction. Remember to switch directions on the next set
- 3) Seated Chest Passes (2*20) With a partner or against a wall. At the top of a sit-up position, lean back about 30 degrees and forcefully pushes the ball out at chest level either to a partner or at a wall. (note: when using a wall a lighter ball should be used to ensure a forceful rebound). Aiming point of the pass should be chin height. Catch the ball and immediately pass it back. Advanced level pick up and hold the feet off the ground about 5-6 inches with knees slightly bent.
- 4) Wood Choppers (2*20) - Stand with knees slightly bent holding the medicine ball at waist level. Twist to position the ball outside of left knee, from here, forcefully raise up to position the ball outside and slightly behind the right side of their head. Switch sides on the next set.
- 5) 3-Point Sit-ups (2*20) - A 3-way bent knee sit-up where you hold the medicine ball snug against chest, come up to the center; the next time twists right, the next time twist left.
- 6) Weighted Leg Lifts (2*20) - Holding a medicine ball between the shins, lift the legs and lower under control.

Core Medicine Ball Routine #2

1) Rocky Twists (2*30) - With knees slightly bent and torso tall, one athlete turns to his or her right to hand the ball the other who is turning to his or her left. The rotation continues in this direction. Remember to switch directions on the next set or the torso will only be working in one direction.

2) Medicine Ball Swings (2*20) Holding the ball underhanded at the left hip, swing and release the ball (either to a partner or at a wall). If using a partner, the swings will stay in that direction until the next set (with the partner doing the same). If using a wall, aim for a spot on the wall above head and at the midline and receive the ball on the opposite side. From here, swing will be initiated from opposite side.

3) Medicine Ball Sit-up and Throw (2*20) While doing a sit-up with the medicine ball either snug to the chest or held out in front of the chest, sit-up and pass the ball either to a partner or at a wall. From here await the rebound or pass and slowly absorb the force of the ball through the torso and control the descent back to the ground.

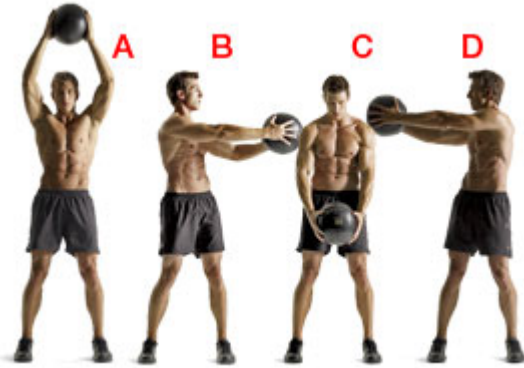
4) Seated Solo Rocky Twists (2*20) Sit with legs out in a wide "V". Holding the medicine ball in front at waist level, turn around 180 degrees (to the right) and places the ball on the ground behind you. Then turn back to the left to retrieve the ball and continue this rotation. Remember to switch directions on the next set.

5) Seated Russian Twists (2*20) At the top of a sit-up position with the medicine ball held out in front of the stomach, lean back about 30-40 degrees and twist side to side trying to keep heels pressed into the floor.

6) Seated Overhead Throws (2*20) - Same drill as the chest passes but with the ball held above the head the entire time. Aiming point of the throw is now a spot about 6 inches above the head. Advanced level D pick up and hold the feet off the ground about 5-6 inches with knees slightly bent.

Hansbrough 200 or 400

Perform this routine at the end of your regular workout or as a stand-alone workout, 3 days a week. (Use a 6-, 8-, or 10-pound medicine ball. Do 20 repetitions of each exercise in the order shown. Complete the routine as a circuit, doing 1 set of each movement in succession and without resting. Too easy? Rest 60 to 90 seconds and do the circuit again.

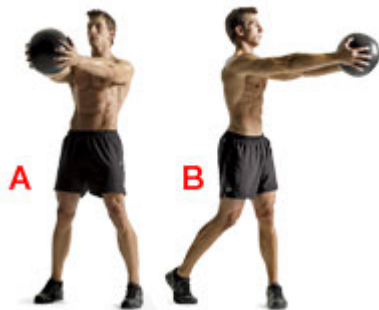


1. Big Circles Standing with your feet shoulder-width apart and knees slightly bent, hold a medicine ball with your arms extended directly above your head [A]. Without bending your elbows, rotate your arms counterclockwise [B], using the ball to draw large imaginary circles in front your body [C, D]. Do 10 circles, and then reverse direction to clockwise and do 10 more.

above your head [A]. Now bend forward at your waist and mimic throwing the ball backward between your legs -- but hold onto the ball the entire time [B]. Quickly reverse the movement with the same intensity, and return to the starting position. That's 1 repetition.

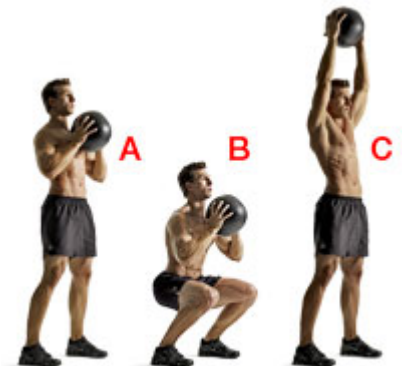


2. Woodchopper Stand with your feet just beyond shoulder-width apart. With your arms nearly straight, hold a medicine ball



3. Standing Russian Twist Hold a medicine ball with both hands in front of your chest and your arms straight [A]. Without dropping your arms, pivot on your right foot and rotate the ball and your torso as far as you can to the left [B]. Then reverse direction: Pivot on your left foot and rotate all the way to the right. That's 1 repetition.

4. Squat to Press Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart [A]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head [C]. Lower the ball back to the start. That's 1 repetition.



5. Medicine-Ball Situp Grab a medicine ball with both hands and lie on your back on the floor. Bend your knees 90 degrees, place your feet flat on the floor, and hold the medicine ball against your chest [A]. Now perform a classic situp by raising your torso into a sitting position [B]. Lower it back to the start. That's 1 repetition.



6. Rocky Solo Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap [A]. Twist your torso to the right and place the ball behind you [B]. Then twist all the way to your left and pick the ball up and bring it back to the starting position [C]. That's 1 repetition. Do 10 repetitions. Immediately do another 10 repetitions, but this time start by twisting with the ball to your left.

your arms straight [A]. Without moving your legs or bending your elbows, simultaneously lift your arms and torso until the ball touches your toes [B]. Lower yourself back to the starting position. That's 1 repetition.



7. Toe Touch Grab a medicine ball, lie on your back, and raise your legs so they're straight and perpendicular to the floor. Hold the ball above the top of your head with

8. 45-Degree Twist Grab a medicine ball and sit on the floor. Lean back at a 45-degree angle, raise your legs and feet off the floor, and hold the ball with both hands in front of your chest, your arms straight [A]. Without dropping your legs or arms, rotate the ball and your torso as far as you can to the right [B]. Then reverse direction, rotating all the way to the left. That's 1 repetition.



9. Suitcase Crunch Lie on your back with your legs straight. Use both hands to hold a medicine ball above your head and barely off the floor [A]. Simultaneously raise your torso and bend your right knee toward your chest as you bring the ball over your knee and toward your foot. Reverse the movement and repeat, this time bending your left knee [B]. That's 1 repetition.

10. Diagonal Crunch Grab a medicine ball and lie on the floor with your legs straight and spread wide. Roll onto your right hip and hold the ball with your arms straight at 10 o'clock above the top of your head [A]. To perform the movement, raise your arms and torso and then touch the ball to the floor between your legs [B]. Lower your body, but instead of rolling back onto your right hip, roll onto your left and hold the ball at 2 o'clock above your head [C] before you repeat the movement. That's 1 repetition. Repeat, alternating back and forth in this manner.



“Besides pride, loyalty, discipline, heart and mind, confidence is the key to all the locks.”—Joe Paterno

INSPIRED RESPONSIBLE COMMITTED TEAM

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