

Off-Season Fitness

The success of the season begins **NOW**, in the off-season, not at the start of the season. This information will give you a guide to conditioning and fitness to be prepared for the upcoming season. Tryouts are a test of your commitment to arriving prepared. **THERE WILL BE A FITNESS TEST.** We are challenging all athletes to make the Excellent Category during tryouts. We work the tactics you work the fitness on your own.

The following is a 10-week fitness regimen that you can use over the summer and in the fall immediately prior to the season, if you follow this you should be prepared and be able to achieve the "Excellent" category during the fitness test at tryouts. Work backwards from the first date of tryouts to get your starting date of this workout program. You should also use this workout during the summer to get a good base for fitness going into the fall, again work backwards from the last day of summer to get the starting date. You should get about a 2-week break between your summer session and the fall session. We will run periodic fitness tests throughout the year. This will also help you to prevent injury once the season starts because you will be ready to go.

The following will include strength, speed and cardio. Make sure you use good technique. Be sure to warmup, stretch and cool down. Nothing requires specialized equipment, you will only use your bodyweight for the resistance. Always start at week one if you have had a few weeks off. If you want to do something else like take a bike ride or a long hike use that as your workout for the day.

Sprint work, always run as hard as you can, after every sprint give yourself a rest. On the shorter sprints make the recovery time shorter, 10 seconds is maximum. The 120, 100, 80 is a 120 yard sprint in 18 seconds, jog back rest 30 seconds, followed by a 100 yard sprint in 16 seconds, jog back rest 30 seconds then finish with an 80 yard sprint in 14 seconds jog back rest 90 seconds then start over.

Train with a friend or group of friends it makes the training less boring. You should easily finish in under 1 hour if you are focused and dedicated.

Sunday: Rest day

Monday: Practice with team, Exercise 1 sprint work and strength

Tuesday: Practice with team, Exercise 1 cardio, 1000 touch workout

Wednesday: 1000 touch workout, strength and juggling

Thursday: Practice with team, Exercise 2 cardio, 1000 touch workout

Friday: Exercise 2 Sprint work and strength, 1000 touch workout

Saturday: 1000 touch workout and easy 1-mile run

Sprint Work	Cardio	Strength
<p>Weeks 1 & 2 (Exercise 1) 6 times 2x20 yards 3 times 2x40 yards 2 times 2x60 yards (Exercise 2) 2 times 120, 100, 80</p>	<p>Weeks 1 & 2 (Exercise 1) 1-mile run 8:00 minutes (Exercise 2) 2-mile run 8 minute a mile pace</p>	<p>Weeks 1 & 2 3 times 10 Push ups 3 times 20 Full sit ups Planks 3 times 30 seconds 3 times 10 Squats</p>
<p>Weeks 3 & 4 (Exercise 1) 8 times 2x20 yards 4 times 2x40 yards 2 times 2x60 yards (Exercise 2) 2 times 120, 100, 80</p>	<p>Weeks 3 & 4 (Exercise 1) 1.5 miles run 12 minutes (Exercise 2) 3.0 miles 8 minute a mile pace</p>	<p>Weeks 3 & 4 3 times 10 Burpees 3 times 25 Bicycle crunches Planks 3 times 45 seconds 3 times 15 Squat jumps</p>
<p>Weeks 5 & 6 (Exercise 1) 10 times 2x20 yards 5 times 2x40 yards 2 times 2x60 yards (Exercise 2) 3 times 120, 100, 80</p>	<p>Weeks 5 & 6 (Exercise 1) 1 mile run 7:30 Minutes (Exercise 2) 2 miles 15:00 Minutes</p>	<p>Weeks 5 & 6 4 times 20 Push ups 4 times 20 Full sit ups Planks 4 times 45 seconds 4 times 20 Squat jumps</p>
<p>Weeks 7 & 8 (Exercise 1) 12 times 2x20 yards 6 times 2x40 yards 2 times 2x60 yards (Exercise 2) 3 times 120, 100, 80</p>	<p>Weeks 7 & 8 (Exercise 1) 1.5 miles 10:45 minutes (Exercise 2) 3.0 miles 7:30 minute a mile pace</p>	<p>Weeks 7 & 8 4 times 15 Burpees 4 times 25 Bicycle crunches Planks 4 times 1 minute 4 times 25 Squats</p>
<p>Weeks 9 & 10 (Exercise 1) 14 times 2x20 yards 8 times 2x40 yards (Exercise 2) 4 times 120, 100, 80</p>	<p>Weeks 9 & 10 1.5 miles Under 10:45 minutes</p>	<p>Weeks 9 & 10 4 times 20 Push ups 5 times 25 Full sit ups Planks 4 times 1.5 minute 5 times 20 Squat jumps</p>