



Optional Pre-Tryout Fitness Workout

Tryouts are purely competitive. Do not confuse a tryout with practice. Your goal is to be selected for the team. To accomplish your goal, you will need to be fit enough so that you can perform at your best level without being fatigued for 120 minutes. The 4-week pre-tryout workout will also prepare you for the fitness test on day 1 of tryouts. The following is a minimum guide to help you prepare to be your best during your tryout. Dedicate time for 3 sessions per week with a rest day between sessions for recovery. Work with a motivated teammate so that you can encourage and challenge one another. Each session requires a minimum 10-minute dynamic warm-up.

"Keep working even when no one is watching." -Alex Morgan

Tryout Fitness Test

Exercise #1:

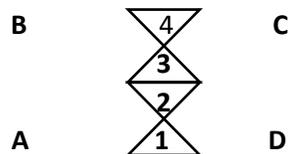
- 1-Mile Run in less than 6 minutes, 30 seconds, OR
- 2-Mile Run in less than 7 minutes, OR
- 3-Mike Run in less than 24 minutes.

Exercise#2:

- Modified Yo-Yo fitness test.
- Modified Yo-Yo, 20 repetitions, Timed Yo-Yo version CHS
- Set up 2 cones 22 yards apart, 1 repetition = 44 yards
- Complete each repetition in 10 seconds with 10 second rest between each repetition

Exercise #3:

- Speed and Agility Test, 20 seconds for each repetition (4 reps) (10yd. x 10 yr. grid)



Sprint A to B to cone 1, then figure run 8 from cone 1 to cone 4 and figure 8 from cone 4 to 1, then sprint to C and back to D. Rest 30 seconds and begin in opposite direction, rest 30 seconds and finish with 4th sprint.

Exercise #4: The Fitness Stack:

- Run 2.25 Laps in 4 minutes, 30seconds, rest 1 minute
- Run 1 lap in 2 minutes, rest 1 minute
- Run 110 yards in 25 seconds

Exercise #5: Juggle for 30 seconds x4. Or 2 one-minute sessions or 1 two-minute session.

Congratulations!!!

Juggling Exercise after each session (5 minutes total), 3 times per week:

- Keep ball in air for at least 30 seconds using any surface
- Keep ball in air for at least 30 seconds using right foot
- Keep ball in air for at least 30 seconds using left foot
- Keep ball in air for at least 30 seconds using both feet-alternating
- Keep ball in air for at least 30 seconds using right thigh
- Keep ball in air for at least 30 seconds using left thigh
- Keep ball in air for at least 30 seconds using both thighs-alternating
- Keep ball in air for at least 30 seconds using any surface but just right side
- Keep ball in air for at least 30 seconds using any surface but just left side
- Keep ball in air for at least 30 seconds using any surface

Week 1 Session 1:

- ½ mile run with ½ mile jog (½ mile run target time 4 minutes).
- (3) sets of 10 push-ups
- (3) sets of 25 crunches
- (3) sets of 10 squats
- (3) 30-second full planks
- (3) 30-second elbow planks
- (3) 30-second left leg planks
- (3) 30-second right leg planks
- (5) 10-yard wind sprints (60 second rest after 5th sprint)
- (5) 20-yard wind sprints (60 second rest after 5th sprint)
- (5) 40-yard wind sprints (3 minute rest after 5th sprint)
- ½ mile run with ½ mile jog (½ mile run target time 4 minutes)
- ***Finish with Juggling Session*****

Week 1 Session 2:

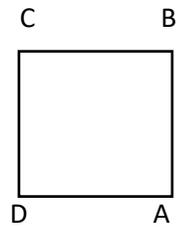
- ¾ mile run continue with ¼-mile jog (¾ mile run target time 6 minutes)
- (3) sets of 10 push-ups
- (3) sets of 30 crunches
- (3) sets of 10 squats
- (3) 30-second full planks
- (3) 30-second elbow planks
- (3) 30-second left leg planks
- (3) 30-second right leg planks
- (8) 10-yard wind sprints (60 second rest after 5th sprint)
- (5) 20-yard wind sprints (60 second rest after 5th sprint)
- (5) 40-yard wind sprints (3 minute rest after 5th sprint)
- (4) 100-yard shuttle runs for change of direction. Set up 2 cones 20 yards apart. Sprint between the two cones (back and forth) touch each cone on each run. Complete 5 runs between cones for 1 set (100 yards).
- ¾ mile run continue with ¼-mile jog (¾ mile run target time 6 minutes)
- ***Finish with Juggling Session*****

Week 1 Session 3:

- 1-mile run continue with 400-yard jog, (1-mile run target time, 8 minutes)
- (3) sets of 10 push-ups
- (3) sets of 30 crunches
- (3) sets of 10 squats

- (3) 30-second full planks
- (3) 30-second elbow planks
- (3) 30-second left leg planks
- (3) 30-second right leg planks

Box drill: Align 4 cones into 5-yard by 5-yard square.



Sprint A to B, lateral shuffle B to C, back pedal C to D, lateral shuffle D to A.
You can also create your own sequence, even diagonal runs.

Complete as many cycles as you can in 2 minutes, rest for 1-minute repeat 4 times.

- (3) 100-yard sprints (target time 12-15 seconds per sprint, 45 second rest between sprints.
- 1/2-mile run continue with 200-yard jog (1/2-mile run target time, 4 minutes)

*****Finish with Juggling Session*****

Week 2 Session 1:

- 1 ½ mile run continue 200 yard jog (1 ½ mile run target time, 12 minutes)
- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 45-second full planks
- (4) 45-second elbow planks
- (4) 45-second left leg planks
- (4) 45-second right leg planks
- (4) 200-yard runs (target time 40 seconds each run) 30 second rest after each run
- (3) 100-yard shuttle sprints (set up cones at 20, 40, 60, 80 and 100 yards). Sprint 20 and back to start, 40 and back to start, 60 and back, 80 and back, 100 and back.
- 2-minute rest between each complete shuttle.

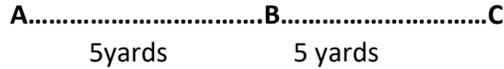
*****Finish with Juggling Session*****

Week 2 Session 2:

- 1 mile run (target time 7 minutes, 30 seconds, walk 400 yards
- ½-mile run (target time 3 minutes, 45 seconds, walk 200 yards
- 200 yard run (target time 35 seconds)
- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 45-second full planks
- (4) 45-second elbow planks
- (4) 45-second left leg planks
- (4) 45-second right leg planks
- Ball Hops:
- Jump over the ball and back over ball (both feet) for 30 seconds then sprint 10 yards and back, repeat 5 times.

Rest 30 seconds then repeat above (5 times) jumping over ball with right foot.
 Rest 30 seconds then repeat above (5 times) jumping over ball with left foot.
 Rest 30 seconds then repeat above (5 times) jumping over ball laterally with both feet.
 Rest 30 seconds then repeat above (5 times) jumping over ball laterally with right foot.
 Rest 30 seconds then repeat above (5 times) jumping over ball laterally with left foot.

(10) repetitions, Agility:



Start at cone B, sprint 5 yards to cone C, touch cone C with hand plant and push off with right foot, sprint 10 yards to cone A, touch Cone A with hand plant and push off with left foot and sprint 5 yards to B.

(1) 400-yard run

*****Finish with Juggling Session*****

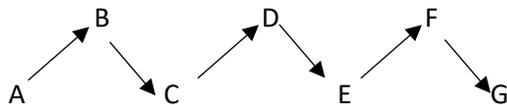
Week 2 Session 3:

- (10) 10-yard wind sprints
- (10) 20-yard wind sprints
- (10) 40 yard wind sprints
- (5) 100 yard wind sprints
- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 45-second full planks
- (4) 45-second elbow planks
- (4) 45-second left leg planks
- (4) 45-second right leg planks
- (10) 100 yard sprints (sprint 100 yards, slow jog 100 yards = 1 rep)
- (2) ½ mile runs (2 minute rest between)

Agility: 10 repetitions (A to G and G back to A = 1 repetition)

Space cones 5 yards wide and 5 yards deep (5x5).

Sprint A to B, back pedal B to C, sprint C to D back pedal to E, sprint F back pedal to G, then reverse start with G



*****Finish with Juggling Session*****

Week 3 Session 1:

- 1600-yard run (4 laps) in 7 minutes, rest for 4 minutes, then 800-yard run (2 laps) in 3 minutes, 30 seconds, rest for 2 minutes, then (1) 400-yard run in 1 minute 45 seconds.
- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 60-second full planks

- (4) 60-second elbow planks
- (4) 60-second left leg planks
- (4) 60-second right leg planks

Modified Yo-Yo, 20 repetitions, Timed Yo-Yo version CHS, Set up 2 cones 22 yards apart,
 (1) repetition = 44 yards

Complete each repetition in 10 seconds with 10 second rest between each repetition

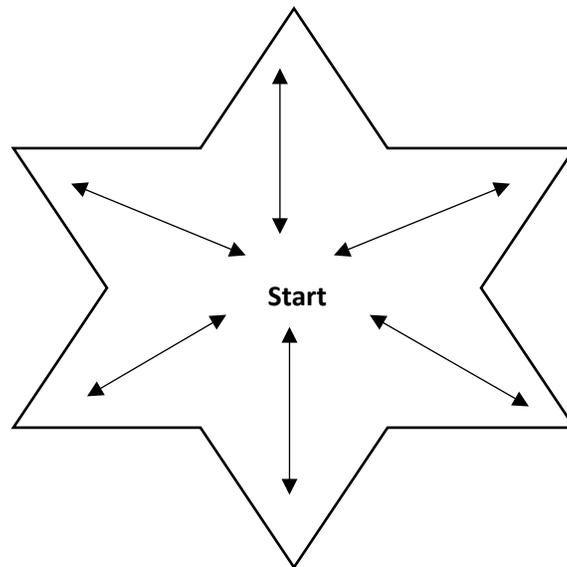
*****Finish with Juggling Session*****

Week 3 Session 2:

2-mile run continue with ¼ mile jog (2-mile run target time 15 minutes)

- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 60-second full planks
- (4) 60-second elbow planks
- (4) 60-second left leg planks
- (4) 60-second right leg planks

6 Point Star Agility Drill



Star set-up:

5 yards from start to each point

Drill:

Work clockwise from start to each point and back to start

- 1) sprint to point, back pedal to start
- 2) sprint to second point defensive shuffle back to start
- 3) sprint to third point run backwards to start
- 4) sprint to fourth point side to side shuffle back to start
- 5) sprint to fifth point side to side shuffle back to start
- 6) sprint to sixth point then sprint to start

Rest 1 minute after completing all 6 points, repeat drill 8 times with 1 minute rest after each 6 points

*****Finish with Juggling Session*****

Week 3 Session 3,

Intervals: (4) continuous intervals of a 200-yard sprint with a 50-yard jog.

Intervals: (10) continuous intervals of 10-yard sprint with 10 yard jog.

Intervals: (10) continuous intervals of 20-yard sprint with 10 yard jog.

Intervals: (5) continuous intervals of 40-yard sprint with 10 yard jog.

(3) sets of 10 push-ups

(3) sets of 50 crunches

(3) sets of 15 squats

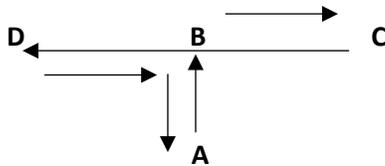
(4) 60-second full planks

(4) 60-second elbow planks

(4) 60-second left leg planks

(4) 60-second right leg planks

“T” Drill: (5yds between each cone)



(5) Backpedal from A to B, around B lateral shuffle B to C, sprint C to D sprint from D around B back to A

Change Direction: 5 yards

A B

(10) Lateral Shuffles A to B to A (=1), complete 10 continuous repetitions, touch each cone with hand.

1-mile run (target time 7 minutes)

*****Finish with Juggling Session*****

Week 4 Session 1:

1-mile run repeats: 1 mile run with $\frac{1}{4}$ mile walk, after walk repeat 1 mile run with $\frac{1}{4}$ mile walk, after walk 2nd walk repeat 1 mile run with $\frac{1}{4}$ mile walk. Target time per mile run (7 minutes, 30 seconds).

(3) sets of 10 push-ups

(3) sets of 50 crunches

(3) sets of 15 squats

(4) 60-second full planks

(4) 60-second elbow planks

(4) 60-second left leg planks

(4) 60-second right leg planks

(2) 5-10-15-20-25-yard shuttle run. Sprint from start to cone 1, planting your foot at cone 1, and then sprint back to start. Sprint from start to cone 2, planting your foot at cone 2 and sprint back to start. Continue shuttle sequence through all five cones. Target time, 45 seconds per repetition. Rest 90 seconds between runs.

*****Finish with Juggling Session*****

Week 4: Session 2

1 mile run in 7 minutes, 30 seconds, (one-minute rest), then ½ mile run in 4:00 min, (one-minute rest), then ¼ mile run in 90 seconds, (one-minute rest), then 220-yard run in 45 seconds, (one-minute rest), then 110-yard run in 22 seconds, (one-minute rest).

(3) sets of 10 push-ups

(3) sets of 50 crunches

(3) sets of 15 squats

(4) 60-second full planks

(4) 60-second elbow planks

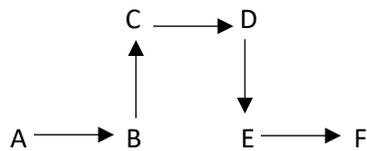
(4) 60-second left leg planks

(4) 60-second right leg planks

(6) 100-yard sprint (18 seconds) then jog back 42 seconds

Alternate Route: 5 yards between cones

Shuffle A to B, sprint B to C, shuffle C to D, back pedal D to E, shuffle E to F and return same sequence = 50 Yards
10 repetitions with 30 second rest between each repetition.



*****Finish with Juggling Session*****

Week 4 Session 3:

Accomplish the day 1 tryout fitness test (above).

*****Finish with Juggling Session*****

See You at Tryouts-Good Luck