



## **Optional Pre-Tryout Fitness Workout**

Tryouts are purely competitive. Do not confuse a tryout with practice. Your goal is to be selected to 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 6-week pre-tryout workout will 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 enough time for 2-3 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**

#### **Test #1:**

- 1-Mile Run in less than 7 minutes, or**
- 2-Mile Run in less than 15 minutes, or**
- 3-Mile Run in less than 24 minutes.**

#### **Test #2:**

- 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 12 seconds with 10 second rest between each repetition**

#### **Test #3:**

- The Fitness Stack:**
- Run 2 Track Laps in 3 ½ minutes, rest 1 minute**
- Run 1 Track lap in 2 minutes, rest 30 seconds**
- Run ½ Track Lap in 1 minute, rest 30 seconds**
- Sprint 100 yards 4 times (30 second rest between 100 yards)**

#### **Include with each session:**

- 10-minute dynamic warm-up.**
- Core exercises:**
- (3) sets of 10 push-ups
- (3) sets of 50 crunches
- (3) sets of 15 squats
- (4) 60-second full planks
- (4) 45-second elbow planks
- (4) 45-second left leg planks
- (4) 45-second right leg planks
- Finish with Juggling 5-minute Session**

**Week 1:**

- 1 mile run with ½ mile jog (1 mile run target time 7 ½ minutes).
- (5) 10-yard wind sprints (60 second rest after 5<sup>th</sup> sprint)
- (5) 20-yard wind sprints (60 second rest after 5<sup>th</sup> sprint)
- (5) 40-yard wind sprints (2-minute rest after 5<sup>th</sup> sprint)
- ½ mile run with ½ mile jog (½ mile run target time 4 minutes)

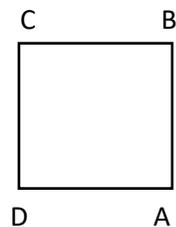
**Week 2:**

- 1 ½ mile run continue with ½ -mile jog (1 ½ mile run target time 11 minutes)
- (10) 10-yard wind sprints (60 second rest after 5<sup>th</sup> sprint)
- (10) 20-yard wind sprints (60 second rest after 5<sup>th</sup> sprint)
- (5) 40-yard wind sprints (2-minute rest after 5<sup>th</sup> 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)

**Week 3:**

- 1-mile run continue with 400-yard jog, (1-mile run target time, 7 ½ minutes)

**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 time**

- (8) 100-yard sprints (target time 12-15 seconds per sprint, 60 second rest between sprints).
- 1-mile run continue with 400-yard jog, (1-mile run target time, 7 ½ minutes)

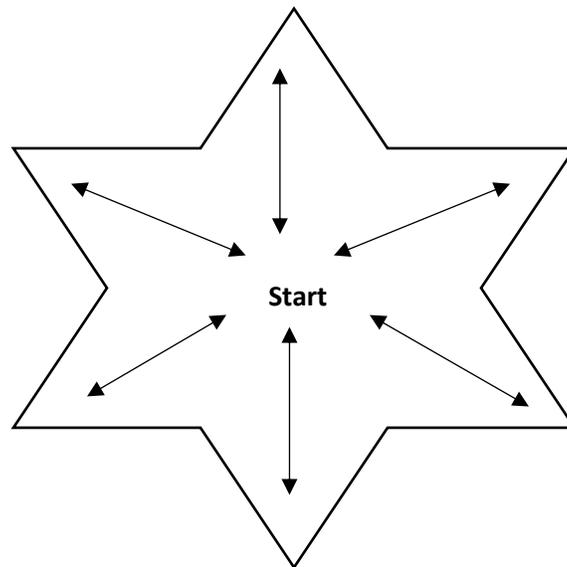
**Week 4:**

- 2 mile run continue with 400 yard jog (2 mile run target time, 15 minutes)
- (4) 200-yard runs (target time 40 seconds each run) 2 minute 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.
- 1 mile run with ½ mile jog (1 mile run target time 7 ½ minutes).

**Week 5:**

3-mile run continue with ¼ mile jog (3-mile run target time 24 minutes)

**6 Point Star Agility Drill**



**Star set-up:**

5 yards from start to each point

**Star 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 4 times with 1 minute rest after each 6 points

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

**Week 6:**

**Accomplish the day 1 tryout fitness test (above).**

**See You at Tryouts-Good Luck**