

# MLS Referees and Assistant Referees

## General Training Plan For February and March 2010

### Introduction

This training program is intended to increase individual's personal physical fitness.

Furthermore, the training program is specific to the requirements of both soccer

officiating and MLS Fitness test. Please use your best judgment when beginning this

fitness program. If at any time you have any questions please E-mail me (Bill Jordan) at

[William.Jordan@sru.edu](mailto:William.Jordan@sru.edu)

### Definition of Terms

#### **Warm Up and Cool Down**

Dynamic Warm Up: Progressive buildup of movement, done with the intent of increasing

the heart rate, body temperature, and breathing rate **before** active stretching

(Dynamic Stretching) takes place. Also prepares individuals for higher intensity

activity.

Active Stretching: A warm-up activity that progressively increases in intensity and speed

to move the body segments through a large range of motion, with the intent of

increasing the individual's range of motion.

Static Stretching: A **cool down** procedure that is meant to increase range of motion by

holding muscles in stretched positions for 10 to 20 sec.

#### **Important Training Terms:**

HRM: Heart Rate Maximum

Training Session: A period of exercise intended to develop the athlete's physical abilities.

Aerobic Endurance: Sustainable activity with the intent of increasing ones aerobic endurance levels. Performed between 65 and 85% of heart rate max for a minimum duration of 20 minutes, recommended 30 to 45 minutes.

Interval training: Training that consists of short duration high intensity movements, followed by a rest period.

Speed Training: Speed training is performed at or above the individuals heart rate max. This training will consist of short duration high speed sprinting, followed by full a full recovery. Many times the workout will be given in percentage of maximum sprinting ability, which is significantly different than maximum heart rate.

High Intensity Training: Exercise at or above the anaerobic threshold, normally at 85-93 percent of heart rate maximum.

Medium Intensity Training: Medium intensity training is done for the purpose of improving an individual's aerobic capacity. The pace is slower than "High Intensity Training" but should still be challenging and stressful. Performed at 76 to 86% of the individual's heart rate max.

Low Intensity Training: Low intensity training is manly used for the purpose of aerobic conditioning or recovery. This should be a comfortable pace work out at 66 to 75% of the individuals heart rate max.

Active Recovery: Work out session with the intent of stimulating blood flow to the entire body. Should be performed at or below 65% of heart rate max. When every possible use non weight bearing activities such as biking, stair steppers, rowing, water activities, Etc.

### **Training Information:**

All individuals should perform either four or five training sessions per week. The number of training days performed each week will depend greatly on your soccer officiating schedule, the physical demands placed on your body, and personal schedule. These training sessions will be broken down into three distinct training components: **warm-up, workout, and cool down**. Many different types of workouts will be recommended throughout the week. These workouts will include: rest, active recovery, aerobic endurance, interval training, and sprinting workouts. Both referees and assistant referees will be given similar training programs, despite having somewhat different testing procedures during and game requirements. During all training sessions, match performances, and fitness assessment, I ask that you wear polar heart rate monitors and submit your data at the end of every month. I understand that each of you will have outside restrictions placed on your training routine, whenever possible perform the workout on the appropriate day. Furthermore, I have always told my athletes that they are their own best coach. This is especially true in this case because I am not there to directly coach you during any of your training sessions. The given training plan is simply a recommendation, and you are responsible for your own well being. Please adapt the recommended training program to best fit your own personal training needs. Remember recovery is a very important and necessary part of any training plan. Without appropriate recovery time after hard workouts sessions, your body will not regenerate muscle tissue as fast and will lead to over training injuries. During all running activities individuals should attempt to perform workouts on a forgiving surface, such as a soccer playing field, grass or 400 meter track. Individuals should avoid surfaces such as concrete and asphalt.

A dynamic warm-up should be performed at the onset of every training session, match performance, and fitness assessment. This dynamic warm-up should last between ten and

fifteen minutes. I recommend that you start with five to ten minutes of low intensity jogging that will slowly build up to 70 percent of your heart rate max. During the last half of this stage you should begin performing various locomotor movements meant to increase mobility. These movements could include activities such as; side shuffles, jogging arm swings, backwards jogging, low step and scoop, karaoke, easy skipping, etc... The purpose of this low intensity jogging and mobility exercises is to gradually warm up the muscle temperature before beginning a dynamic stretching routines. If you feel that you are not fully prepared to perform a dynamic stretching routine at this time, you should continue to jog. A good indication of appropriate muscle temperature is the formation of sweat on your body. Only dynamic stretches should be performed during the warm-up, starting with low intensity movements and building into high intensity movements. These dynamic stretches will involve continuous movement of the major muscle groups, unlike static stretching which denotes prolonged holding of a muscle in an elongated position. Examples of dynamic stretches that could be used: walking knee to chest, walking knee to shoulder, walking foot to hip, walking toe touches, walking arm swings, windmills, leg swings, lunges, etc... Following the active stretching the individuals should perform any additional warm up activities that they feel necessary. Do not static stretch. Static stretching has been shown to decrease individual's explosive power and increase the chance of muscle injury.

After every workout session, you will need to properly cool down your body to prevent injuries. The entire cool down will take between ten and twenty minutes. You should begin the active cool down with a medium intensity jog that starts at 75 percent of your individual heart rate maximum and slowly progresses down to a recovery jog and walk. Following this active cool down you should perform ten minutes of static stretching. Static stretching is performed by

holding each major muscle group in its extended position for a period of up to twenty seconds. You will need to move your body into a position of slight discomfort for the duration of each major muscle stretch. You should not force yourself into harmful positions that may cause overstretching injuries. Static stretching is considered to be an excellent injury prevention method that should not be overlooked. Following the static stretching portion of the cool down, individuals should perform 5 minutes of abdominal exercises.

# **Soccer Referees Fitness Training** **(February and March 2010)**

**Sunday Feb 7<sup>th</sup>**

**Travel Day**

**Easy warm up and stretch**

**Monday Feb 8<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Tuesday Feb 9<sup>th</sup>**

**Rest or Active Recovery**

3. Warm Up: 10 to 15 min low intensity low impact movement
4. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Wednesday Feb 10<sup>th</sup>**

**Rest or Active Recovery**

5. Warm Up: 10 to 15 min low intensity low impact movement
6. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Feb 11<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Feb 12<sup>th</sup>**

**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM

2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Feb 13<sup>th</sup>**

**Game Or High Intensity Running Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. High Intensity Running (2 x 4 x 2min @ 90%)
  - a. 2min @ 90% HRM +1min jogging recovery
  - b. 2min @ 90% HRM +1min jogging recovery
  - c. 2min @ 90% HRM +1min jogging recovery
  - d. 2min @ 90% HRM +1min jogging recovery
  - e. 3min walking recovery
  - f. 2min @ 90% HRM +1min jogging recovery
  - g. 2min @ 90% HRM +1min jogging recovery
  - h. 2min @ 90% HRM +1min jogging recovery
  - i. 2min @ 90% HRM +1min jogging recovery
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Feb 14<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Feb 15<sup>th</sup>**

**Medium Intensity Running**

6. Warm Up: 5 to 10 min jogging building up to 70% of HRM
7. Warm Up: 5 to 10 min dynamic stretching and mobility
8. 30 min continuous running
  - a. 4 min @ 90% of HRM
  - b. 6 min @75% of HRM
  - c. 4 min @ 90% of HRM
  - d. 6 min @75% of HRM
  - e. 4 min @ 90% of HRM
  - f. 6 min @75% of HRM
9. Cool Down: 10 min jogging and walking return to Resting Heart Rate
- 10. Cool Down: 5 to 10 min Static stretching and ABS**

**Tuesday Feb 16<sup>th</sup>**

**High Intensity Running Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. High Intensity Running 27min total workout time
  - 3 sets of 4 repetitions (45sec @ 90%, rest 45 sec and 3min)
    - a. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
    - b. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
    - c. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
    - d. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
    - e. Walking recovery 3min
    - f. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
    - g. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest

- h. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
  - i. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
  - j. Walking recovery 3min
  - k. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
  - l. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
  - m. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
  - n. 45 sec @ 90% of HRM (Aprox. 250 meters) 45 sec walking rest
4. Cool Down: 10 min jogging and walking return to Resting Heart Rate
  5. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Feb 17<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Feb 18<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Feb 19<sup>th</sup>**

**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters

4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Feb 20<sup>th</sup>**

**Game or High Intensity Running Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. High Intensity Running Workout
  - a. Running 45 sec @ 75-80% HRM + Sprinting 15 sec @ 95% HRM +30 sec walking
  - b. Running 40 sec @ 75-80% HRM + Sprinting 20 sec @ 95% HRM +30 sec walking
  - c. Running 35 sec @ 75-80% HRM + Sprinting 25 sec @ 95% HRM +30 sec walking
  - d. Running 30 sec @ 75-80% HRM + Sprinting 30 sec @ 95% HRM +30 sec walking
  - e. Running 35 sec @ 75-80% HRM + Sprinting 25 sec @ 95% HRM +30 sec walking
  - f. Running 40 sec @ 75-80% HRM + Sprinting 20 sec @ 95% HRM +30 sec walking
  - g. Running 45 sec @ 75-80% HRM + Sprinting 15 sec @ 95% HRM +30 sec walking
  - h. Walking Recovery 3min
  - i. Running 45 sec @ 75-80% HRM + Sprinting 15 sec @ 95% HRM +30 sec walking

- j. Running 40 sec @ 75-80% HRM + Sprinting 20 sec @ 95% HRM +30 sec walking
- k. Running 35 sec @ 75-80% HRM + Sprinting 25 sec @ 95% HRM +30 sec walking
- l. Running 30 sec @ 75-80% HRM + Sprinting 30 sec @ 95% HRM +30 sec walking
- m. Running 35 sec @ 75-80% HRM + Sprinting 25 sec @ 95% HRM +30 sec walking
- n. Running 40 sec @ 75-80% HRM + Sprinting 20 sec @ 95% HRM +30 sec walking
- o. Running 45 sec @ 75-80% HRM + Sprinting 15 sec @ 95% HRM +30 sec walking
- p. 3min walking recovery

4. Cool Down: 10 min jogging and walking return to Resting Heart Rate

5. Cool Down: 5 to 10 min Static stretching and ABS

### **Sunday Feb 21st**

### **Rest or Active Recovery**

- 1. Warm Up: 10 to 15 min low intensity low impact movement
- 2. Warm Up: 5 to 10 min static stretching, all major muscle groups

### **Monday Feb 22<sup>nd</sup>**

### **Medium Intensity Running**

- 1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
- 2. Warm Up: 5 to 10 min dynamic stretching and mobility
- 3. Medium Intensity Running 3X4min running
  - a. 4min running @80-85% (Aprx. 1000m)

- b. 3-4 min walking recovery
  - c. 4min running @80-85% (Aprx. 1000m)
  - d. 3-4 min walking recovery
  - e. 4min running @80-85% (Aprx. 1000m)
  - f. 3-4 min walking recovery
4. Cool Down: 10 min jogging and walking return to Resting Heart Rate
  5. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Feb 23<sup>rd</sup>**

**Speed Endurance Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. Speed Endurance Workout (Sprinting @ 90% of Max Sprint Speed)
  - a. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - b. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - c. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - d. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - e. 3min jogging
  - f. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - g. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - h. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - i. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - j. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - k. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - l. 3min jogging

- m. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - n. 15 sec walking + 30 sec jogging + 15 sec @ 90% sprinting
  - o. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
  - p. 30 sec walking + 15 sec jogging + 15 sec @ 90% sprinting
4. Cool Down: 10 min jogging and walking return to Resting Heart Rate
  5. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Feb 24<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Feb 25<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Feb 26<sup>th</sup>**

**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Feb 27<sup>th</sup>**

**Game or High Intensity Running Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. High Intensity Running Workout (3 x 4 100m sprints)
  - a. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - b. Rest = Jogging 50m + walking 50m
  - c. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - d. Rest = Jogging 50m + walking 50m
  - e. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - f. Rest = Jogging 50m + walking 50m
  - g. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - h. Rest = Jogging 50m + walking 50m
  - i. 3 min walking recovery
  - j. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - k. Rest = Jogging 50m + walking 50m
  - l. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - m. Rest = Jogging 50m + walking 50m
  - n. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - o. Rest = Jogging 50m + walking 50m
  - p. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - q. Rest = Jogging 50m + walking 50m
  - r. 3min walking recovery
  - s. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - t. Rest = Jogging 50m + walking 50m

- u. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - v. Rest = Jogging 50m + walking 50m
  - w. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - x. Rest = Jogging 50m + walking 50m
  - y. 30m acceleration + 40m sprint @ 90% sprint speed + 30m deceleration
  - z. Rest = Jogging 50m + walking 50m
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
  5. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Feb 28<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Mar 1<sup>st</sup>**

**Medium Intensity Workout**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance workout (Use fitness center equipment, low impact)
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Mar 2<sup>nd</sup>**

**Medium Intensity Mobility Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. Mobility Workout 30min continuous exercise @ 75-85%HRM
  - a. 5min jogging @ 75-85%HRM

- b. 15sec sideways L + 15sec jogging + 15sec sideways R +15 sec jogging
  - c. 30sec backwards jogging + 30 sec jogging
  - d. 15sec sideways L + 15sec jogging + 15sec sideways R +15 sec jogging
  - e. 30sec backwards jogging + 30 sec jogging
  - f. 15sec sideways L + 15sec jogging + 15sec sideways R +15 sec jogging
  - g. 30sec backwards jogging + 30 sec jogging
  - h. 15sec sideways L + 15sec jogging + 15sec sideways R +15 sec jogging
  - i. 30sec backwards jogging + 30 sec jogging
  - j. 15sec sideways L + 15sec jogging + 15sec sideways R +15 sec jogging
  - k. 30sec backwards jogging + 30 sec jogging
  - l. 15sec sideways L + 15sec easy sprint + 15sec sideways R +15 sec easy sprint
  - m. 30sec backwards jogging + 10 sec sprint + 20 sec jogging
  - n. 15sec sideways L + 15sec easy sprint + 15sec sideways R +15 sec easy sprint
  - o. 30sec backwards jogging + 10 sec sprint + 20 sec jogging
  - p. 15sec sideways L + 15sec easy sprint + 15sec sideways R +15 sec easy sprint
  - q. 30sec backwards jogging + 10 sec sprint + 20 sec jogging
  - r. 15sec sideways L + 15sec easy sprint + 15sec sideways R +15 sec easy sprint
  - s. 30sec backwards jogging + 10 sec sprint + 20 sec jogging
  - t. 15sec sideways L + 15sec easy sprint + 15sec sideways R +15 sec easy sprint
  - u. 30sec backwards jogging + 10 sec sprint + 20 sec jogging
  - v. 5min easy running 75-85% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
  5. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Mar 3<sup>rd</sup>****Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Mar 4<sup>th</sup>****Aerobic Endurance**

6. Warm Up: 5 min jogging building up to 70% of HRM
7. Warm Up: 5 min easy dynamic stretching and mobility
8. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
9. Cool Down: 5 min jogging and walking return to Resting Heart Rate
10. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Mar 5<sup>th</sup>****Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Mar 6<sup>th</sup>****Game or High Intensity Running Workout**

1. Warm Up: 5 to 10 min jogging building up to 70% of HRM
2. Warm Up: 5 to 10 min dynamic stretching and mobility
3. Practice Interval Portion Of Fitness Test (16 X 150m)
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Mar 7<sup>th</sup>****Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Mar 8<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Mar 9<sup>th</sup>**

**High Intensity Workout**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Mobility Training: 10min multi direction movements @ 70% HRM
4. Workout: 8 reps of 1:30 sec high intensity running @ 90 to 95% of HRM (1 min walking rest)
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Mar 10<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Mar 11<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility

3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Mar 12<sup>th</sup>**

**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Mar 13<sup>th</sup>**

**Game Or High Intensity Running Workout**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. High Intensity Workout
  - a. 30 sec @ 85-95%HRM + 30 sec jogging recovery
  - b. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  - c. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  - d. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  - e. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  - f. 30 sec @ 85-95%HRM + 30 sec jogging recovery
  - g. 2 min jogging recovery
  - h. 75 sec @ 85-95%HRM + 30 sec jogging recovery
  - i. 60 sec @ 85-95%HRM + 30 sec jogging recovery

- j. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  - k. 30 sec @ 85-95%HRM + 30 sec jogging recovery
  - l. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  - m. 60 sec @ 85-95%HRM + 30 sec jogging recovery
2. Cool Down: 5 to 10 min jogging and walking return to Resting Heart Rate
  3. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Mar 14<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Mar 15<sup>th</sup>**

**Mobility Exercises**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Mobility: 20 to 30min easy jogging @ 70 – 85% @HRM
  - a. Use different types of movement activities such as; side sliding, backwards running, running at 45degrees angles, easy skipping forward and back, Etc.
4. Cool Down: 10 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Mar 16<sup>th</sup>**

**Sprint Endurance**

6. Warm Up: 10 min jogging building up to 70% of HRM
7. Warm Up: 10 min dynamic stretching and mobility
8. Workout: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
9. Sprinting @ 90% of sprint max (A little less than all out sprinting)
  - a. 60m sprint + jog back recovery X3

- b. 40m sprint + jog back recovery X3
- c. 20m sprint + jog back recovery X3
- d. 40m sprint + jog back recovery X3
- e. 60m sprint + jog back recovery X3

Static start position, focus on the making the first few steps powerful

Your heart rate should return to 65% of HRM before the start of each rep.

10. Cool Down: 10 min jogging and walking return to Resting Heart Rate

11. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Mar 17<sup>th</sup>**

**Rest or Active Recovery**

- 1. Warm Up: 10 to 15 min low intensity low impact movement
- 2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Mar 18<sup>th</sup>**

**Aerobic Endurance**

- 1. Warm Up: 5 min jogging building up to 70% of HRM
- 2. Warm Up: 5 min easy dynamic stretching and mobility
- 3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
- 4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
- 5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Mar 19<sup>th</sup>**

**Pre Game Warm Up**

- 1. Warm Up: 5 min jogging building up to 70% of HRM
- 2. Warm Up: 5 min easy dynamic stretching and mobility
- 3. 4 to 6 Easy stride outs 50 to 75 meters
- 4. Cool Down: 5 min jogging and walking return to Resting Heart Rate

5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Mar 20<sup>th</sup>**

**Game or High Intensity Running Workouts**

1. Warm Up: 5 to 10min jogging building up to 70% of HRM
2. Warm Up: 5 to 10min dynamic stretching and mobility
3. Workout: 2 min running @ 85-90% HRM + 1min jogging recovery 2 X 4 reps  
( 3 min walking recovery between sets)
4. Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Mar 21<sup>st</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Mar 22<sup>nd</sup>**

**Speed Endurance**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
4. Sprinting @ 85% of sprint max (A little less than all out sprinting)
  - a. 8 X100m (about 14sec)

Your heart rate should return to 60% of HRM before the start of each rep.

5. Cool Down: 10 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Mar 23<sup>rd</sup>**

**High Intensity Running Workout**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility

3. High Intensity Workout 4X3min running @90% HRM
  - a. 3min @ 90% HRM +4min easy jogging and multi direction movements
  - b. 3min @ 90% HRM +4min easy jogging and multi direction movements
  - c. 3min @ 90% HRM +4min easy jogging and multi direction movements
  - d. 3min @ 90% HRM +4min easy jogging and multi direction movements
4. Cool Down: 5 to 10 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Mar 24<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Mar 25<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Friday Mar 26<sup>th</sup>**

**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Mar 27<sup>th</sup>**

**Game or High Intensity Running Workout**

1. Warm Up: 5 to 10min jogging building up to 70% of HRM
2. Warm Up: 5 to 10min dynamic stretching and mobility
3. Workout: 1 min running @ 90% HRM + 30 sec jogging recovery 2X8 reps  
(2min recovery between sets)
4. Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Mar 28<sup>th</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Mar 29<sup>th</sup>**

**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Mar 30<sup>th</sup>**

**Practice Fitness Test**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Mobility Exercises: 10min jogging and multi direction movements @ 75% HRM
4. Practice Interval Fitness Test (24 x 150m)
5. Cool Down: 10 min jogging and walking return to Resting Heart Rate

6. Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Mar 31<sup>st</sup>**

**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups