

# Utica High School Soccer

## Fitness and Conditioning Program

This program is designed to enhance our cardio fitness as well as our overall fitness. This training is to help you get fit heading into the next season. Showing up fit will allow us to perform better as a team. It will also help by minimizing nagging muscle injuries often caused by being unfit and jumping right into full season play. Eating a smart diet is essential to the success of any fitness program.

- Always warm up before each workout (5 minutes), then stretch (5-10 minutes)
- Complete each workout in the order shown (Exercise 1, then 2 then 3)
- When done with the routines, stretch for 5-10 minutes to help reduce muscle soreness.
- A well hydrated body helps reduce the risk of muscles cramping.
- This program is a guideline. Becoming fit is the goal. Do what you can and adjust where there is a need. Push yourself a little bit but listen to your body, especially if you have asthma or any heart issues.
- After each workout, you should pair it up with a 1000 touch workout. See 1000 touch document.

<b>Week 1:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 8:00 min/mile pace (Mon/Wed/Fri)	5 x 30 second sprint/30 second jog (no rest until 5 30 second sprints/jogs are completed)	3 x 25 full sit-up, 3 x 25 pushups
2	2 Mile Run @ 8:00 min/mile pace (Tues/Thurs)	5 x 80 yard Sprints (Sprint / walk back / Sprint / walk back / etc.)	3 x 25 full sit-up, 3 x 25

<b>Week 2:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 8:00 min/mile pace (Mon/Wed/Fri)	5 x 30 second sprint/30 second jog (no rest until 5 30 second sprints/jogs are completed)	3 x 25 full sit-up, 3 x 25 pushups
2	2 Mile Run @ 8:00 min/mile pace (Tues/Thurs)	5 x 80 yard Sprints	3 x 25 full sit-up, 3 x 25 pushups

<b>Week 3:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 7:30 min/mile pace (Mon/Wed/Fri)	5 x 80 yard	3 x 30 full sit-up, 3 x 25 pushups
2	2 Mile Run @ 7:30 min/mile pace (Tues/Thurs)	Body Circuit Training	

<b>Week 4:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 7:30 min/mile pace (Mon/Wed/Fri)	5 x 80 yard Sprints	3 x 30 full sit-up, 3 x 25 pushups
2	2 Mile Run @ 7:30 min/mile pace (Tues/Thurs)	Body Circuit Training	

<b>Week 5:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 7:00 min/mile pace (Mon/Wed/Fri)	3 x 300 shuttle	Body Circuit Training
2	2 Mile Run @ 7:00 min/mile pace (Tues/Thurs)	5 x 80 yard	Body Circuit Training

<b>Week 6:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	1 Mile Run @ 7:00 min/mile pace (Mon/Wed/Fri)	3 x 300 shuttle	Body Circuit Training
2	2 Mile Run @ 7:00 min/mile pace (Tues/Thurs)	5 x 80 yard Sprints	Body Circuit Training

<b>Week 7:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	2 Mile Run @ 6:30 min/mile pace (Mon/Wed/Fri)	3 x 300 shuttle	Body Circuit Training
2	3 Mile Run @ 7:15 min/mile pace (Tues/Thurs)	Body Circuit Training	

<b>Week 8:</b>			
<b>Cardio</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
<b>Workout #</b>			
1	2 Mile Run @ 6:30 min/mile pace (Mon/Wed/Fri)	3 x 300 shuttle	Body Circuit Training
2	3 Mile Run @ 7:15 min/mile pace (Tues/Thurs)	Body Circuit Training	

# Description of Exercises

## DYNAMIC WARM UP (Perform before each conditioning)

**High knee walk** – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.

**High knee walk with external rotation** – grasp the shin (instead of the knee) with a double overhand grip above the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.

- **A-skip** – gentle skipping designed to put the hip musculature into action. No emphasis on height or only rhythmic action. Thighs should come up to be parallel to ground.

**Walk on toes** – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as moves the quads through full range of motion.

**High knee run** – similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.

**Straight leg skip** – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are at shoulder height and rt. foot goes up to the rt. hand.

**Straight leg dead lift walk** - reach both arms out to the side while attempting to lift one leg up to waist height. Move forward, swing the back leg through to take one giant step. Only one trip. Walking lunges on the way back.

**Walking lunges w/ side lunge** – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).

**Under/over the hurdles** – under the hurdles laterally making sure to change direction half way. The trip back over the hurdles making sure the knee comes up to the armpit and reaches forward.

**Giant carioca** – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.

- **Backward run** – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.

- **Forward sprint**

- **Forward sprint-turn to backward run**

# BODY CIRCUIT TRAINING

Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises.

Prior to starting the circuit, make sure you do the following:

1. 5-minute warm-up - any type of cardio or running.
2. A comprehensive full body stretch.

1. **Lunges** – alternate legs.
2. **Bicycle crunches** - hands behind head, legs off the ground, opposite elbow to knee.
3. **Push ups**
4. **Squat Jumps**
5. **Bench dips** – hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor
6. **Scissor leg raises** – one leg six inches off floor, the other leg perpendicular to floor, switch legs every six or seven seconds
7. **Burpees** – jump, hands on ground, extend your legs into a push up position, legs back to chest, jump.
8. **Military Pushups** - hands just to the sides of your chest with elbows pointing backwards.
9. **Front Plank** – on your elbows and toes, hold position for full 45 seconds. Tighten abs by pulling ~~arms~~ towards toes without moving either elbows or toes.
10. **Jump Lunges** – both feet off the ground when alternating
11. **Mountain Climbers** – keep knee over your ankle

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## SPEED AND AGILITY DRILL

### 300 Yard Shuttle

The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to sprint between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time.

**\*\*There are 12 direction changes in this drill.**

