

# **FITNESS PROGRAM**

This program provides a general fitness and agility regimen for ODP athletes. You may need to adjust goal times and distances accordingly.

The program is a compilation of ideas from the UK Sports Institute, Fitness Canada and Bethany College Men's Soccer. All athletes engaging in this program should have a base level of fitness. Those nursing injuries or with a medical condition should consult with a doctor prior to starting.

This program will prepare you for the St. Patrick's Day Tournament in Stafford, Virginia on the weekend of March 12, 13. The first three weeks should get us up to a decent level preparing for January 8, 9 in Concord, NC. You should follow this as closely as possible. If you have any questions please contact me at:

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Complete 6 alternating workouts per week with a day of full rest/regeneration where you should take a long walk/relax. Following every workout you should take 500 touches/passes with a partner or wall using both feet. Try to be sharp, this will be especially useful late in matches.

	<b>WEEK 1</b>
<b>DAY 1</b>	<ul style="list-style-type: none"><li>• 2 mile jog</li><li>• 10 x 100 yd</li><li>• 5 x 50 yd</li></ul>
<b>DAY 2</b>	<ul style="list-style-type: none"><li>• 2 mile jog</li><li>• 4 x 400 yd run under 1.40minutes</li><li>• 6 x 200 yd run under 40 seconds (1/2 lap of a 1/4 mile track = 200 yd)</li></ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"><li>• 5 mile run (record your time)</li></ul>
	<b>WEEK 2</b>
<b>DAY 1</b>	<ul style="list-style-type: none"><li>• Fartlek training on field; sprint long sides, jog short sides for 2 miles</li><li>• Hill running; sprint to top of hill (40 - 50 yd sprint; walk down) Repeat 10 times, or 10x50 yd sprint jog back.</li><li>• Agility drills: sprint/shuffle/sprint over 50 yd (using 10 yd sequences)</li></ul>

<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• 3 mile run under 20 minutes</li> <li>• 5 x 100 yd sprints</li> <li>• 10 x 40 yd sprints</li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>• 30 minute jog</li> <li>• 10 gassers (sprint across and back width of soccer field) - work to rest ratio 1:3</li> </ul>
<b>WEEK 3</b>	
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>• 10 x 100 yd acceleration sprints (30 yd at 1/2 speed, 30 yd at 3/4 speed 40 yd at full speed) work to rest ratio 1:1</li> <li>• Agility Drills: <ol style="list-style-type: none"> <li>1. sprint/shuffle/sprint: use 10 yd sequences over 50 yd (sprint 10 yd, shuffle laterally right 10 yd, sprint 10 yd, shuffle left 10 yd, sprint 10 yd.) Repeat 5 times.</li> <li>2. zig zag drill over 25 yd (5 reps)</li> <li>3. shuffle-turn-sprint over 20 yd (shuffle laterally 10 yd, turn and sprint 10 yd) 5 reps</li> <li>4. 5 cone drill using a 20 yd square box (5 reps)</li> </ol> </li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• 2 mile run under 15 minutes</li> <li>• Stadium step runs (15 repetitions; run up walk down)</li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>• 3 mile jog</li> <li>• Agility Drills <ol style="list-style-type: none"> <li>1. zig zag drill over 25 yd</li> <li>2. shuffle-turn-sprint over 20 yd (shuffle laterally 10 yd, turn and sprint 10 yd)</li> <li>3. five cone drill using a 20 yd square box</li> </ol> </li> </ul>
<b>WEEK 4</b>	
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>• 1mile jog</li> <li>• 2 x 400yd sprints under 1.30minutes</li> <li>• 4 x 100 yd sprints under 20 seconds</li> <li>• 8 x 80 yd sprints (maximum speed) - work: rest ratio 1:2</li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• Five minute run/rest cycle: run 5 minutes, rest 5 minutes, run 5 minutes, rest 5 minutes, run 5 minutes - each 5 minute run should be longer than the previous run.</li> <li>• Agility drills: <ol style="list-style-type: none"> <li>1. carioca 5 x 30 yd</li> <li>2. carioca 15 yd-turn-sprint 15 yd (5 repetitions)</li> </ol> </li> </ul>

	<ol style="list-style-type: none"> <li>3. shuttle run with 30 yd boundaries (10 repetitions)</li> </ol> <ul style="list-style-type: none"> <li>• Plyometrics</li> </ul> <ol style="list-style-type: none"> <li>1. lateral jumps over line (3 x 45 seconds)</li> <li>2. front / back jumps over line (3 x 20 seconds)</li> <li>3. tuck jumps ( 3 sets of 10)</li> </ol>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>• 3 mile jog</li> <li>• 10 x 100 yd sprints (all out effort on each sprint) - work: rest ratio 1:2</li> </ul>
	<b>WEEK 5</b>
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>• Beep Test</li> <li>• 10 x 120 yd acceleration sprints (first 30 yd 1/2 speed, middle 30 yd 3/4 speed, final 60 yd full speed)</li> <li>• Plyometrics</li> </ul> <ol style="list-style-type: none"> <li>1. lateral cone hops (3 x 40 seconds)</li> <li>2. cone hops covering distance (10 cones) - perform 10 repetitions with rest between each rep.</li> </ol>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• 10 x 50 yd sprints</li> <li>• 5 x 40 yd sprint - work” rest ratio 1:2</li> <li>• Agility Drills:</li> </ul> <ol style="list-style-type: none"> <li>1. sprint / shuffle / sprint over 50 yd (10reps)</li> <li>2. t-cone drill (5 reps)</li> <li>3. five cone box drill x 5</li> </ol>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>• 20 minutes of aerobic work with the ball</li> <li>• Agility drills:</li> </ul> <ol style="list-style-type: none"> <li>1. sprint/shuffle/sprint over 50 yd (10 reps)</li> <li>2. t-cone drill (5reps)</li> <li>3. five cone box drill x 5</li> </ol>
	<b>WEEK 6</b>
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>• 3 mile jog</li> <li>• Agility Drills:</li> </ul> <ol style="list-style-type: none"> <li>1. cone chute over 50 yd x 10</li> <li>2. lateral jump over soccer ball ( 3 x30 seconds)</li> <li>3. front / back jump over ball (3 x 20 seconds)</li> </ol> <ul style="list-style-type: none"> <li>• Plyometrics:</li> </ul> <ol style="list-style-type: none"> <li>1. quick leaps ( 3 x 30 seconds)</li> </ol>

	<ol style="list-style-type: none"> <li>cone hops covering distance 5 x 20 yd)</li> </ol>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>Hollow sprints: sprint 50 yd; jog 50 yd; walk 50 yd = 1 cycle (repeat x 10)</li> <li>Full gassers - sprint across and back the width of soccer field (10 reps) - work” rest ratio 1:2</li> <li>Agility drills: <ol style="list-style-type: none"> <li>sprint / shuffle / sprint x 10 (sprint 20 yd / shuffle 20 yd / sprint 20 yd = 1 rep</li> <li>triangle cone x 10 reps</li> </ol> </li> <li>Plyometrics <ol style="list-style-type: none"> <li>tuck jumps (3 x 10)</li> <li>long jumps ( 3 x 30 yd)</li> <li>quick leaps ( 3 x 30 seconds)</li> </ol> </li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>30 minutes of aerobic work with the ball</li> <li>Plyometrics: <ol style="list-style-type: none"> <li>tuck jumps (3 x 10)</li> <li>long jumps ( 3 x 30 yd)</li> <li>quick leaps ( 3 x 30 seconds)</li> </ol> </li> <li>Agility Drills: <ol style="list-style-type: none"> <li>zig zag x 10 over 20 yd</li> <li>cone chute drill (over 40 yd) x 10</li> </ol> </li> </ul>
<b>WEEK 7</b>	
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>3 x 5 minute run (run 5 / walk 5/run 5 / walk 5 / run 5 - each 5 minute run further than the previous one)</li> <li>Run up stadium steps / walk down (15 minutes)</li> <li>Agility drills: <ol style="list-style-type: none"> <li>sprint/shuffle/sprint/shuffle/sprint over 25 yd using 5 yd increments x 5</li> <li>triangle cone drill x 5</li> <li>square cone drill x 10</li> </ol> </li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>Sprints 4 x 400 yd; 2 x 200 yd; 1 x 800 yd</li> <li>Agility drills: <ol style="list-style-type: none"> <li>shuttle run using 30 yd boundaries x 5</li> <li>triangle cone drill x 5</li> </ol> </li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>2 mile run (under 14 minutes)</li> </ul>

	<ul style="list-style-type: none"> <li>shuttle runs over 30 yd (sprint 10 yd and back to start, 20 and back, 30 and back) for total of 120 yd each rep; perform 6 reps - work: rest ratio 1:2</li> </ul>
	<b>WEEK 8</b>
<b>DAY 1 &amp; DAY 2</b>	<ul style="list-style-type: none"> <li>15 x 100 yd sprints (first 5 at 1/2 speed; second 5 at 3/4 speed, last 5 at full speed) - work : rest ratio 1:3</li> <li>Agility drills: <ol style="list-style-type: none"> <li>sprint 10 yd; shuffle right 10 yd; back pedal 5 yd; sprint diagonal 5 yd; shuffle right 5 yd; sprint 20 yd; perform 5 repetitions with rest in between</li> </ol> </li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>Jog 4 miles under 35 minutes</li> </ul>
	<b>WEEK 9</b>
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>Sprint training: 10 sprints x 100 yd (full recovery between sprints)</li> <li>Aerobic / anaerobic training: 10 sprints x 60 yd (sprint 60 yd; slow jog back to start, repeat.)</li> <li>Agility Drills: <ol style="list-style-type: none"> <li>Cone chute 4 x 60 yd - cones staggered every 10 yd</li> <li>five cone box drill x 10</li> <li>zig zag sprint drill - position cones every 5 yd in zig zag formation over 60 yd (complete 10 repetitions with rest in between)</li> </ol> </li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>2 mile run under 12 minutes 30 seconds</li> <li>Hill running x 10 reps (50 yd uphill sprints)</li> <li>Agility drills: <ol style="list-style-type: none"> <li>cone chute 4 x 60 yd - cones staggered every 10 yd</li> <li>five cone box drill x 10</li> <li>zig zag sprint drill - position cones every 5 yd in zig zag formation over 60 yd (complete 6 repetitions with rest in between)</li> </ol> </li> </ul>
<b>OPTIONAL</b>	<ul style="list-style-type: none"> <li>300 yd shuttle run x 4 repetitions ( 2 minutes rest in between repetitions)</li> <li>Stadium Step running for 20 minutes (run up steps, slow jog down)</li> </ul>
	<b>WEEK 10</b>
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>Down and back sprints: 1 x 100 yd (sprint 100 yd, turn, sprint back = 1 rep) Reps = 1 x 90; 1 x 80; 1 x 70; 1 x 60; 1 x 50; 1 x 40; 1 x 100 - work : rest ratio 1:2</li> </ul>

	<ul style="list-style-type: none"> <li>• Plyometrics: <ol style="list-style-type: none"> <li>1. tuck jumps (cover distance 4 x 30 yd)</li> <li>2. bounding (cover distance 4 x 20 yd)</li> <li>3. lateral jumps over cone ( 3 x 30seconds)</li> <li>4. jump rope (5 minutes)</li> </ol> </li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• 30 yd hollow sprints x 10 (sprint 30 yd, jog 30 yd, walk 30 yd = 1 rep)</li> <li>• Half gassers x 10 (half gasser = sprint width of soccer field)</li> <li>• Agility Drills: <ol style="list-style-type: none"> <li>1. t-cone drill x 10</li> <li>2. zig zag drill x 5 (cover 20 yd, make minimum of 8 cuts)</li> <li>3. shuttle run using 20 yd boundaries of 5 reps)</li> <li>4. sprint / shuffle / sprint over 40 yd x 10 reps</li> </ol> </li> </ul>
<b>OPTIONAL</b>	45 minutes of aerobic work (stairmaster, bike, jog)
	<b>WEEK 11</b>
<b>DAY 1</b>	<ul style="list-style-type: none"> <li>• Fartlek training x 20 minutes (use quarter mile track - sprint straight aways, jog curves)</li> <li>• Agility drills: <ol style="list-style-type: none"> <li>1. shuffle / sprint / shuffle over 30 yd (10 reps)</li> <li>2. lateral movement ( 5 reps x 30 seconds / rep)</li> <li>3. five cone box ( 5 reps)</li> <li>4. 20 yd shuttle run ( 3 reps)</li> </ol> </li> </ul>
<b>DAY 2</b>	<ul style="list-style-type: none"> <li>• 2 x 1 mile run (record time) - rest 10 minutes between mile runs</li> <li>• Agility drills: <ol style="list-style-type: none"> <li>1. shuffle / sprint / shuffle over 30 yd (10 reps)</li> <li>2. lateral movement ( 5 reps x 30 seconds / rep)</li> <li>3. five cone box ( 5 reps)</li> <li>4. 20 yd shuttle run ( 3 reps)</li> </ol> </li> </ul>