

Summer Workout 2012

Below is an outline of what you should be doing as a minimum to get into good shape for the forth-coming season. The less time we have to spend on fitness – the more tactical and technical work we can do. Of course this is in addition to our optional open gyms:

- **Everyday** you should be doing **sit up's and push up's**. On push-ups try and max out every 3 days and keep a record of your max. This is very simple but effective in building strength. You should also do 3 sets of 45 seconds (30 second break) **wall sits 2 times a week**.
- Try and touch the ball a thousand times a day – this will probably take about 20 minutes but will make a significant difference on your touch. Do moves, turns, juggle, pass against a wall. Get a mate over and knock around – touch the ball – have fun with it.
- **FARTLEK MILE – VERY SLOW JOG 50 YARDS, THEN SPRINT 50 YARDS**

AIM:

RUNS: 2 to 3 mile runs - 8 - 9 mins per mile pace

RUNS: 4 to 5 mile runs - 9 -10 mins per mile pace

Week 1: June 18-24

x3 2-3 mile runs

Week 2: June 25-July 1

x 2 two - three mile runs

x 1 four – five mile run

X 1 Fartlek mile

Week 3: July 2-8

x 2 two - three mile runs

x 1 four – five mile run

X 1 Fartlek mile

Week 4: July 9-15

x 1 two - three mile runs

x 2 four – five mile run

X 1 Fartlek mile

x1 session of sprints (5x15, 2x50, 1x100) 60 second rests

Week 5: July 16-22

x 3 two - three mile runs

x 1 four – five mile run

X 1 Fartlek mile

x1 session of sprints (5x15, 3x50, 1x100) 60 second rests

Week 6: July 23-29

x 3 two - three mile runs

x 2 four – five mile run

X 1 Fartlek mile

x1 session of sprints (5x15, 3x50, 1x100) 60 second rests

Week 7: July 26 – August 1

x 3 two - three mile runs

x 1 hill session (10 up hill sprints – hill 50 –70 yards long – 50 degree + incline)

X 1 Fartlek mile

x1 session of sprints (5x15, 3x50, 2x100) 60 second rests

Week 8: August 2 – August 8

x 2 two - three mile runs

x 1 four – five mile run

X 1 Fartlek mile

x1 over speed session (10 sprints downs hill 50-70 yards long with roughly 6 –20 degree decline)

x1 session of sprints (5x15, 3x50, 1x100) 60 second rests

Sprints & Fartlek Runs can easily be replaced by Coach Wah's explosive exercises if you attended. These were excellent exercises.

All the Best

Coach Davy