

# TRAINING PROGRAM JOHN JAY HIGH SCHOOL BOYS SOCCER

\*THIS IS NOT MEANT TO GET YOU IN SHAPE, YOU SHOULD HAVE A STRONG FITNESS BASE AT THE TIME OF STARTING THIS, THIS PROGRAM IS DESIGNED TO GET YOU TO YOUR PEAK FITNESS FOR THE SEASON

\*TO BE DONE 2 X PER WK PREFERRABLY ON A TRACK or if necessary on the road. PLEASE SPACE THEM OUT

\* I put heart rate (HR%) goals if you are fortunate enough to have a heart rate monitor. If you don't have one, I HIGHLY recommend getting one if able. If you are unable to get your hands on one, use 100% as maximum speed you can sprint and they decrease from there to work at appropriate levels.

## WK 1:

The suggested times are included as a guide if you have to run on the road

10:00 warm up jog, bringing your HR up to 70% gradually

2 sets of:

4 x (800m / 3:00) w/400m (2:00) recovery after each

-- descend these from #1-4 (70% - 75% - 80% - 85%)

-- no additional recovery between sets

Continue jogging(10-15 minutes) , reducing your HR down below 60% by the end.

Walk two laps around the track before stopping completely.

### Descending:

In a set with a given number of repetitions, you may be asked to "descend" the set from beginning to end. To descend the set means to get progressively faster with each repeat until you are going as fast as you can (or as fast as is required) on the final repeat of the set. Generally, the first repeat is done at a moderate speed so you don't begin too fast and run out of steam before the end of the set. Also, it is best to try to shave off the same amount of time from one repeat to the next, so that your progression throughout the set is both gradual and consistent.

## WK 2:

10:00 warm up jog

Intermediate Set

4 x (100m or 20 sec build up / 100m or 40 sec recovery jog)

-- no additional rest between sets

### MAIN SET

3 sets of the following:

1 x (800m / 3:00) @80-85% w/(200m / 60 sec) recovery

2 x (400m / 1:30) @85% w/(100m / 30 sec) recovery

-- extra (800m / 4:00) recovery jog after each set

Long cool down jog, continuing to run until your HR returns under 75%, then 70%, then 65%. You should walk the final 2-3:00 to ensure that your HR is back under 100bpm before stopping. (10-15 minutes)

## WK: 3

This week are going to keep the repeats short with minimal rest, so you can build some strength and speed.

10:00 easy jog, gradually raising your HR to 70%

- finish with 1-2 laps of accelerated running down the straightaways to get you ready for the main set:

**16 sets of the following:**

**400m (1:45) @ 80-85% (final four up to 92%)**

**100m (:30) @ 65% easy jog**

The key is to keep your effort and times for the 400s (if done at the track) as consistent as possible.

Pick up your pace the last four repeats, making each one faster so the last one is nearly all out but still very much controlled. You should finish feeling like you could have done 1-2 more repeats as fast as you complete #16.

Cool down by jogging below 60% 10-15 minutes to the end. Walk backwards in the final couple of minutes and stretch out the calves, glutes and hamstrings.

## WK 4:

10:00 easy jog, gradually raising your HR to 70%

4 x In & Out (100 / 20 sec) ---include these towards the end of the 15 minute warm up

Keep these higher intensity intervals under control, both in terms of intensity and speed.

Challenge yourself with every repeat and hold your HR near the intended targets.

**2 sets of:**

**3 x (1000m / 3:45) w/(200m / 1:15) easy jog after each**

- extra (1200m / 6:00) between sets

Descend each set as follows:

#1 - 3: 84% - 88% - 92%

#4 - 6: 88% - 90% - 92%

Jog easy @60% or below to the end (10-15 minutes)

### In & Out" Running:

"In & Out" sets are a running intermediate set generally done at the track, after a warm up and before beginning the main set. The idea is to run the same shorter distance (usually 100 or 200 meters), alternating high intensity (the "in" section) and low intensity (the "out" section), for a total of 5-10 minutes. If you are performing this set on the road rather than the track, then you can substitute 30 seconds for the "in" sections and 45 sections for the "out" sections - performing about 4-8 "in and out" pairs.

Your form should be loose and you should try to remain light on your feet. Allow yourself two to three of these to get rid of any tightness you may be feeling in your stride or arm swings -- this is the whole idea of the set

## WK 5:

I'm continuing to tax your anaerobic threshold (AT) with longer intervals in the 84-92% intensity range.

10:00 easy jog, gradually raising your HR to 70%

**2 x (2400m / 10-11:00) @84-92% w/(1200m / 7:00) easy jog after each**

Go straight into your cool down, bringing your HR back

under 50% during the final 2-3:00.

Jog (10-15 minutes)

Total

## Wk 6:

Today's is a ladder set. As the repeats get shorter, increase your effort so you're running at a faster pace.

10:00 easy jog, gradually raising your HR to 70%

- finish with 1-2 laps of accelerated running down the straight-aways to get you ready for the main set:

**One time through the following set (@ 88-95%):**

**2000m**

**1600m**

**1200m**

**800m**

**400m**

**jog easy for 3:00 after each hard repeat** of 2000, 1600, 1200 etc.

Avoid starting out too fast on the 2000 -- you want to feel a definite increase in your effort and pace during the first three repeats. The 800 and 400 should be pretty challenging and harder to increase your speed on.

Jog easy (10-15 minutes) @60% or below to the end -- walk backwards to stretch out your calves and hamstrings the last 2-3:00 to complete your cool down.

## WK 7:

10:00 easy jog, gradually raising your HR to 70%

- finish with 1-2 laps of accelerated running down the straight-aways to get you ready for the main set:

It's a fancy fartlek workout that's really good for building speed and strength. Should be a hard workout.

**2 sets of the following, with (200m / 60 sec) easy after each one:**

**(All at 88-92%):**

**- 1000 (2-1/2 laps of a standard track)**

**- 600 (1-1/2 laps)**

**- 800 (2 laps)**

**- 200 (1/2 lap)**

**-- take an extra 800m in between the sets**

The fast running adds up to 2600m and should be done in the 88-95% range, so do it as fast as you can while making sure you don't burn out your engine prematurely. Each set should be the same or the second should get slightly faster. If your times get slower, then you started the set too fast. Jog the easy 200s and the 800 at a consistent pace below 65% -- don't allow these to slow down as you get more tired.

Finish with (10-15 minutes) easy jog

## **WK 8:**

10:00 easy jog, gradually raising your HR to 70%  
- finish with 1-2 laps of accelerated running down the straightaways to get you ready for the main set:

**2 sets of the following:**

**400m @ 80-85%**

**800m @ 85-90%**

**800m @ 80-85%**

**800m @ 85-90%**

**400m @ 85-90%**

**800m easy jog**

The only recovery is at the end of every set, so you are completing 3200m straight of fast running before jogging for recovery.

Jog easy(10-15 minutes) @60% or below to the end -- walk backwards to stretch out your calves and hamstrings the last 2-3:00 to complete your cool down.

## \*\*\*\*\***Important**\*\*\*\*\*

- Don't run in the heat of the day
- Please be aware of how your body is feeling, if you start to feel symptoms such as dizziness, cold sweat or anything else that doesn't feel right STOP IMMEDIATELY and get in the shade and drink lots of fluids
- Hydrate before, during and after your runs
- Do not run through an injury
- Run with someone if possible