

## **VIXEN SOCCER SUMMER FITNESS PLAN AND TRAINING TIPS**

The following fitness plan is designed to create a solid fitness base for the upcoming fall season. Please be sure to work out in a safe environment and to use common sense regarding sleep, rest, nutrition, and hydration.

**Always warm up before and cool down/stretch after each workout.**

**Importance of consistency and effort.** Challenge yourself and set goals for each workout. Did you know that by the 3<sup>rd</sup> day of rest you start to lose aerobic fitness? Be consistent!

**Know the difference between being sore and being in pain.** If it gets worse as you go, it is pain and you should rest until you don't feel it any more.

**Understand the importance of your heart rate!**

How often your heart beats in a minute can tell you how hard you are working and how your fitness is improving. For all of the activities that follow, you should aim to keep your average heart rate between 70 and 80% of your maximum heart rate. For most of you, that means near 55 beats for every 20 seconds. This will obviously go up and down throughout your workouts, but if you can average near 55 beats/per 20 seconds, you will be working at a high rate. Start slowly and do what is comfortable. As your fitness increases, you will be able to do more work at a faster rate and with less rest.

Your resting heart rate can also tell you about your increased cardiovascular (heart) fitness. Try to make a habit of taking your heart rate as soon as you wake up in the morning. Every one's resting rate is different, but the more fit you become, the lower the number will be.

**Phase 1** 4 weeks (active 4 days a week)

- Plyometrics/Speed workout 2 times a week. Never on back to back days!
- Endurance Activities 2 times a week.
- Core Workout 4 times a week. Ideally, you will do the core workout immediately after each plyometrics and endurance workout. This will keep your heart rate up for about 1.5 hours, the same time as a soccer game.

**Phase 2** 4 weeks (active 5 days a week)

- Plyometrics/Speed workout 2 times a week. Increase your repetitions from 10 to 15 per set and try to decrease your active rest time.
- Endurance Activities 3 times a week. Make sure 1 of the 3 is a 2 mile run.
- Core Workout 4 times a week. Keep track of the amount of reps you can do and try to increase those numbers.

**Phase 3** 3 weeks (active 6 days a week) – alternate plyo and endurance workouts. 1 day full rest.

- Plyometrics/Speed workout 3 times a week. Vary workout by doing your sprints up hills or stairs.
- Endurance Activities 2 times a week.
- Core workout 3 times a week. Always immediately after other workouts.
- Fartlek/core workout 1 a week. 20 minute fartlek run (2 mile), complete the core workout, finish with another 20 minute fartlek run (2mile).
- Work out until you leave. You will arrive on the 17<sup>th</sup>, but we won't be on the field until the 19<sup>th</sup>.

