

SUMMER SESSION

MINIMUM OF 6 MAXIMUM
OF 10 STUDENT ATHLETES
PER SESSION

*JUNE 12TH THROUGH JULY
23RD*

*TESTING DONE ON JUNE 12TH
AND JULY 23RD*

Testing

*40, 2 mile, 5 to 10 to 5 shuttle, long
jump, vertical jump, push up flat
one minute*

*RESULTS PRE AND POST
PROVIDED*

*Base meets Cooper Standard for 2 mile
which improves VO2 and formulates
aerobic and anaerobic conditioning*

*Weight loss student athletes - high reps,
60%-75% maximal total body 4 days on
3 days off - interval training between 70-
90% of VO2 max*

*Weight gain student athletes - low reps,
80-90% of maximal loads, major
muscles groups, cardio training limited
to 20 minute bouts at 60% of VO2 - 2
minutes of rest between each exercise
to allow the body to fully recover to
allow for maximal growth gains*

*Once a week long runs outside
depending on recommendation 3- 6
miles*

*Reason is you want to avoid injury due
to pounding*

*Second is most of the players will be in
a summer program so the extra impact
can create injuries as well*

Once a week track/ turf speed work

FALL SESSION

*MINIMUM OF 6 MAXIMUM
OF 10 STUDENT ATHLETES
PER SESSION*

*OCTOBER 3RD THROUGH
NOVEMBER 28TH*

*TESTING DONE OCTOBER 3RD
AND NOVEMBER 28TH*

*PRE AND POST RESULTS
PROVIDED*

Testing

*40, 2 mile, 5 to 10 to 5
shuttle, long jump, vertical
jump, push up flat one
minute,*

*For those players who want
to train this would be best
time for maximize weight
training to the peak phase-
in other words during this
time the body has built up a
strength base and at this
time heavy loads can be
done on a 3 day cycle and
for those that have been a
weight loss program this the
optimal time to fine tune the
weight training module on a
5 day cycle*

WINTER SESSION

*MINIMUM OF 6 MAXIMUM
OF 10 STUDENT ATHLETES
PER SESSION*

*DECEMBER 19TH THROUGH
FEBRUARY 20TH*

*TESTING ON DECEMBER 19TH
AND FEBRUARY 20TH*

*PRE- POST RESULTS
PROVIDED*

Testing

*40, 2 mile, 5 to 10 to 5
shuttle, long jump, vertical
jump, push up flat one
minute*

Conditioning

*Maximal interval training to boost
the anaerobic system, boost the
VO2 max,*

Agility's

*Calisthenics' - to avoid muscle
tears and maintain gains during
the summer/ fall*

*Flexibility - to avoid muscles
tears and creates muscle
memory for spring*

*Testing (as noted above) before
TRYOUTS BEGIN*