



LHS Boys Soccer

Raider~Fit

**Pre-Season Program
2022**

The LHS Raider Fit program provides you the tools to become a better contributor to the LHS Soccer program. Through commitment to the running (pages 3-4) and strength (pages 7-8) programs you will enhance your dedication, desire, and responsibility to bettering the program and be a stronger student-athlete.

This program contains no secrets or shortcuts to success. There are none. Preparing for your season demands that you spend the time, expend the effort and endure the hard work to achieve a new level of excellence. If, at the minimum you follow the program, or go above and beyond the program expectations, you will become a better soccer player - GUARANTEED. Enjoy pushing yourself, going beyond your perceived limits, improve, and most of all have fun – and follow these basic rules:

- **Vary running workouts – do NOT repeat similar workouts on consecutive days**
- **NUTRITION is as important as your training. Learn how to prepare your body for hard work**
- **Keep a journal. Write down your workouts each day, including rest days**
- **Keep in touch. Do not go more than a couple days without touching base with your teammates**

The Program

There are three parts to your pre-season program – a running program, a strength program and Fitness Tests. Tests are designed to prepare you for the pre-season trainings, and to help you asses where you are with your conditioning. This program follows a weekly schedule that is a menu of choices for you to design your week. DO IT. You will get to choose some of the workouts, while most of it is laid out for you. Don't cram at the end of the summer, and utilize productive REST days. Regeneration is important.

Act like a champion all summer long. LHS Soccer is a special program. Remember that all spring and summer while you train. By following good habits, you will be prepared for success, avoid injury, and be ready to make your contribution. Excellence is not an act, it is a habit.

The RAIDER-FIT SYSTEM

GOAL: Accumulate more than 80 points by balancing your training.

Grades

It is your responsibility to make sufficient grades. It is also expected you will be the best you can be in the classroom and on the pitch.

Training Program

Your running and strength training programs are broken down by weeks. You earn points by completing training weeks.

Fitness Tests

Check where you are with your training. Prepare mentally and physically for the demands of the season.

Match Analysis

Reading the game is critical. Watch a specific player, lines of players, or teams and talk about what they are doing right or wrong, and look to see what systems and schemes are being used and why. Use forms.

Player Development

Team participation, going to camps, ODP training, or other soccer related activities.

Player Assessment

Knowing your strengths and weaknesses is critical for our success.

Rest and Regeneration

Each week spend at least 1 day resting.

LHS Soccer Raider-Fit Running Program

Check weeks completed – tally and record on Raider-Fit Score sheet

O WEEK 1

- 2 Extensive Runs: 2 mile minimum per run
- 2 Speed workouts: See below; select 4 exercises (pages 5-6) to complete 1 workout

O WEEK 2

- 1 Extensive Run: 2 mile
- 2 Speed Workouts: Pick 4 from list (pages 5-6)
- 2 Fartlek*: 50 meter intervals x 1 mile, 100 meter intervals x 1 mile
- 1 Sprint workout: Cone Ladder (set cones 5 yards apart, up to 30 yards; run to and from until ladder is completed; x 6)

O WEEK 3

- 2 Extensive Runs: 2 miles, 3 miles
- 2 Speed Workouts: Select 5 exercises from list (pages 5-6)
- 1 Fartlek*: 200 meter intervals x 2 miles
- 1 Fitness test (#1, See page 9)

O WEEK 4

- 2 Extensive Runs: 2 miles
- 1 Sprint Workout:
 - 10 – 10yd sprints with 5 sec rest between
 - 10 – 20yd sprints with ten sec rest between
 - 8 – 40yd sprints with 25 sec rest between
 - 6 – 60yd sprints with 30 sec rest between
 - 2 – 80yd sprints with 1 min rest between
 - 1 – 100yd sprint
- 2 Speed Workouts: Select 5 exercises from list (pages 5-6)
- 1 Fartlek: 2 miles (100 meter intervals 1st mile; 200 meter intervals 2nd mile)

O WEEK 5

- 1 Extensive Run: 2 mile
- 1 Sprint Workout: 110's (110 yrd sprints, x 8, 90 second interval for sprint + recovery back to start; give extra 90 second rest between #4 and #7).
- 2 Speed Workouts: Select 5 exercises from list (pages 5-6)
- 1 Fartlek: 50 meter intervals x 2 miles
- 1 Fitness test (#2, See page 9)

O WEEK 6

- 2 Extensive Runs: 2 mile, 3 mile
- 1 Sprint workouts: Shuttle Runs, 40 yds x3, Do 4 sets
- 1 Speed workout: Select 5 exercises from list (pages 5-6)
- 1 Fitness test (#3, See page 9)

* *Fartlek*, which means "speed play" in Swedish, is a training method that blends continuous training with interval training. *Fartlek* runs are a very simple form of a long distance run. *Fartlek* training "is simply defined as periods of fast running intermixed with periods of slower running."

O WEEK 7

- 2 Extensive Runs: 2 miles, 3 miles
- 2 Speed workouts: Select 5 exercises from list (pages 5-6)
- 1 Sprint Workout: Plus 10 workout – 40 meter sprint, jog back, 50 meter sprint, jog back, repeat for 60, 70, 80, 90, 100 meters. Rest 5 minutes, repeat.

O WEEK 8

- 2 Extensive Runs 3 miles
- 1 Sprint workouts: Cone Ladders as above, x8
- 1 Speed workouts – Select 4 exercises from list (pages 5-6)
- 1 Fitness Test (#4, See page 9)

O WEEK 9

- 1 Extensive Runs: 2 mile min.
- 1 Speed workout: Select 4 exercises from list (pages 5-6)
- OPTIONAL - **Taylor “Johnny” Jennings Challenge** - 1 Fitness test (#6, See page 9)*

O WEEK 10 Recovery/Preparation

Don't just sit around this week, but do let your body recover and prepare for tryout week.

- 2 Moderate runs: 1 to 1.5 miles, moderate pace
- 2 to 3 sessions of stretching (30-40 minutes)
 - Take your time, stretch all major muscle groups
 - Breathe...
 - Think about the upcoming season; begin to visualize your success
 - Prepare for the work you will do to make that success happen

AUGUST 15TH IS THE FIRST DAY OF TRYOUT WEEK. THIS IS WHEN YOU WANT TO BE NEAR YOUR PEAK FITNESS LEVEL.

Speed/Agility Workouts

Activity: **W-Cone Sprint with Backpedaling** *Equipment:* 5 markers, 10 yards apart in a W formation *Explanation:* Sprint to cone, backpedal to next, sprint, etc.... *Repetitions:* 3 reps = 1 set, 5 sets = elective workout

Activity: **Shuffle With Burpies**

Equipment: Markers recommended

Explanation: Marking off 30 yards, shuffle 10 yards, then do Burpie (vertical jump down to push up, do push up, back up), then 10 yards, do Burpie, finish. Can alternate shuffling.

Repetitions: 6 reps = 1 set (3 times left side, 3 times right side), 3 sets = elective workout

Activity: **Sprint and Backpedal**

Equipment: Markers recommended

Explanation: Mark off 30 yards. Sprint 20 yards, backpedal 10 yards, finish with sprint.

Repetitions: 3 reps = 1 set. 5 sets = elective workout

Activity: **Cross Drill**

Equipment: Markers

Explanation: Using 5 cones, set one down and then 10 yards north, south east and west of cone, mark off 10 yards. Start at south cone, sprint to middle, then sprint west, shuffle back to middle sprint to north, turn and sprint to middle, then shuffle east, then sprint home. Vary sprinting and shuffling, mix it up.

Repetitions: 3 reps = 1 set. 5 sets = elective workout.

Activity: **T-Drill**

Equipment: Markers

Explanation: Set 3 cones in succession, 10 yards apart, then set a cone to the left or right of the middle cone, 10 yards off (making a sideways T). Start at middle cone, shuffle to side cone, shuffle around back to middle cone, backpedal to south cone, sprint to north cone.

Repetitions: 3 reps = 1 set. 5 sets = elective workout.

Activity: **Pro-Agility**

Equipment: Markers recommended

Explanation: Mark off 30 yards. Start in middle, sprint to one side, sprint to opposite side and sprint back to middle.

Repetitions: 3 reps = 1 set. 5 sets = elective workout.

Activity: **X Men Drill**

Equipment: 5 markers.

Explanation: using a central cone, make an "X" 10 yards in each direction. Then starting with central cone, sprint to each cone and back.

Repetitions: 3 reps = 1 set. 6 sets = elective workout.

Activity: **4 Corners**

Equipment: Markers

Explanation: Make a box 20 yards x 20 yards. Start at corner, sprint to cone, shuffle across to corner, backpedal to next corner, carioca to start. Vary kind of running between cones.

Repetitions: 3 reps = 1 set. 6 sets = elective workout.

Activity: **The Figure 8**

Equipment: 4 markers, a ball, and possibly a goal (not necessary)

Explanation: Make two figure 8's with cones, equidistant from a ball. Starting at same spot at cones, sprint through figure 8, then t ball, playing 1 v 1 – either scoring at a goal, or holding possession for a time count (i.e. 10 Mississippi) Repetitions: 5 reps = 1 set. 5 sets = elective workout.

Activity: **Double Leg Hop w/ Lateral Sprint**

Equipment: 4 balls (obstacles), two cones (markers)

Explanation: Successive double leg hops over balls, at end of hops, sprint 10 yards left or right to marker. If working with a partner, have them call it out once you have finished hops.

Repetitions: 5 reps = 1 set. 5 sets = elective workout.

Activity: **Prone-Start-Cones**

Equipment: A place you don't mind lying down on, 4 soccer balls (obstacles)

Explanation: Use the first ball to mark off 10 yards from start, then put ball, every 1 yard. Start by lying face down on ground, call start, then up and sprint to first ball, then double leg hops over balls, return to do 10 knees to chest.

Repetitions: 3 reps = 1 set. 6 sets = elective workout.

Activity: **Downhill Ski**

Equipment: Line, and marker (ideally a basketball court works well, or sideline, or use tape or a rope to mark line) – should be 20-30 yards long.

Explanation: Keep feet together and hop across line, turning to land in position to hop back across, mocking skiing body position – knees bent, feet together, swiveling hips

Repetitions: Dependent upon length of line. Generally, do 3 reps to make a set, and do 5 sets for elective workout.

LHS Soccer Raider-Fit Strength Program

WEIGHT/STRENGTH TRAINING/CROSS-TRAINING

What is listed below is a general program. Some of you might be working with a trainer, following a specific program, or weight lifting with other teams. That is okay. The key is that you are working within a structured program that will increase your strength, muscle endurance and flexibility/stability. If you are following a different program, then keep a journal or copy the activities and bring them along with the other scoring sheets. If you have any questions about proper lifting, then ask an expert, or let me know what you need. To really see some benefit to lifting weights you need to lift 2-3 times a week. If you are participating in cross-fit training or similar, then let me know what you're doing and we will score it as either your weight/strength training or fitness/running training.

Weight lifting can also be a risky venture, make sure you are smart, follow instructions, and these guidelines:

1. **NEVER** lift if you are injured, unless a licensed therapist has included this in a rehab program.
2. Drink plenty of water
3. **WARMUP!** Do a little cardio, and stretch.
4. **LIFT CLEAN!** Do not jerk, overextend yourself or use more weight than you can handle. Slower movement will lead to better results. Take your time!
5. Alternate workouts/body groups
6. Don't waste time – keep moving-resting-moving-resting – find a rhythm and stick with it
7. Gradually increase weight. To start, determine 50% of the maximum you can do on each machine, do 12-15 reps, then repeat 2-3 times. If you can comfortably do this, then slowly add weight – you should be adding weight every 2/3 weeks.
8. Keep track of your progress.
9. We PREFER you work out with your teammates!

Weight Lifting Program

First 2 Weeks– The Endurance Phase

<u>Exercise</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Legs (Do 4)			
Squat/leg press:	2x20	3x20	3x20
Lunges	2x20	3x20	3x20
Ham String Curls	2x20	3x20	3x20
Quad Lifts	2x20	3x20	3x20
Calf Raises	2x20	3x20	3x20

(Do Not Increase Weight from Day 1 to Day 2, or 3, just reps)

Upper Body

Chest	2x20	2x20	2x20
Shoulders	2x20	2x20	2x20
Back	2x20	2x20	2x20
Biceps	2x20	2x20	2x20
Triceps	2x20	2x20	2x20

(Can increase weight, small increments, from Day 1 to Day 3)

Abs

Do 4 types of Ab exercises (see below).

Scoring: Weeks Completed (Check each week completed)

Week 1 Week 2

Weeks 3-4 Strength Phase

<u>Exercise</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
Legs (Do 4)			
Squat/leg press:	3x20	4x20	3x20
Lunges	3x20	4x20	3x20
Ham String Curls	3x20	4x20	3x20
Quad Lifts	3x20	4x20	3x20
Calf Raises	3x20	4x20	3x20

(Keep same weight from last week, for 2 weeks, and then slightly increase)

Upper Body

Chest	2x20	2x20	2x20
Shoulders	2x20	2x20	2x20
Back	2x20	2x20	2x20
Biceps	2x20	2x20	2x20
Triceps	2x20	2x20	2x20

(Can increase weight, small increments, from Day 1 to Day 3)

Abs

Do 4 types of Ab exercises (see below).

Scoring: Weeks Completed (Check each week completed)

Week 3 Week 4

Weeks 5-9 Super Strength Phase

Legs (Do 4)

Squat/leg press:	4x10	3x10
Lunges	4x10	3x10
Ham String Curls	4x10	3x10
Quad Lifts	4x10	3x10
Calf Raises	4x10	3x10
Cable Column Kicks	2x10	2x10

(Slightly increase weight from Strength Phase, increase then for Day 2)

Upper Body

Chest	2x20	2x20
Shoulders	2x20	2x20
Back	2x20	2x20
Biceps	2x20	2x20
Triceps	2x20	2x20

(Can increase weight, small increments, from Day 1 to Day 2)

Abs

Do 4 types of Ab exercises (see below).

Scoring: Weeks Completed (Check each week completed)

Week 5-6 Week 7-8 Week 9

AB Exercises

1. Crunch – The standard – feet out, knees bent, lift torso 1/3 to half way up.
2. Back Bridge – Lay flat on back, lift up, knees bent, head on mat, keep arms by side and hold. Good for back, hamstrings, and gluteus maximus
3. Back Crunches – Lay on stomach, hands behind head, lift torso.
4. Back extension – Much like back crunch, use equipment designed to hold body. Lift torso up.
5. Bicycles – The classic! On back, legs out in front off mat, hands behind head, elbows out, turn elbow to meet opposite knee as draw knee in, as if riding a bicycle. Keep balance!
6. Forward bridge (low plank) – On stomach, lift off using elbows to hold. Hold longest.
7. Medicine Ball situps – One person tosses other catches, draws back and lifts up to throw back. Can use benches to change base for situp.
8. Side crunches – Knees bent, feet against wall, on side, lift up a few inches.
9. Machine crunches – some places have machines for pushing with torso or oblique push/pull.
10. Oblique crunches – Cross knee, lift opposite elbow to knee.
11. Kicker – on back, lift torso slightly and lift legs slightly hold, can switch legs to top/bottom
12. The Victory – Lie on back partner stands behind your head. Grab for support, then lift legs to partner, partner pushes legs down. Do not let feet touch ground. Lift again.

LHS

Raider Fit Summer Program Fitness Tests

Fitness Test 1 – June 9-15

1. 1 Mile test. During the week, run 1 mile, 2 times. Write your best time: _____
2. 30 burpees – 20 pushups – 20 crunches = 1 set, do 3 sets.

Fitness Test 2 – June 30 – July 6

1. *Shuttle Runs*: Set 1 - 40 yards x 3, Finish in 56 seconds; Set 2 - 40 yards x 3, Finish in 58 seconds; Set 3 – 40 yards x 3, Finish in 58 seconds; Set 4 – 40 yards x 3, Finish in 60 seconds.
2. *Ladders*
6 cones, 5 yards distance, total 30 yards – 5 sets
3. 30 burpees – 20 pushups – 20 crunches = 1 set, do 3 sets.

Fitness Test 3 – July 7-13

1. Sprint Test

10 yd x 16 :05 rest
20 yd x 12 :10 rest
40 yd x 8 :20 rest
60 yd x 6 :35 rest
80 yd x 4 :45 rest
100 yd x 2 :60 rest

2. *20 Frog Jumps* – ball in hand, squat touching ball to the ground, explode up with ball above head, return to squat with ball on ground = 1 time. Strive for maximum height on each jump.
3. 30 burpees – 20 pushups – 20 crunches = 1 set, do 3 sets

Fitness Test 4 – July 21-27

1. Sprint Test – Ultra Cups

110 yards x 8. **Run and recovery timed.** 90 seconds. Then do activity listed below after each rep.
Take extra 2 minutes rest after #3 and #7.

Target Times for sprint:

1 – :18 seconds	6 - :16seconds
2 - :17 seconds	7 - :15 seconds
3 - :17 seconds	8 - :17 seconds
4 - :16 seconds	
5 - :17 seconds	

After each sprint and recover, do:

30 push-ups, 30 sit-ups, 30 no weight squats

Fitness Test 5 – July 28 – August 3

Final Challenge

Do 5 sets, rest as needed between sets:

100 meter run, 100 push-ups, 100 meter run, 100 sit-ups, 100 meter run, 100 no weight squats = 1 set

Fitness Test 6 – August 4-10

Optional Taylor “Johnny” Jennings Challenge

Burpee Ladder, Timed

Time (minutes:seconds): _____ :

Set two cones 5 yds apart

Begin at one cone, do 20 Burpees

Walk to second cone, do 19 Burpees

Walk to first cone, do 18 Burpees

Continue in this fashion until you only do 1 Burpee

Your time begins when you start your first burpee and ends when you finish your last burpee

Raider Fit Scoring Sheet

Your goal is to earn 80 or more minutes – bring with you the first day of LHS soccer this Fall

GRADES (previous year GPA)

3.5 and higher = 15 minutes
3.0-3.4 = 10 minutes
2.5 – 2.9 = 5 minutes

Grade Score: _____

RUNNING Program

Every week completed = 2 minutes (13 weeks, 26 minutes available)

Fitness Score: _____

STRENGTH Program

Every week completed = 2 minutes (9 weeks, 18 minutes available)

FITNESS TESTS

10 minutes per test completed (max 5)

Fitness Test: _____

Check if Taylor "Johnny" Jennings Challenge completed Time: _____

OTHER TEAM SPORTS

Participated in Winter/Spring LHS Sport = 20 min/sport

LHS Sports Score: _____

MATCH ANALYSIS

5 minutes per game (max 25 minutes earned)
Must turn in analysis sheets with program

Match Analysis: _____

PLAYER ASSESSMENT

5 minutes for assessment

Player Assessment: _____

PLAYER DEVELOPMENT

10 minutes for ODP program participation
15 minutes for playing on a team
10 minutes per camp

Development: _____

List All: _____

TOTAL ACCUMULATED: _____

Your Name: _____

Your signature: _____

Parent/Guardian signature: _____

Questions/concerns – Email Coach K. Willard; krwillard@charter.nwt ; cell 715-204-0799