**Summer Schedule 2018:**

**ALL IS NON-MANDATORY, BUT HIGHLY RECOMMENDED.**

**Monday and Thursday** -- Kick-arounds from 6-8pm @ Jefferson Square Park located adjacent to TJHS Tennis courts.

**Friday** -- Weight Lifting 9-11am @ TJHS Weight room

**ABS** -- Monday, Wednesday, Friday

**Week 1: June 4-June 10**

* Tues- TJHS Fitness
* Wed- Sprints
* Fri- Sprints
* Sat- Everton

**Week 2: June 11-June 17**

* Tues- Everton
* Wed- Sprints
* Fri- Sprints
* Sat- TJHS Fitness

**Week 3: June 18-June 24**

* Tues- TJHS Fitness
* Wed- Sprints
* Fri- Everton
* Sat-Everton

**Week 4: June 25-July 1**

* Tues- TJHS Fitness
* Wed- Sprints
* Fri- Everton
* Sat- Everton

**Week 5: July 2-July 8**

* Tues- Everton
* Wed- Sprints
* Fri-TJHS Fitness
* Sat- TJHS Fitness

**Week 6: July 9-July 15**

* Tues- Everton
* Wed- Sprints
* Fri- TJHS Fitness
* Sat-TJHS Fitness

**Week 7: July 16-July 22**

* Tues- Everton
* Wed- TJHS Fitness
* Fri- Sprints
* Sat- Sprints

**Week 8: July 23-July 29**

* Tues- Everton
* Wed- TJHS Fitness
* Fri- Sprints
* Sat- Sprints

**Week 9: July 30- Aug 5**

* Tues- Everton
* Wed- Sprints
* Fri- Sprints
* Sat- Everton

**Tryouts are from August 6th-9th**

**Be ready!**

**DO NOT WAIT TILL THE LAST MINUTE TO PREPARE**

**Fitness Test: Taken on August 6th**

¾ Mile (3 laps) complete in 4:30 or better.

5 North Carolinas in 42s, 1:30 rests.

Complete Level 10 on Beep Test.

(All 3 tests will be taken back-back-back)

(Order of test not yet determined)

**Must Pass to qualify for Varsity level**

**If you fail the first test day, there will be 2 more scheduled opportunities to pass before first competition.**

**Sprint Workout**

Phase 1: Warm Up (light jog, dynamic movements, stretching) 10 minutes

Phase 2: Accelerated Warm Up (5 x 40 yard runs at about 75% speed)

Phase 3: Sprint Workout

Phase 4: Cool Down

**North Carolinas**

Description: Set up a course with a start line and markers at 10 yards, 20 yards, 30 yards, and 40 yards.

Directions: From the start line, run to the 10 yd marker and back, the 20yd marker and back, the 30 yard marker and back, and the 40 yd marker and back.

Time: 42 seconds with a 45 second rest between sets

Quantity:

Weeks 1 and 2 = 3

Weeks 3 and 4 = 5

Weeks 5 and 6 = 4

Weeks 7 and 8 = 5

Week 9 = 4

**Nationals**

Description: Set up a course with a start line and markers at 6 yds, 18 yds, 25yds, and 50 yds

Directions: From the start line, run to the 6 and back, 18 and back, 25 and back, and 50 and back

Time: 40 seconds with a 1 minute rest between sets

Weeks 1 and 2 = 3

Weeks 3 and 4 = 3

Weeks 5 and 6 = 4

Weeks 7 and 8 = 4

Week 9 = 3

**10 Yard Shuttles**

Description: Set up two markers 10 yards apart

Directions: Start at one marker and shuttle back and forth at a full sprint

Time: 45 seconds with a 1 minute and 30 second rest between sets

Quantity:

Weeks 1 and 2 = 1 set with ball and 1 without

Weeks 3 and 4 = 1 set with ball and 2 without

Weeks 5 and 6 = 1 set with ball and 1 without

Weeks 7 and 8 = 1 set with ball and 3 without

Week 9 = 2 sets with ball and 2 without

**Finish session with a half mile run and some light stretching**

**EVERTON RUNNING PROGRAM**

The running program is designed to take place on a running track but can be done on any surface when the exact distance covered can be accurately determined. The running program is:

**Proper Warm-Up: include stretching and some warm up runs of increasing intensity**

1. **1 x 880 yards - Finish between 3:15 and 3:30 (rest for 4 minutes)**
2. **2 x 440 yards – Finish each between 1:15 and 1:25 (rest for 3 minutes between each)**
3. **4 x 220 yards – Finish between 32 and 36 seconds (rest for 1:30 between sets)**
4. **8 x 100 yards – Finish between 12-14 seconds (rest for 30 seconds between sets)**

**Proper Cool-down: include stretching and some cool down runs of decreasing intensity**

It is important that you are working within the given time parameters. It will be possible to do these faster but that is not the point. Time your runs to work in the given times and use the full rest periods given.

Be sure to record your times at various distances so you can keep track of progress and measure your improvement.

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| **TJHS** |  | **FITNESS** |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Activity** | **Work/Rest Ratio** | **Number of Times** | **Total Time** |  |  |  |  |  |
| 880 yd warm up | 6 min/0 | 1 | 5-6 min |  |  |  |  |  |
| Loosening/Stretching | 10min/0 | All Muscle Groups | 10 min |  |  |  |  |  |
| 2 Mile Run | 14 min/10 min | 1 | 25 min |  |  |  |  |  |
| 300 meter | 45 sec/2 min | 3 | 4 min |  |  |  |  |  |
| 100 meter | 14 sec/ 1min | 4 | 2 min |  |  |  |  |  |
| 50 meter | 7 sec/30 sec | 4 | 3 min |  |  |  |  |  |
| Abdominals | 1 min/ 2min | 65 | 3 min |  |  |  |  |  |
| Crunches | 1 min/ 2min | 75 | 3 min |  |  |  |  |  |
| Push-ups | 1 min/ 2min | 45 | 3 min |  |  |  |  |  |
| 12 minute run | 12 min/ 10 min | 1 | 22 min |  |  |  |  |  |
| 200 yard shuttle | 40 sec/2 min | 3 | 6 min |  |  |  |  |  |
| Stretching | 10 min | 1 | 10 min |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| This workout should be done at least once a week in conjunction with your other workouts | | | | |  |  |  |  |
| If you only do this workout, you should be doing it 2-3 times a week in the heaviest part of the summer. | | | | | |  |  |  |
| **Alternate between the 2 mile run and the 12 minute run with each workout. Don’t do them both in the same day.** | | | | | | | | |
| 300 meters = approx. 328 yds | |  |  |  |  |  |  |  |
| 100 meters = approx. 110 yds | |  |  |  |  |  |  |  |
| 50 meters = approx. 54 yds | |  |  |  |  |  |  |  |
| 200 yard shuttle = 20 yds and back, 30 yds and back twice. | | |  |  |  |  |  |  |

**AB Ripper X:**

Level 1 = 10-15 reps

Level 2 = 16-20 reps

Level 3 = 21-25 reps

Level 4 = 26-30 reps

1. In & Out:
   1. Hands on floor = Easy, Hands up = Hard
2. Seated Bicycle:
   1. Hands on floor = Easy, Hands up = Hard, Hands above head = Hardest
3. Seated Crunchy Frog:
   1. Same as In & Out, but hands move from touching knees to wide
4. Wide Leg Sit up:
   1. Reach right arm straight up, then reach to left leg. Repeat opposite side.
5. Scissors:
   1. Lie flat on your back, one leg straight up (fight to keep straight), and one leg straight out (4 inches off the ground). Count to 3 before switching.
6. Hip Raises
   1. Lie flat on back, bottoms of feet should touch making a diamond shape with your legs. Lift legs, then lower back off ground. Don’t let feet touch ground on the way down.
7. Pulse Ups:
   1. Lie flat on back, legs pointed straight up, lift lower back off ground and repeat. Fight to keep legs straight and in the same position.
8. Roll up/ V up:
   1. Lie flat on back, legs straight and relaxed. Do a sit up, on the way down once your lower back makes contact with the floor, bring your straight legs up and touch with your fingers making a V shape. That’s 1.
9. Oblique V up:
   1. Lie on your side. Keep legs straight, top arm on your head, bottom arm use for support. Bring up your legs and torso so they meet in the middle (elbow to knee)
10. Leg Climbers:
    1. Lie on back, one leg bent, one leg out at 45 degree angle. Grab your leg to help you touch your toe. More grabs = easy, No grabs = Hard.
11. Russian Twists
    1. Seated, feet 4 inches off the ground, hands are together. Twist side to side touching the floor with your hands. This should be between 30 and 60 reps.