

# **Marcellin Old Collegians Football Club**



## **2015 SUMMER TRAINING PROGRAM**

*"The harder you work, the luckier you get"*

*"Don't give me excuses, give me results"*

Dear Fellas,

The 3 week pre-Christmas training campaign has been extremely pleasing from my point of view. We have seen very good numbers in attendance and excellent enthusiasm, which has been great to see.

It is important not to waste this hard work. It is imperative we build on it and come back in very good shape for the pre-season proper. We need to be ahead of the competition to make sure we succeed in 2015 - there is no other option.

Remember if we continue to do the same thing we will continue to get the same result. We must change, we must prepare better, we must be more professional and we must train harder and be fitter than the rest of the competition. This is a must.

Attached is a detailed 6 week training program designed to build on the work already done and have you in great shape when we return for the regular pre-season. We need to commit and sacrifice over summer so we come back ahead of the pack.

The minimum expectation is 3 sessions per week with each session being 30-45 minutes each. This is not a lot to commit to so make sure you do the work and don't let yourself or your teammates down. We must come back in good shape in the New Year.

Thanks for your commitment and effort over the last 3 weeks. There has been some great individual and team performances which have me excited for 2015. Remember there is no secret formula it simply comes down to hard work. The harder you work the luckier you get.

Good luck with the program.

Damien Theisz (DT)  
Senior Coach  
Marcellin Old Collegians Football Club

Dear Eagles Player,

The 2015 Summer Training Program provides you with a program that is designed to assist you in presenting yourself in a good physical condition, ready for pre-season training after Christmas. Remember, also, to enjoy your holiday break and have fun.

You are responsible for your own training sessions and encouraged to do them with friends, you should be following the program enclosed as closely as possible.

So far all players have been working extremely hard and have shown improvements. Remember this is only the start of a long season and the hard work must continue.

An outline for the fitness/conditioning program is included. It incorporates running activities designed to create an appropriate level of fitness to be successful in 2015. It has been broken into 3 different running variations. They are:

- Running A – Speed/Agility
- Running B – Speed Endurance
- Running C – Endurance

I have outlined when each running session should take place in the suggested training schedule. However, it is up to each player to decide what each session will involve by choosing a running activity from the list provided for each variation.

If players wish to add an extra session, this should be a swimming or cycling session, as this is a low impact activity and takes pressure off your joints and aids recovery. Some examples of appropriate sessions are included.

The program sets out the quantity and quality of training to be performed on a day-to-day basis. Should you sustain an injury or illness, seek appropriate medical/physio treatment and follow the advice provided.

It is **important** that players complete an effective **Warm-Up** before each training session and at the end of the session, complete an effective **Warm-Down**.

## **RUNNING SESSIONS**

### **RUNNING (A) – Speed/Agility - Choose 1 per week – player’s choice.**

Heart Rate 170 –190 beats per minute

All sessions should begin with suitable warm up including light jog (5-10 mins) followed by run throughs and stretching:

**1. Mobile Sprints x 8**

Jog 20m – Stride 20m – Sprint 30m – Jog 20m.

**2. Hill Session**

6 x 80m hill sprint (on sand or grass).

**3. 6 x 150m**

Week 1 @ 75%, Week 2 @ 85%, Weeks 3&4 @ 90% Week 5 @ 75%, Week 6 @ 80%.

**4. 10 x 60m sprints**

5 x 30 m sprints normal start.

5 x 30m sprints lying down to start.

**5. 1 sets of 5 x 10m, 5 x 20m, 5 x 30m sprints**

All sets to be done @ 100% with a walk recovery between sets.

**6. Shuttle Runs**

3 Sets of (5 x 10m return).

3 Sets of (10m forward – 10m backward – 10m forward).

(2 minutes rest between sets).

**7. Suicide Runs x 8**

Run to points 5m, 10m, 15m, 20m from start and return (2 minutes rest between runs).

### **RUNNING (B) – Speed Endurance - Choose 1 per week – player’s choice.**

Heart Rate 170-190 beats per minute

All sessions should begin with suitable warm up including light jog, run throughs and stretching:

**1. Pyramid Running**

500m – 400m – 300m – 200m – 100m – 100m – 200m – 300m – 400m – 500m  
(strides)

(100m jog recovery between runs)

**2. Intervals**

3 x 400m (3 minutes recovery between runs)

**OR**

2 x 400m and 2 x 200m (3 minutes recovery between runs)

**OR**

2 x 300m, 2 x 200m, 2 x 100m (3 minutes recovery)

**3. Golf Course**

Run 12 holes of a golf course:

Hard from tee to green easy recovery from green to tee

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**4. Surf – Iron Man Sprints x 12**

Sprint 50m into surf (run with high knees when the water gets too deep).

Swim for 30 strokes (freestyle). Body surf back to beach and walk to start for recovery.

**5. 4 x 1km**

Run each 1km under 4.30 minutes (aim for 4.00).

Rest for a maximum 3 minutes between runs.

**6. Fartlek**

300m – 400m – 500m x 3 (Jog or walk 50-100m between runs).

**RUNNING (C) – Endurance (choose 1 per week – players choice)**

Heart Rate 145-160 beats per minute

All sessions should begin with suitable warm up including light jog, run throughs and stretching:

Run continuously for 25 - 45 minutes maintaining a steady pace.

**CYCLING SESSIONS**

If possible complete cycling sessions instead of endurance running session. Complete for about the same length of time 25-45 minutes.

If using a stationery bike vary your speeds and distances.

**SWIMMING SESSIONS**

**1. 150m warm up.**

10 x 25m sprints (15 seconds recovery).

8 x 45 second deep water running sprints (15 seconds recovery).

100m cool down.

**2. 100m warm up.**

2 x 200m (1 minute recovery).  
6 x 25m sprints (Easy 25m backstroke for recovery).

**3.** 600m – 1km (hard).

**4.** 200m warm up.

4 x 50m (1 minute recovery).

8 x 25m (45 seconds recovery).

4 x 25m (one breath and recover to full strength).

100m cool down.

**5.** 200m warm up.

8 x 50m (flat out with 2 minutes recovery).

4 x 25 (holding a kick board and recover for 1 minute).

200m cool down.

## 2015 SUMMER TRAINING PROGRAM

**NOTE THE FOLLOWING POINTS:**

- Complete 3-4 Sessions per week of running.
- Make sure you have variety in your training – don't always do the same exercise from running (A) running (B) running (C)
- Players should attempt to gradually increase the volume of training as set out in the schedule below.
- Players should endeavour to train as much as possible with friends/teammates.
- Avoid running on hard surfaces i.e. roads/footpaths to minimise the likelihood of the onset of any stress related injuries. Where possible, run on grass surfaces and always wear appropriate footwear.
- It is preferable to train before 10 a.m. or after 5.00 p.m. if it is hot and sunny. **Avoid the heat.**
- Keep hydrated when training (1 litre of water per hour of exercise).
- Warm up and warm down & stretch each session.
- Record times of runs to monitor your progress over the weeks.
- Pool or ocean sessions on rest days should be used to aid recovery.
- Vary your running programs to keep fresh and motivated.
- Instead of an endurance running session this may be replaced with a pool or cycling sessions, but remember you must work hard.
- Complete strength and conditioning plan as given.

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