

**The University of Michigan**

**Men's Soccer**

**2009 Summer Fitness Program**

## Description of Program

Instrumental to the philosophy of Michigan Soccer is the commitment of the motivated player. We expect all players to be in great physical condition by August 15th, the day you report to Ann Arbor.

Once you arrive on campus, the purpose of our preseason training is not to develop fitness, rather, it is to organize and develop team tactics. In order to manage injury prevention and physical wellness during this challenging time of the season, your commitment to summer fitness training is absolutely vital. A player who is not in great physical condition cannot perform efficiently.

Our conditioning program has been formulated to fit your needs based on your competition schedule during the summer months. Many of you will be playing in the PDL (Premier Development League), local men's amateur leagues and youth soccer leagues this summer. Below is a description on how many workouts you should be expected to do each week:

Level of Soccer	Amount of minutes played per week	Number of cardio workouts/ per week	Number of weight workouts/ per week
PDL	120 -180	1	2
PDL	<120	2	2
Men's League/Youth Soccer	90 -120	2-3	3
Men's League/Youth Soccer	<90	3-4	3

*\* Always start the week off by doing workout #1 first! If you are expected to workout more than one once a week, make sure you do the workouts in sequential order i.e. workout #1, workout #2, workout #3...etc*

The program works on improving the six main components in conditioning: **endurance, speed, flexibility, strength, agility**, and **explosiveness**. Also don't forget to work on your individual ball skills, and try to play as much pick up soccer as possible!

Always warm up before you attempt any of the running exercises, complete each workout in the order shown in the **attached fitness schedule** (reading left to right).

Eating a balanced diet and living a healthy lifestyle are essential for this fitness program to be a success. Be professional in every aspect of your lives this summer.

Start your "Summer Fitness Program" on Monday, June 1<sup>st</sup>.

Have a great summer and be diligent in your preparation for the upcoming season. Your ability to prepare to win should be equal to or beyond your will to win. If you have any questions about this program, feel free to call or email:

Coach Burns, (734) 615-4546, [burnss@umich.edu](mailto:burnss@umich.edu)

Coach Snape (734) 615-5141, [psnape@umich.edu](mailto:psnape@umich.edu)

Coach Grassie, (734) 615-9502, [grassie@umich.edu](mailto:grassie@umich.edu)

# University of Michigan Soccer

## 2009 Summer Fitness Program

<b>Cardio</b>	<b>June 1 - 7</b>			
<b>workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Two mile Run ( Beat Personal Best Time: _____)	Two Tower, Compass & Funnel runs	Body Circuit Training	
2	Test 4 (2*400m,300m,200m)	Test 1 Shuttle Run 3 sets	Body Circuit Training	
3	Run 3 Miles@ 7:30min/mile pace (22:30min)	120's	Jump Program #1	
4	1100 yd Shuttle Run	5-10-5 Ladders & Funnel run	Body Circuit Training	
	<b>June 8 - 14</b>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Test 1 Shuttle Run 4 sets	120's	Jump Program #3	
2	Test 5 ( 1 mile in 6 min/ 1/2 mile in 3min 400m in 1:15min/ 200m in 35secs/100m in 15secs	Two Tower Run & Funnel Run	Body Circuit Training	
3	Two mile Run ( Beat Personal Best Time: _____)	Hand Run, 5-10-5 Ladder Run	Body Circuit Training	
4	Run 3 miles@ 7:00min/mile pace (21min)	300 Yard Shuttle Run	Jump Program #2	
	<b>June 15 - 21</b>			
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Test 1 Shuttle Run 4 sets	120's	Body Circuit Training	
2	Test 5 (1 mile in 6 min/ 1/2 mile in 3min 400m in 1:20min/ 200m in 35secs/100m in 15secs	3 half laps 30 sec on/off	Jump Program #4	
3	1100 yd Shuttle Run	10 sets(30) of Abs & 3 sets(30) of Push ups	Hand & Funnel runs	
4	Test 4 (2*400m,300m,200m, 100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Body Circuit Training	

<b>Cardio</b>	<b>June 22 – June 28</b>			
<b>Workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Two mile Run ( Beat Personal Best Time: _____ )	Compass Run & Two Tower Run	Hand Run	
2	Test 5 (1 mile in 5:50min/ 1/2 mile 3 min 400m in 1:20/ 200m 35secs/ 100m in 15secs	10 sets(30) of Abs & 3 sets(30) of Push ups	Body Circuit Training	
3	Test 1 Shuttle Run 4 sets	6 half runs 30 secs on/off	Super Weave Run	
4	Stamina Run 3 miles @ 6.5 min/mile pace (19.5 min)	Test 1 Shuttle Run 3 sets	Body Circuit Training	
<b>June 29 - July 5</b>				
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Test 4 (3*400m,300m,200m)	Test 1 Shuttle Run 4 sets	Jump Program #6	
2	Test 5 ( 1 mile 5:45/ 1/2 mile 2:50min 400m 1:20/ 200m 35 secs/ 100m in 15 secs	Compass & Funnel runs	Body Circuit Training	
3	Run 2 miles in 12:30mins	4 half laps 30 secs on/off	Body Circuit Training	
4	Long recovery run 35-40mins @ 9min/mile pace	10 sets(30) of Abs & 3 sets(30) of Push ups		
<b>July 6 – July 12</b>				
	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	1100 yd Shuttle Run	10 sets(30) of Abs & 3 sets(30) of Push ups	Test 1 Shuttle Run 3 sets	
2	Test 4 (3*400m,300m..2* 200,100m)	5 half laps 30 secs on/off	Jump Program #7	
3	Run 3 miles in 19.30 mins	120's	Body Circuit Training	
4	Test 5 ( 1mile 5:45min/ 1/2 mile 2:45min 400m 1:20min/ 200m 30 seconds/ 100m in 15secs	Compass, Hand & Funnel runs	Body Circuit Training	

<b>Cardio</b>	<b>July 13 - July 19</b>			
<b>workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>	
1	Test 4 (2*400m,300m,200m,100m)	300 yard Shuttle Run	4 half laps 30 sec on/off	
2	Test 1 Shuttle Run 6 sets	120's	Body Circuit Training	
3	Test 5 ( 1 mile 5:30min, 1/2 mile 2:45min 400m 1:15min/ 200m 35secs/ 100m 15secs)	Jump Program #8	Compass & Funnel runs	
4	Long(slow) recovery run 40-45 min @ 9min/mile pace	10 sets(30) of Abs		
	<b>July 20 - 26</b>			
1	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Two Tower & Hand Runs	
2	Test 1 Shuttle Run 6 sets	120's	Body Circuit Training	
3	Test 3 (Run 2 miles in 12:00min rest 6 mins then run 1 mile in less than 6 mins)	300 Yard Run & Hand Run	10 sets(30) of Abs	
4	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Two Tower & Hand Runs	
	<b>July 27 - Aug 2</b>			
1	Test 1 Shuttle Run 6 sets	120's	Body Circuit Training	
2	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Hand & Two Tower Runs	
3	1100 yd Shuttle Run	6 half laps 30 secs on/off	Body Circuit Training	
4	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Hand & Two Tower Runs	
	<b>Aug 3 - 9</b>			
1	Test 1 Shuttle Run 6 sets	120's	Body Circuit Training	
2	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Hand & Two Tower Runs	
3	1100 yd Shuttle Run	6 half laps 30 secs on/off	Body Circuit Training	
4	Test 4 (3*400m,300m,200m,100m)	10 sets(30) of Abs & 3 sets(30) of Push ups	Hand & Two Tower Runs	

Make sure you always warm up before you attempt any of these running exercises

Whenever possible incorporate a ball into your workout, working on your individual ball skills, especially in the warm up.

## Description of Exercises

### DYNAMIC WARM UP (Perform before each conditioning session)

- **High knee walk** – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- **High knee walk with external rotation** – grasp the shin (instead of the knee) with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.
- **A-skip** – gentle skipping designed to put the hip musculature into action. No emphasis on height or speed only rhythmic action.
- **Heel ups** – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as move the quads through full range of motion.
- **High knee run** – similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- **Straight leg skip** – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and rt. foot goes up to the rt. hand.
- **Straight leg deadlift walk** - reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the back leg through to take one giant step. Only one trip. Walking lunges on the way back.
- **Walking lunges w/ side lunge** – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- **Under/over the hurdles** – under the hurdles laterally making sure to change direction half way. The trip back is over the hurdles making sure the knee comes up to the armpit and reaches forward.
- **Giant carioca** – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- **Backward run** – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- **Forward sprint**
- **Forward sprint-turn to backward run**

# **BODY CIRCUIT TRAINING**

**Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises. Do 2 rotations of the assigned body circuit with a 3 minute rest in between circuits.**

**Prior to starting the circuit, make sure you do the following:**

1. 5-minute warm-up - any type of cardio or running.
2. A comprehensive full body stretch.
3. Most of all..... HAVE FUN!!!

1. **Squat Jumps**
2. **Lunges** – alternate legs.
3. **Bicycle crunches** - hands behind head, legs off the ground, opposite elbow to knee.
4. **Push ups**
5. **Broad jumps** – jump as far out as you can. Yes for 45 seconds
6. **Bench dips** – hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor
7. **Burpees** – jump, hands on ground, extend you legs into a push up position, legs back to chest, jump.
8. **Clap Push ups** –
9. **Hip ups** – lie on your back, legs straight up in the air, shoot your hips to the ceiling.
10. **Bicycle Jumps** – right foot in front, left foot back, jump as high as possible and alternate feet – 20 jumps
11. **Mountain Climbers** – keep knee over your ankle
12. **Front Plank**

## **MICHIGAN JUMP ROPE PROGRAM**

**Basic Jump** - jump with both feet together

**Alternate** - alternate feet when you jump. Visualize jogging while you jump

**Split Jump** - jump with one foot forward and alternate in between jumps. Be sure to shuffle the feet keeping them a few inches apart.

**Slalom** - alternate jumps from right to left. Feet are together and shoulders are square. The action should be similar to a skier. Make sure your shoulders stay over your hips.

**X Factor** - cross your arms tightly at waist level on the forward swing of the rope. Uncross your arms on the second jump. Continue to alternate every other jump.

**Rocky** - swing the rope to one side of your body with the rope closed, then swing it to the other side in the same manner. Open the rope and jump through (side, side, and through).

**Side Split Jump** - start with the basic 2 foot bounce, then move your feet out about shoulder width apart. Alternate between jumps.

### **THE PROGRAMS (Jump):**

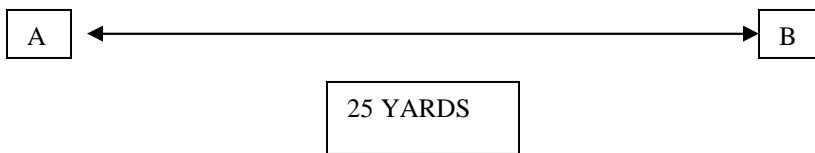
- #1 - 200 jumps
- #2 - pick 4 jumps - 20 seconds jump/40 seconds rest - 2 rotations
- #3 - 400 jumps
- #4 - pick 4 jumps - 30 sec. jump/30 sec. rest - 2 rotations
- #5 - 10 x 60 jumps (1 minute rest)
- #6 - 700 jumps
- #7 - pick 4 jumps - 40 sec. jump/20 sec. rest - 2 rotations
- #8 - 10 x 80 jumps (1 minute rest)
- #9 - pick 4 jumps - 50 sec. jump/10 sec. rest - 2 rotations
- #10 - 900 jumps

## SPEED AND AGILITY DRILLS

### 300 Yard Shuttle

The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time.

**\*\*There are 12 direction changes in this drill.**

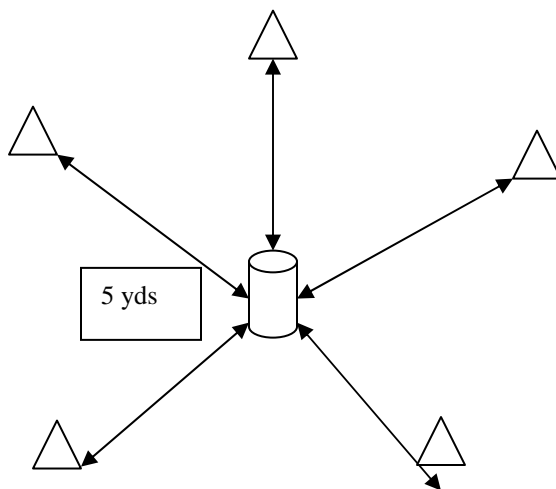


### 120's

120's are a test designed to measure a player's ability to run longer distances. 120 yards is the equivalent to the length of a normal soccer field. The player starts at one end of the field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves a jog back to the starting point. For example, if a player runs the 120 in 20 seconds, they will have 40 seconds to run back to the start line. There is extra rest time after runs #5, 10, and 15.

**Goal** = 10 consecutive sets all completed in under one minute.

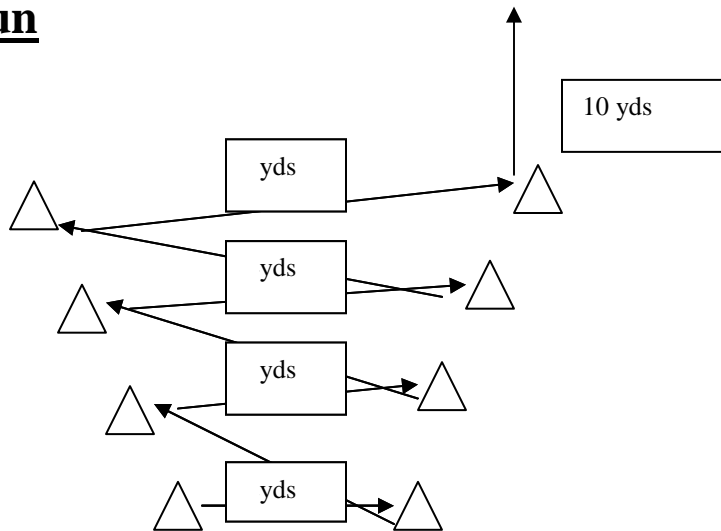
### Compass Run



Place 5 cones 5 yards away from the middle marker as shown above. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs)

**Repeat 5 times** with a 30 second break between each set

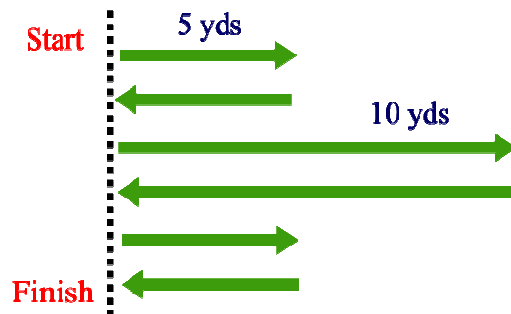
## Funnel Run



Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start.

*Repeat 6-8 times*

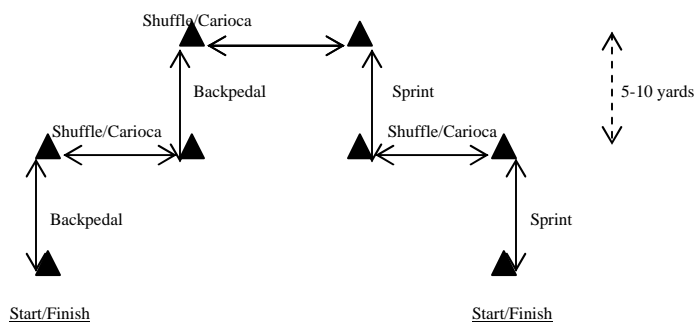
## 5-10-5 Short Ladders



Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Change sprints into shuffle, carioca, and backpedal. Also change the direction the athlete turns after touching the line.

*Repeat 8 times*

## Two Tower Drill



Begin drill by backpedaling ten yards and then either shuffle/carioca ten yards to cone. Again backpedal another ten yards and shuffle/carioca ten yards through cone. Next sprint ten yards to cone and shuffle/carioca ten yards and finish with a ten-yard sprint to the last cone.

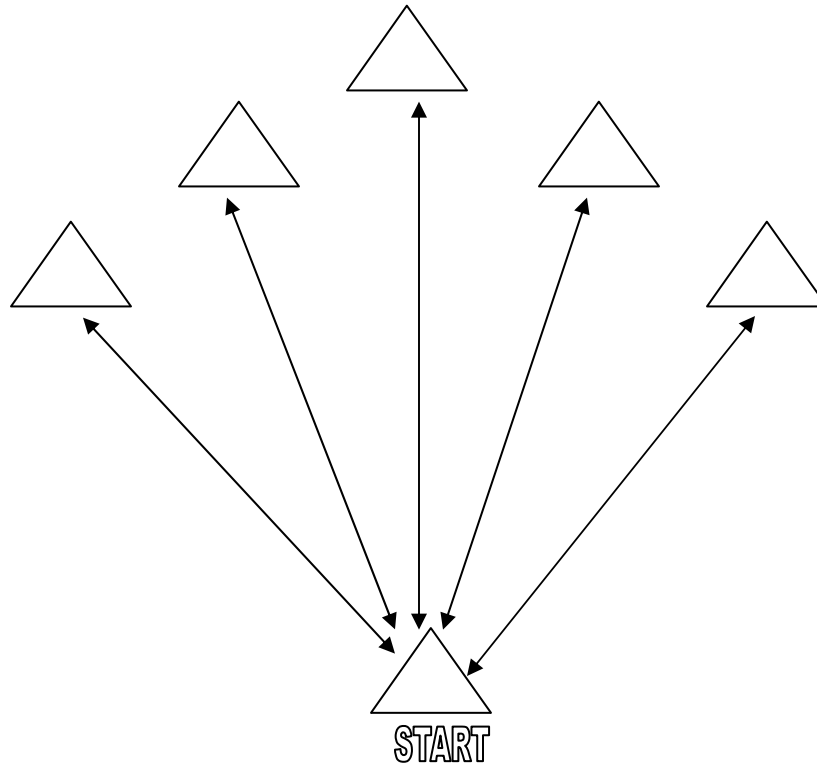
*Repeat 8 times*

## Hand Run

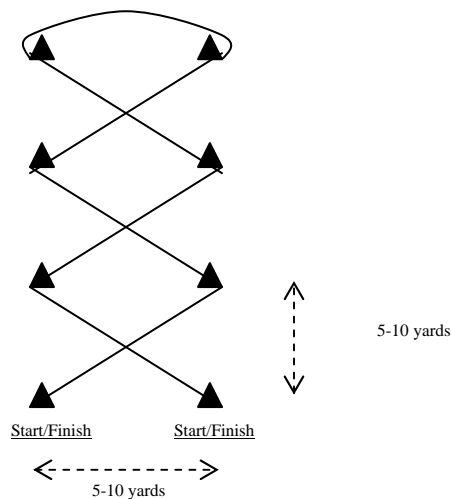
Begin at the START cone and sprint forwards to the 1<sup>st</sup> cone and then sprint backwards to the start cone, then sprint forwards to the 2<sup>nd</sup> cone and backwards to the start cone, continue to do the same for the 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> cone....this equals one set.

Workload: 6-8 sets with a 30 second rest between each set

1<sup>st</sup> (7 yards)    2<sup>nd</sup> (8 yards)    3<sup>rd</sup> (9 yards)    4<sup>th</sup> (8 yards)    5<sup>th</sup> (7 yards)



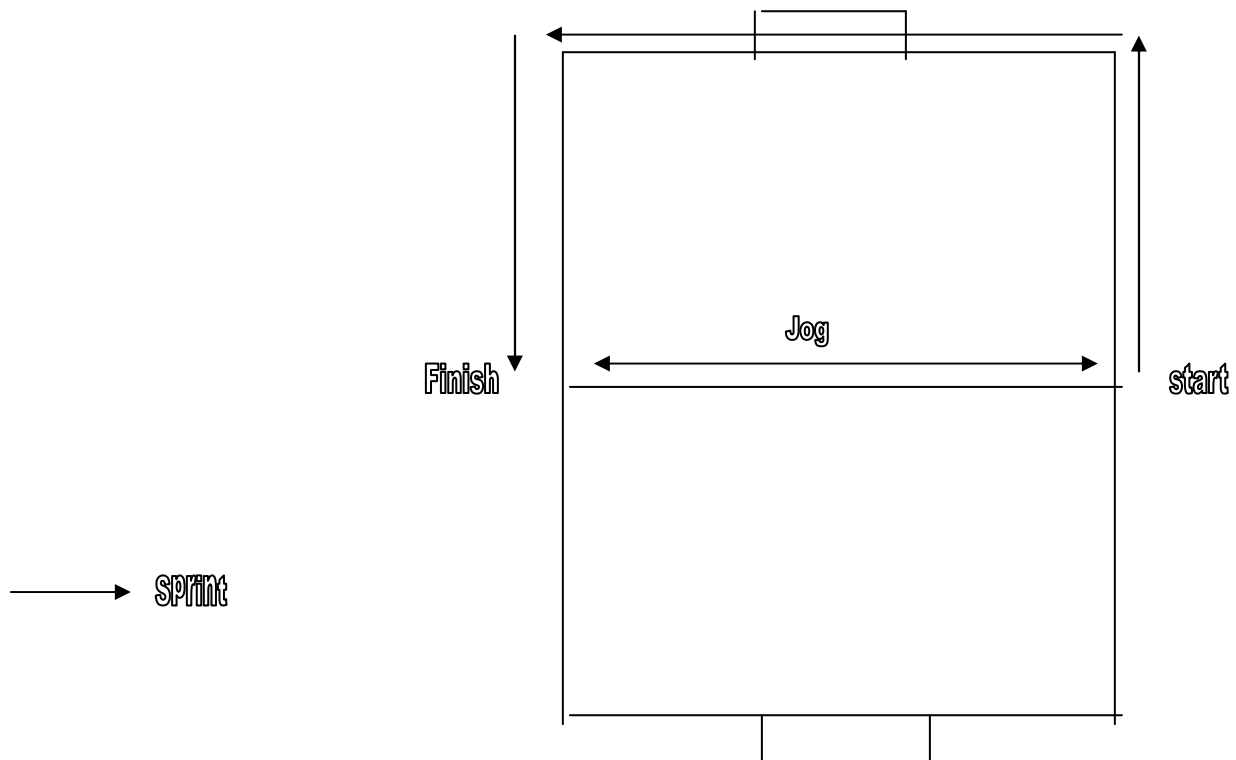
## Super Weave



Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone before continuing.

Workload: 6-8 sets with a 30 second rest between each set

## Half Laps



Using a standard soccer field (110-120yds \* 70-80yds) start where the centerline & touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & centerline meet). You will be running 2 half fields and one width. When you complete the half lap immediately jog across the centerline. When you reach the original starting point, repeat sprint & jog. You have 30 seconds to complete the half lap and 30 seconds for the recovery jog across the centerline.

Time Limit: 30 seconds

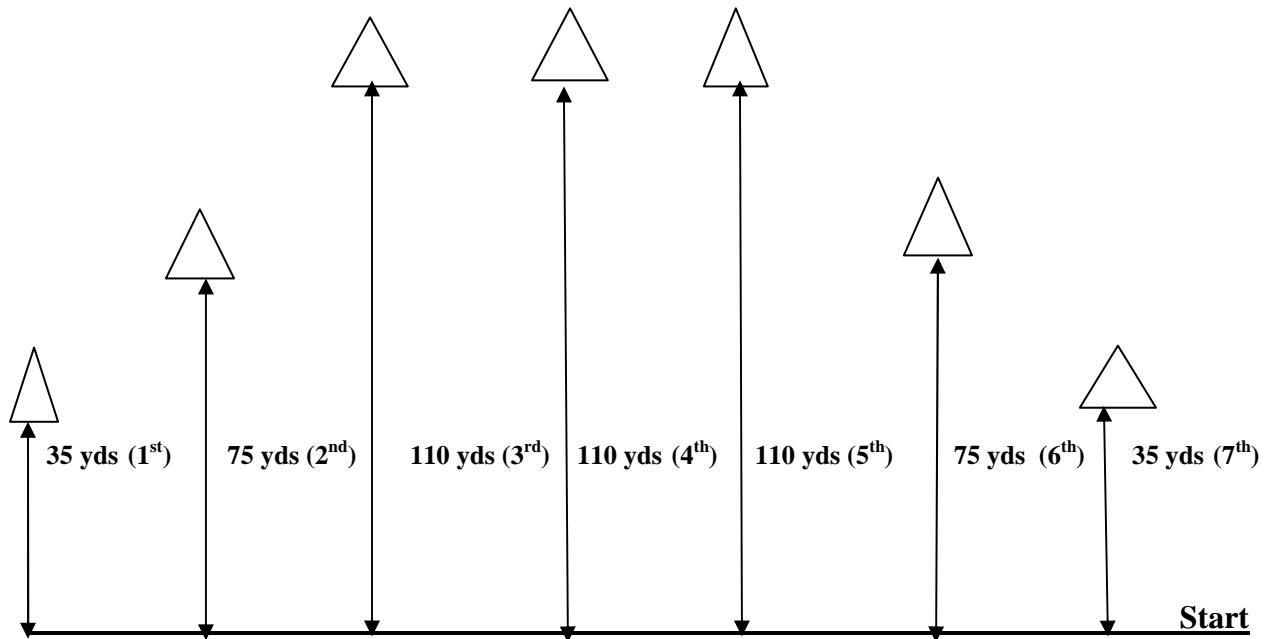
Rest Period: 30 seconds (jog)

Repetition: 6 half laps

Workload: approx 180-190yds each half lap \* 6 = 1080yds-1140yds

Time Duration: 6 minutes

## 1100 yard Shuttle Run



Put a cone down (on a level surface) as a starter marker and then place seven cones the exact distance from the starter marker as drawn above. Run from the starter marker to the 1<sup>st</sup> cone and back, and then to the 2<sup>nd</sup> cone and back, 3<sup>rd</sup> cone and back, 4<sup>th</sup> cone and back, 5<sup>th</sup> cone and back, 6<sup>th</sup> and back, 7<sup>th</sup> and back. After each run your heart rate will be around 90% - 95% of your maximum heart rate.

Time Limit: 4 minutes  
Rest Period: 2 minutes  
Repetition: 4 shuttles  
Workload: 4400 yds  
Time Duration: 22 mins

# U-M Summer Fitness Tests

**ALWAYS WARM UP & COOL DOWN BEFORE & AFTER RUNNING THESE TESTS**

## Test 1 (Tested in 2009)

Shuttle Run- Speed & Endurance

Put a cone down (on a level surface) as a starter marker and then place five cones in a line with a distance of 5 yards between each cone. Run from the starter marker to the 1<sup>st</sup> cone and back, and then to the 2<sup>nd</sup> cone and back, 3<sup>rd</sup> cone and back, 4<sup>th</sup> cone and back, 5<sup>th</sup> cone and back. It is a continuous sprint!

**Time Limit:** 31 seconds or less **Rest period:** 29 seconds

**Repetition:** 6 sets: 31 seconds on/29 seconds off

**Workload:** 150 yards for each shuttle run

**Total Time Duration:** 6 mins

### Fitness Guide:

- If you cannot make 5 shuttles in the time limit you have a serious fitness problem and you will not be allowed to practice or play with the team
- 5 Shuttles completed = good level of fitness. You can practice but you will not be allowed to play in games
- **6 Shuttles completed = excellent level of fitness You can practice & play in games with the team**

## Test 2

Stamina Run - 2 miles in 12 min (either at a running track, at a park, on a trail, or on the road)  
8 laps of a standard running track (400m each lap), 6 min/mile (1:30min/lap) pace

### Fitness Guide:

- If you run 2 miles in 12mins or less your level of fitness is good
- If you run 2 miles 12:01-12:30mins your level of fitness is decent, but you must work harder to improve your stamina
- If you run 2 miles in a time greater than 12:30mins an you have problems with your fitness

## Test 3

Stamina Run - 2 miles in 12 min, rest 6 mins and then run 1 mile in 6 mins or less **(2-6-1 Test)**

Total Distance: 3 Miles

Total Time Duration: 24 mins

## Test 4 (Tested in 2009)

Track test 1- Interval & endurance training

3\* 400m (each 400m in 1:10min or less)  
3\*300m (each 300m in 52 sec or less)  
3\*200m (each 200m in 33 sec or less)  
3\*100m (each 100m in 15 or less)

Starting with the set of 400m, sprint 400m within time limit, then rest for 90 seconds, repeat run, once you have completed the 400m set, rest for 90 seconds and proceed onto 300m...continue until you have completed all sets from 400m-100m. Remember you have a 90 second rest after every run.

Total Time Duration: approx 20 mins

Fitness guide:

- If you cannot complete the 400m section you have a serious problem with your fitness
- If you can complete the 400m section but not the 300m section your level of fitness is below average
- If you can complete the 400m & 300m sections you are in decent shape
- If you can complete the 400m, 300m & 200m sections you are in good shape
- If you can complete the 400m, 300m, 200m & 100m sections you are in great shape!

## Test 5

Track test 2

Interval & Stamina training

Run 1 mile in 5:30min, one-minute rest  
Run ½ mile in 2:45min, one-minute rest  
Run 400m in 1:15min, one-minute rest  
Run 200m in 35 seconds, one minute rest  
Run 100m in 15 seconds.....Finished!

Workload: 3100m

Total Time Duration: 14:15 min

Fitness Guide:

- If you cannot run 1 mile in 5:30 or less you are in bad shape
- If you can complete the 1 mile but you cannot complete the ½ mile run your level of fitness is below average
- If you can make the 1mile & ½ mile run but cannot make the 400m run you are in decent shape
- If you can complete the 1mile, ½ mile & 400m runs but you cannot complete the 200m you are in good shape
- If you can make the 400m, 300m, 200m runs but you cannot make the 100m you are in very good shape
- If you can complete the test your level of fitness is GREAT!

**Your goal by Aug 15th is to be able to complete each test within the specified time limit!!!!**

**“Actions speak louder than words.”**

**“In a world full of starters**

**WOLVERINES ARE FINISHERS!”**