



Oakleigh Chargers under 16's December/January Summer Training Program



INTRODUCTION

Congratulations on getting through the first half of the under 16's pre-season program and on the progress you have made. In this summer program is everything you will need to maintain and improve your fitness levels over summer, so that you can return in 2013 faster, fitter and stronger.

Over this summer it is crucial that you keep up your work levels. It would only take 2 weeks of doing no training to lose all of the hard work and effort you've already put in and by the time you resume training in February you and the coaches will notice an overall decrease in fitness.

RUNNING YOUR PROGRAM

At this level, you should all now be taking responsibility for your training. It is up to YOU to do what is necessary to better your football. The idea of the summer program is for you to build on your fitness and improve your areas of weakness. For example, those who are strong sprinters but lack aerobic endurance should be doing more long-interval training.

Inside are various training sessions that you can complete and then fill in your diary, which is provided and you are expected to complete. You can follow each session exactly or if you feel the need, adjust them to suit your current fitness level, as long as you record what you do in the diary. If you have other sessions that you usually complete like training for other sports, feel free to use these and put them in your diary. You should be doing 3 sessions per week. What you do depends on your strengths and weaknesses.

If you sustain any injury, no matter how serious, you **MUST** let your mentor know so that they can help you out with your program or prescribe you a modified program in consultation with your physio/chiro etc.



If you need any help/advice regarding the summer training program, injuries or nutrition, or have ANY questions, don't hesitate to contact your mentor or one of the fitness staff.
Good luck and work hard!

AEROBIC RUNNING SESSIONS

'Aerobic' means that your body is utilising oxygen to help provide energy to your muscles.

These are your long distance running exercises that aim to improve your endurance levels and aerobic fitness. You should undertake these sessions at least 2 times per week if you want to improve your endurance and aerobic capacity. For those who ran under 13.1 on the beep test or over 17 minutes at the Tan, you should start with 3 per week.

LONG INTERVAL SESSIONS

Long interval sessions involve longer periods of higher intensity work followed by a period of rest. This more closely resembles an AFL match than simply running for half an hour which is why they are of high benefit. Stick to the suggested recovery time for maximum benefits. These can be done on an athletics track or footy oval so that measuring distance doesn't become an issue (1 lap = 400m). The work to rest ratio for LI sessions is 1:1 (recovery time is the same as work time).

LONG INTERVAL 1

- 4 x 1.5km
- 3 minutes rest between runs
- 70-80% intensity

LONG INTERVAL 2

- 6 x 800m
- 2 minutes rest between runs
- 75-90% intensity



LONG INTERVAL 3

- 12 x 400m
- 1 minute rest between runs
- 80-90% intensity

INTERVAL SESSIONS

A type of training that involves periods of high intensity efforts followed by low intensity rest and recovery periods. Once again, you can use an oval or athletics track to make distances easy. Stick to recovery times to get the most out of each run. The work to rest ratio for Interval sessions is 1:2 (recovery time is double work time).

INTERVAL 1

- 1 x 600m - run within 2 mins - rest for 4 mins
- 2 x 400m - run within 80 seconds - rest for 2 mins 40 seconds
- 4 x 200m - run within 30 seconds - rest for 1 minute
- 85-100% intensity

INTERVAL 2

- 3 x 400m - run within 80 seconds - rest for 2 mins 40 seconds
- 3 x 200m - run within 30 seconds - rest for 1 minute
- 3 x 100m - run within 15 seconds - rest for 30 seconds
- 90-100% intensity

OUT AND BACK RUN



The Out and Back Run requires you to run a certain distance in a certain amount of time, however the time on the way 'back' must be quicker than on the way 'out'.

OUT AND BACK 1

- 2 x 2km legs
- First leg - aim around 8-10 minutes
- Second leg - must be able to beat previous time
- 70-90% intensity

OUT AND BACK 2

- 2 x 3km legs
- First 3km - aim around 13 mins
- Second 3km - must be able to beat previous time
- 70-90% intensity

FARTLEK SESSIONS

Fartlek runs involve continuous runs of varying pace, a fast section and a slower section. The slow section is where you slow right down and allow yourself to recover before another fast section. It is best done around a sporting arena, so that distances don't become a problem and you know when to change pace. Some are done to distance and some to time and which ones you choose to do is up to you.

FARTLEK 1

- 20 minutes continuous running
- 20m fast section - >90% intensity
- 40m slow section - <60% intensity



- Easily done around a basketball court, where baseline is the fast section and sideline is the slow section

FARTLEK 2

- 16 minutes continuous running
- 50m fast section - >90% intensity
- 100m slow section - <60% intensity
- Easily done around a soccer/hockey pitch, where baseline is the fast section and sideline is the slow section

FARTLEK 3

- Use an oval or athletics track (approx. 400m in diameter)
- 1st & 2nd laps - 800m jog
- 3rd lap - 100m sprint, 300m jog
- 4th lap - 200m sprint, 200m jog
- 5th lap - 100m sprint, 300m jog
- 6th lap - 200m sprint, 200m jog
- 7th lap - 100m sprint, 300m jog
- 8th lap - 200m sprint, 200m jog
- 9th lap - 200m sprint, 200m jog
- 10th lap - 400m jog (recovery)
- >90% intensity for sprints, <60% for jogs

FARTLEK 4

- Make sure you are wearing a stop watch as you will need to be
- aware of when to increase/decrease your speed
- Start - Jogging at 60% (between each burst you should be at 60%)
- 2mins mark - 15secs @ 100%
- 4mins mark - 15secs @ 100%
- 6mins mark - 30secs @ 100%
- 8mins mark - 30secs @ 100%
- 10mins mark - 15secs @ 100%



- 12mins mark - 15secs @ 100%
- 14mins mark - 30secs @ 100%
- 16mins mark - 30secs @ 100%
- 18mins mark - 15secs @ 100%
- 20mins mark - 30secs @ 100%



ANAEROBIC RUNNING SESSIONS

‘Anaerobic’ means that the body does not utilise oxygen to provide energy. This energy must then come from what is already stored in the muscles. The ‘burning’ in your legs you may experience comes from a lack of oxygen supply to the muscles.

These are your sprint sessions. You should undertake these sessions at least 1 time per week if you want to improve your speed and anaerobic capacity. If your aerobic capacity needs work, cut back on these sessions and focus on long-distance running.

SPRINT SESSIONS

These are to be completed at 100% intensity. Remember your technique when sprinting - head up, swinging your arms, high knees, running on the balls of your feet and long strides. The work to rest ratio for sprint sessions is 1:4 (recovery time is 4 times work time).

REPEAT SPRINT 1

- 8 x 30m
- 3 sets (ie. 24 sprints in total)
- 20 seconds rest between sprints
- 3 minutes rest between sets of 8
- 100% intensity

REPEAT SPRINT 2

- 5 x 50m
- 3 sets (ie. 15 sprints in total)
- 30 seconds rest between sprints
- 3 minutes rest between sets of 5
- 100% intensity

REPEAT SPRINT 3



- 10 x 10m - 10 seconds rest between sprints - 1 minute rest before...
- 8 x 20m - 15 seconds rest between sprints - 1 minute rest before...
- 6 x 40m - 20 seconds rest between sprints - 2 minutes rest before...
- 4 x 80m - 30 seconds rest between sprints
- 100% intensity

HILL SPRINT 1

- 6 x 50m
- 2 sets (ie. 12 hills in total)
- 30 seconds rest between hills (to be done in the walk downhill)
- 2 minutes rest between sets
- 100% intensity

HILL SPRINT 2

- 10 x 20m
- 2 sets (ie. 20 hills in total)
- 15 seconds rest between hills (to be done in the walk downhill)
- 2 minutes rest between sets
- 100% intensity



CROSS TRAINING SESSIONS

For a bit of variety, try a cross training session. There are 3 sessions to choose from: swim, bike or row. It is important not to constantly be doing these, as though they are good for fitness levels, they aren't specific to football. No more than one per week unless you are training in a swim/bike/row team. They can be done instead of an aerobic session.

SWIM 1

- 200m warm up with different strokes
- 3 x 200m - 30 seconds rest between reps - freestyle
- 1 x 100m kick - no arms
- 4 x 100m 30 seconds rest between reps - freestyle
- 1 x 100m kick - no arms
- 2 x 50m - 30 seconds rest between reps - freestyle
- 200m cool down with different strokes

SWIM 2

- 200m warm up with different strokes
- 1 x 100m kick - no arms
- 4 x 100m - 30 seconds rest between reps - freestyle
- 1 x 100m kick - no arms
- 2 x 200m - 30 seconds rest between reps - different strokes
- 2 x 100m - 30 seconds rest between reps - different strokes
- 200m cool down with different strokes

BIKE 1

- Can be done on a normal or stationary bike
- 5 minutes warm up - increasing intensity
- 5 x 20 second seated bursts
- 20 seconds recovery between bursts
- 4 sets (ie. 20 bursts in total)
- 5 minutes warm up - low intensity



- 100% intensity

BIKE 2

- 5 minutes warm up - increasing intensity
 - 4 x 20 seconds standing bursts
 - 30 seconds recovery between bursts
 - 4 x 15 seconds seated bursts
 - 30 seconds recovery between bursts
 - 2 sets (ie. 16 bursts in total)
 - 5 minutes cool down - low intensity
- } 1 set

ROW 1 - ERGO

- 2 x 10 minute efforts
- 1 minute rest between efforts
- 75-90% intensity

ROW 2 - ERGO

- 5000m row
- First 2500m at 80%
- Second 2500m trying to beat first time



STRENGTH SESSIONS

These involve increasing muscle strength, power and endurance. It is up to you whether you attempt any of these, but one per week would be a good start. Below are some body weight exercises you can do at home, no equipment required.

- Chair Dips
- Push Ups
- Dips
- Lunges
- Squats
- Chin Ups
- Step Ups
- Bent Over Row
- Wall Squat
- Side Bridge
- Russian Twists
- Sit Ups
- 'The Plank'

If however, you do go to the gym, here are some simple exercises that you can do.

- Bench press
- Bicep curl
- Dead lifts
- Squats
- Leg curls
- Leg press
- Lat pull downs
- Lunges



WARM UP & COOL DOWN

These are CRUCIAL to avoid injury. They may seem like a waste of time when you just want to get the training session started, but you need to be disciplined and responsible for your own body at this level.

What you do to warm up is up to you, as you might need to work on a problem area for longer. It should however include a light jog of a few minutes, some run throughs with 'high knees', 'side to side' for example and some dynamic stretches like 'leg swings'. No static stretches! Do them in your cool down. A warm up should last 5-10 minutes.

Your cool down should be a light jog and some static stretches of whatever muscles you've been utilising. A cool down should last roughly 5 minutes.



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