



MICROCYCLE/PERIODIZATION FITNESS PROGRAM

Soccer is the total sport. It is not just a summer time game anymore. Coaches need to prepare a well thought out fitness training program to maximize player's performances.

Soccer is a game that requires players to perform with short bursts of power and speed, while maintaining the ability to keep going for 90 minutes or more.

This takes us to our first stage of the fitness training process:

Pre-Season/ Pre In-Season (4-6 weeks)

This is the phase of your soccer training program that will have the greatest impact on your game-from a fitness perspective. This stage will take a closer look at 4 areas of fitness to focus on: **Endurance Training, Strength Training, Speed Training, and Flexibility.**

Endurance Training

By now, all of your endurance training should be in the form of **interval training**. Your soccer training should also become more specific during the late pre-season. Try to match the movement patterns you would find in a typical match.

Keep the intervals short and intense. You will want to incorporate twists, turns, lateral movements and running backwards, train on the surface you play on most often (turf or grass).

Active recovery periods will be required during these training sessions.

Strength Training

Strength training will start to be phased out and will be replaced with **power training sessions**. Power Training Sessions will consist of Plyometric training. Plyometrics can be extremely effective at developing power and explosive speed off-the-mark speed. However, this style of training is not suitable for everyone. With younger athletes, form and technique is very important to reduce the risk of injury.

Speed Training

As the season gets closer the training style will start to shift once again. Soccer Fitness Training will emphasize **quickness and sharpness**. Again your conditioning **must be** soccer specific. For this phase it is important to vary the sprint starts. For example, by running backwards for a few yards first and then turning into a full sprint. Jumping to head a ball before a sprint, controlling a pass and then playing a give and go emphasizing the sprint, etc.

Flexibility

As the volume and intensity of your soccer training increases, flexibility training becomes even more essential. This will be a vital component of the training. Flexibility will help prevent injury during long seasons. Having the players do a proper cool down and stretch after every game and practice will help prevent injuries in the long run.

Mid-Season Training

The goal here is to **maintain** the fitness you developed during pre season. Regular, competitive matches maintain basic levels of endurance so any additional soccer training should concentrate on speed, power and anaerobic endurance development.

Suppose your team trains on Monday, Wednesday and Friday and plays on Saturdays, **below is an example of how an in-season training week may look...**

In-Season Soccer Training Program						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-Team training, (Technical Session)	-(Home fitness prog)	-Team training, (Tactical Session)	-(Home fitness prog)	- Team training, (Tactical Session)light session	-Match	-Rest

The competitive season can last up to 8 months. Training at the same level of intensity week in week out only promotes the chances of injury and burn out. Every 4 weeks or so give your body a break and a chance to recover. For a week, drop the intense speed and power sessions and just perform 2 or 3 light aerobic sessions instead.

Post Season Training

Avoid abandoning all forms of physical conditioning now that the season has ended. After 2-3 weeks of this rest period, it is time to start what professional players are advised to do: **Cross-training.**

Cross Training

Players are encouraged to do different forms for fitness training during this phase. The activities they can choose would be anything along the lines of: cycling, swimming, roller blading, tennis, basketball, etc.

You will want to give your body a break to recover both physically and mentally. 3 weeks off is optimal for the players to recover. If you do nothing for 6 weeks, much of the hard work you've put in over the last season will be lost.

(FIELD SESSION)

Home Fitness Program

(will also cover Injury Prevention in this section/Recovery Trng)

The first few weeks looks to build on lower body strength and it progresses to work on core and overall body strength. Map your run before you start your run on (<http://www.runningmap.com/>)

<u>Week 1 & 2</u>	
<u>Day 1</u>	
<u>20 minute Run</u>	
2 min jog	5 times
1 min run	5 times
5 min cool down	5 min
45 sec rest in between each run	

<u>Day 2</u>	
<u>25 Minute Run</u>	
3 min jog	5 times
1 min run	5 times
5 min cool down	5 min
45 sec rest in between each run	

<u>Exercises (Using Body weight only)</u>	<u>Body Part</u>	<u>Sets</u>	<u>Reps</u>
Body Squats	Legs	3	15-20
Stationary Lunges	Legs	3	15-20
Jumping Jacks	Active Rest	3	1 min
Push-Ups	Chest	3	15-20
Crunches	Core	3	20-25
Mountain Climbers	Active Rest	3	1 min
Wide Stance Squats	Legs	3	15-20
Alternating Lunges	Legs	3	15-20
Close Grip to Wide Grip Push Ups	Chest	3	15-20
Double Crunches	Core	3	20-25
Roman Trunk Twist	Core	3	20-25
Super Man's	Core	3	20-25

<u>Week 3 & 4</u>	
<u>Day 1</u>	
<u>25 minute Run</u>	
2 min jog	7 times
1 min run	7 times
4 min cool down	4 min
45 sec rest in between each run	

<u>Day 2</u>	
<u>30 Minute Run</u>	
3 min jog	6 times
1 min run	7 times
5 min cool down	5 min
45 sec rest in between each run	

<u>SPRINTS</u>	
10 yard	5 times
20 yard	5 times
30 yard	3 times
1 min rest in between each sprint	

<u>SPRINTS</u>	
10 yard	7 times
20 yard	7 times
30 yard	4 times
1 min rest in between each sprint	

<u>Exercises (Using Body weight only)</u>	<u>Body Part</u>	<u>Sets</u>	<u>Reps</u>
Lateral Squats (side to side)	Legs	4	15-20
Walking Lunges	Legs	4	15-20
Planks to Push Ups	Chest & Core	4	20-25
Push-Ups	Chest & Core	4	15-20
Side Planks	Core	4	20-25
Jogging on the Spot w/ Punches	Active Rest	4	1 min
Walking Squats	Legs	4	15-20
Front to Back Lunges	Legs	4	15-20
Bench Dips	Arms	4	15-20
Planks	Core	4	20-25
Bicycles	Core	4	20-25
Roman Trunk Twist	Core	4	20-25
Burpees	Active Rest	4	20-25

Week 5 & 6	
Day 1	
30 Minute Run	
3 min jog	6 times
1.5 min run	6 times
3 min cool down	3 min
45 sec rest in between each run	

Day 2	
35 Minute Run	
3 min jog	5 times
2 min run	5 times
5 min cool down	5 min
45 sec rest in between each run	

SPRINTS	
10 yard	7 times
20 yard	7 times
30 yard	4 times
1 min rest in between each sprint	

SPRINTS	
15 yard	6 times
25 yard	6 times
40 yard	4 times
1 min rest in between each sprint	

Exercises (Using Body weight only)	Body Part	Sets	Reps
Single Leg Squats	Legs	4	15
Reverse Lunges	Legs	4	15-20
Push Ups w/ Hold	Chest	4	20-25
2 pt Plank	Core	4	1 min
Side Planks	Core	4	45 sec
Toe Touches	Core	4	1 min
Burpees	Active Rest	4	15-20
Crab Crawl	Active Rest	4	20 yds
Bench Dips w/ 1 foot of the floor	Arms	4	15-20
Double Crunches	Core	4	20-25
Low Side Shuffle	Active Rest	4	1 min
Quadruplex	Core	4	20-25
Cobra Hold	Core	4	30 sec

Adequate rest time between each exercise, maybe 1 min, and some stretching after each day's work.

Take two weeks off to recover and repeat program again

NUTRITION

Quick Energy Foods			
Healthier Alternatives to "Energy Drinks"			
<u>Pre-Competition (2-3 hrs Prior)</u>		<u>Post Competition (30 min - 1.5 hrs After)</u>	
Rating	Food Item	Rating	Food Item
15	Peanutes	64	Raisins
15	Tomatoes	64	Beets
15	Prunes	64	Macaroni
20	Soy Beans (Dried)	65	Cantalope
22	Cherries	66	Brown Rice
22	Soy Beans (Canned)	67	Shredded Wheat
25	Canned Pears	68	Gatorade
27	Kidney Beans	68	Rye (whole grain, pumperknickle)
28	Lentils	69	White Bread
30	Apricot (dried)	70	Corn
31	Oat Bran & Honey with Barley	70	Baked Beans
34	Plumbs	70	Sweet Potato
36	Grapefruit	72	Whole Wheat Bread
37	Spaghetti (Whole grain)	72	White Rice
39	Plumbs	72	Popcorn (plain)
40	Apple Juice (Unsweetened)	72	Watermelon
40	Peach	74	Frozen Peas
42	All Bran Cereal	74	Pears
42	Guardian Cereal	74	Yam
45	Bran buds (cereal)	75	Pumpkin
46	Orange Juice (Unsweetened)	80	Cooked Broad Bean
47	Chick Peas	80	Sweet Corn
49	Carrots, peeled & boiled	85	Baked Potatoes
50	Green Peas	85	Rice Cakes (plain)
50	Grapes	87	Honey
50	Kiwi	92	Carrots
50	Mango	95	Rye Bread
52	Apples	97	Parsnips
54	Special K (cereal)	98	Baked Russet Potato
55	Banana's	100	Glucose
55	Rye Sourdough	103	Dates
58	Basmati Rice	109	Jasmine Rice
59	Oranges	110	Maltose

NUTRITION LINKS: CLICK ON WORDS TO FIND LINKS (CTRL+CLICK)

Chart above is based on the **GLYCEMIC INDEX**

Definition from: www.wikipedia.org

The **glycemic index**, **glycaemic index**, or **GI** is a measure of the effects of [carbohydrates](#) on [blood sugar](#) levels.^[*citation needed*] Carbohydrates that break down quickly during digestion and release [glucose](#) rapidly into the [bloodstream](#) have a high GI; carbohydrates that break down more slowly, releasing glucose more gradually into the bloodstream, have a low GI. The concept was developed by Dr. [David J. Jenkins](#) and colleagues^[1] in 1980–1981 at the [University of Toronto](#) in their research to find out which foods were best for people with [diabetes](#).

A lower glycemic index suggests slower rates of digestion and absorption of the foods' carbohydrates and may also indicate greater extraction from the liver and periphery of the products of carbohydrate digestion. A lower glycemic response usually equates to a lower insulin demand but not always, and may improve long-term blood glucose control and [blood lipids](#).

The [insulin index](#) is also useful, as it provides a direct measure of the insulin response to a food.

The glycemic index of a food is defined as the area under the two hour blood glucose response curve ([AUC](#)) following the ingestion of a fixed portion of carbohydrate (usually 50 g). The AUC of the test food is divided by the AUC of the standard (either glucose or white bread, giving two different definitions) and multiplied by 100. The average GI value is calculated from data collected in 10 human subjects. Both the standard and test food must contain an equal amount of available carbohydrate. The result gives a relative ranking for each tested food.^[2]

The current validated methods use glucose as the reference food, giving it a glycemic index value of 100 by definition. This has the advantages of being universal and producing maximum GI values of approximately 100. White bread can also be used as a reference food, giving a different set of GI values (if white bread = 100, then glucose \approx 140). For people whose [staple](#) carbohydrate source is white bread, this has the advantage of conveying directly whether replacement of the dietary staple with a different food would result in faster or slower blood glucose response. The disadvantages with this system are that the reference food is not well-defined and the GI scale is culture dependent.

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Glycemic index of foods

GI values can be interpreted intuitively as percentages on an absolute scale and are commonly interpreted as follows:

	GI range	Examples
Low GI	55 or less	most fruits and vegetables (except potatoes and watermelon), grainy breads , pasta , legumes/pulses , milk , yoghurt , products extremely low in carbohydrates (some cheeses , nuts), fructose
Medium GI	56–69	whole wheat products, basmati rice , sweet potato , table sugar
High GI	70 and above	corn flakes , rice krispies , baked potatoes , watermelon , croissants , white bread , extruded breakfast cereals , most white rices (e.g. jasmine), straight glucose (100)

A low GI food will release glucose more slowly and steadily. A high GI food causes a more rapid rise in blood glucose levels and is suitable for energy recovery after endurance exercise or for a person experiencing [hypoglycemia](#).

The glycemic effect of foods depends on a number of factors such as the type of [starch](#) ([amylose](#) versus [amylopectin](#)), physical entrapment of the starch molecules within the food, fat and protein content of the food and organic acids or their salts in the meal — adding [vinegar](#), for example, will lower the GI. The presence of fat or soluble [dietary fiber](#) can slow the gastric emptying rate, thus lowering the GI. Unrefined breads with higher amounts of fiber generally have a lower GI value than white breads.^[3] Many brown breads, however, are treated with [enzymes](#) to soften the crust, which makes the starch more accessible (high GI).

NUTRITION LINKS: CLICK ON WORDS TO FIND LINKS(CTRL+CLICK)

While adding butter or oil will lower the GI of a meal, the GI ranking does not change. That is, with or without additions, there is still a higher blood glucose curve after white bread than after a low GI bread such as [pumpernickel](#).

The glycemic index can be applied only to foods with a reasonable carbohydrate content, as the test relies on subjects consuming enough of the test food to yield about 50 g of available carbohydrate. Many fruits and vegetables (but not potatoes) contain very little carbohydrate per serving, and the average person is not likely to eat 50 g of carbohydrate from these foods. Fruits and vegetables tend to have a low glycemic index and a low [glycemic load](#). This also applies to carrots, which were originally and incorrectly reported as having a high GI.^[4] Alcoholic beverages have been reported to have low GI values, but it should be noted that beer has a moderate GI. Recent studies have shown that the consumption of an alcoholic drink prior to a meal reduces the GI of the meal by approximately 15%.^[5] Moderate alcohol consumption more than 12 hours prior to a test does not affect the GI.^[6]

Many modern diets rely on the glycemic index, including the [South Beach Diet](#), Transitions by Market America and [NutriSystem Nourish Diet](#).^[7] However, others have pointed out that foods generally considered to be unhealthy can have a low glycemic index, for instance [chocolate cake](#) (GI 38), [ice cream](#) (37), or pure [fructose](#) (19), whereas foods like potatoes and rice, eaten in countries with low rates of diabetes, have GIs around 100.^{[8] [9]}

The GI Symbol Program is an independent worldwide GI certification program that helps consumers identify low GI foods and drinks. The symbol is only on foods or beverages that have had their GI values tested according to standard and meet the GI Foundation's certification criteria as a healthy choice within their food group, so they are also lower in kilojoules, fat and/or salt.