



DSGS Fitness Training

“I will beat her. I will train harder. I will eat cleaner. I know her weaknesses. I know her strengths. I’ve lost to her before, but not this time. She is going down. I have the advantage because I know her well. She, is the old me.”

12 Minute Run Benchmark for 2017

2400 Meters = 6 laps = 1.5 miles = 8:00 min/mile

- ★ The 12 Minute Run, also known as the Cooper Test, will be completed during tryouts.
- ★ This year, we will complete it on the track in 2 groups.
- ★ While group A is running, members of group B will be counting the number of laps they perform and each person’s total distance during the 12 minutes will be recorded.
- ★ The benchmark above is what we should strive to achieve to help guide our fitness. Not achieving this distance for the Cooper Test does not mean you won’t a team, it is merely a gauge.

WARM-UP TO-DO BEFORE STARTING ANY WORKOUT IN THIS PROGRAM

Set-up

- ★ Start with a 1 lap jog around a soccer field
- ★ Then, place two markers 10 yards apart. Markers can be cones or lines on a field. Distance Key: 1 yard = 1 large-sized step
- ★ Perform each of these activities from the 1st to 2nd marker and then jog back to the start
 - Knee to chest: squeeze right leg with both hands into your torso, hold for 2 seconds while standing on left foot. Take 2 steps and pick up opposite leg to repeat.
 - Quads: hold right foot with right hand for 3 seconds, release, take 2 steps and pick up opposite foot
 - High Knees
 - Butt Kicks
 - toe touches: Gently swing left leg straight in front & touch toes with your right hand, take 2 steps and alternate sides
 - Side Shuffle facing one direction then repeat facing opposite direction
 - Back Pedal
 - Cariocas (crossover shuffle) facing one direction then repeat facing opposite direction
 - Jump skips: Like you are jumping to reach an apple on a tree but off 1 foot (alternate feet each jump)
 - Step-overs bringing knee up from the side and then inward: like you are stepping over a huge boulder
 - Step-overs bring knee up and outward to your side
 - Figure 4: Cross left ankle over right thigh, squat slightly and hold for 3 seconds. Release, take 2 steps, and repeat opposite leg.

EXPECT NOTHING EARN EVERYTHING

Weeks 1-2

Sunday: Endurance

2 mile run (8 laps around a track) - This should be performed at a moderate pace that you can *sustain* while pushing yourself, working with the "12 Minute Run" benchmark in mind.

Tuesday: Agility/Plyometrics

★ Perform 3 sets of each exercise with 60 seconds of rest between each set.

Exercise	# of Reps
Frog Jumps	10
Lunge Jumps (back and forth is 1)	10
Lateral Bounding (Double Leg)	10
Forward/Back Hop (Double leg)	10

★ Perform each of the next drills 3x. Keep time & beat your best time on each set!

Box
Weave

Wednesday: Speed

Length in yds or meters x # of sprints	Rest between each sprint
20 yd/m x 10	20 sec
40 yd/m x 8	30 sec
60 yd/m x 6	30 sec
80 yd/m x 4	45 sec
100 yd/m x 2	60 sec

Friday: Strength

- ★ Complete each exercise for 45 sec. with 10 sec. rest between exercises
- ★ Complete circuit 3 times with 60 sec. rest at end of each circuit

Exercise
Forward Lunge
Hip Thrusts
Clam Shells (45 sec. per side)
Single Leg Deadlifts (45 sec. per leg)
Burpees
Swimmers
Push-ups
Side Hip Bridge (45 sec. per side)

Weeks 3-4

Sunday: Endurance

3 mile run (12 laps around a track) - This should be performed at a moderate pace that you can *sustain* while pushing yourself, working with the "12 Minute Run" benchmark in mind.

Tuesday: Agility/Plyometrics

★ Perform 3 sets of each exercise with 60 seconds of rest between each set.

Exercise	# of Reps
Lunge Jumps	12
Tuck Jumps	12
Lateral Bounding (Single Leg)	10
Forward/Back Hop (single leg)	10

★ Perform each of the next drills 3x. Keep time & beat your best time on each set!

Star
Cross

Wednesday: Speed

Length in yds or meters x # of sprints	Rest between each sprint
100 yd/m x 1	100 yd/m light jog or walk
200 yd/m x 1	200 yd/m light jog or walk
300 yd/m x 1	300 yd/m light jog or walk
200 yd/m x 1	200 yd/m light jog or walk
100 yd/m x 1	100 yd/m light jog or walk

Friday: Strength

- ★ Complete each exercise for 45 sec. with 10 sec. rest between exercises
- ★ Complete circuit 3 times with 60 sec. rest at end of each circuit

Exercise
Back Lunge
Burpees
Clam Shells (45 sec. per side)
Sti-Tucks
Single Leg Hip Thrusts (45 sec. per leg)
Side Hip Bridge
Push-ups
Swimmers

Weeks 5-6

Sunday: Endurance

3 mile run (12 laps around a track) - This should be performed at a moderate pace that you can *sustain* while pushing yourself, working with the "12 Minute Run" benchmark in mind.

Tuesday: Agility/Plyometrics

★ Perform 3 sets of each exercise with 60 seconds of rest between each set.

Exercise	# of Reps
Frog Jumps	12
Lunge Jumps (back and forth is 1)	12
Lateral Bounding (Double Leg)	12
Forward/Back Hop (Double leg)	12
Tuck Jumps	12
★ Perform each of the next drills 3x. Keep time & beat your best time on each set!	
	Box
	Weave
	Cross

Wednesday: Speed

Length in yds or meters x # of sprints	Rest between each sprint
20 yd/m x 12	20 sec
40 yd/m x 10	30 sec
60 yd/m x 8	30 sec
80 yd/m x 6	45 sec
100 yd/m x 4	60 sec

Friday: Strength

- ★ Complete each exercise for 60 sec. with 20 sec. rest between exercises
- ★ Complete circuit 3 times with 60 sec. rest at end of each circuit

Exercise
Forward Lunge
Hip Thrusts
Clam Shells (60 sec. per side)
Single Leg Deadlifts (60 sec. per leg)
Burpees
Swimmers
Push-ups
Side Hip Bridge (60 sec. per side)

Weeks 7-8

Sunday: Endurance

4 mile run (16 laps around a track) - This should be performed at a moderate pace that you can *sustain* while pushing yourself, working with the "12 Minute Run" benchmark in mind.

Tuesday: Agility/Plyometrics

★ Perform 3 sets of each exercise with 60 seconds of rest between each set.

Exercise	# of Reps
Frog Jumps	15
Lunge Jumps	15
Tuck Jumps	15
Lateral Bounding (Single Leg)	12
Forward/Back Hop (single leg)	12
★ Perform each of the next drills 3x. Keep time & beat your best time on each set!	
	Star
	Cross
	Weave

Wednesday: Speed

Length in yds or meters x # of sprints	Rest between each sprint
100 yd/m x 1	100 yd/m light jog or walk
200 yd/m x 1	200 yd/m light jog or walk
300 yd/m x 1	300 yd/m light jog or walk
400 yd/m x 1	400 yd/m light jog or walk
100 yd/m x 2	100 yd/m light jog or walk

Friday: Strength

- ★ Complete each exercise for 90 sec. with 30 sec. rest between exercises
- ★ Complete circuit 3 times with 60 sec. rest at end of each circuit

Exercise
Back Lunge
Burpees
Clam Shells (90 sec. per side)
Sit-Tucks
Single Leg Hip Thrusts (90 sec. per leg)
Side Hip Bridge (90 sec. per leg)
Push-ups
Swimmers

EXPECT NOTHING EARN EVERYTHING

Explanations & Set-ups

Speed Days

- ★ Set up markers (such as cones) at the 10, 20, 30, 40, and 50 yard line of a football field. If you don't have a football field with lines, **measure a yard by using a big-sized walking step.**
- ★ 20 yard sprints will be to the 10 yard mark and back, 40 yard sprints will be to the 20 yard and back, etc.

Agility/Plyometrics

You must have proper form: Land as softly as you can on each exercise, with knees bent, making sure to keep knees facing forward rather than caved inward, not landing with your knees beyond your ankles and *freeze* in a balanced state for 1 second before the next jump. If you are falling over or unbalanced when you land, get balanced before attempting the next movement. Keep your head up looking in front of you and your posture tall.

- ★ **Frog Jumps:** With both feet on the ground, squat into a deep squat, then explode forward, hopping as far as you can, and landing softly with both feet on ground, knees bent.
- ★ **Lunge Jumps:** Start in lunge position, jump and land in lunge position with opposite leg forward. Continue to alternate legs without pausing for the given amount of time.
- ★ **Lateral Bounding:** Jump with both feet as far laterally (to the side) as you can. Land softly and jump quickly back to other side.
- ★ **Lateral Bounding (Single Leg):** Stand on Right foot, bend knee, then explode up to jump as far up and to the right as you can, landing on right foot. Immediately jump back to start, landing on Left foot. Jump continuously back and forth alternating feet.
- ★ **Tuck Jumps:** Stand on both feet. Jump as high as you can, tucking your knees up into your chest as you reach your peak height. Jump again immediately upon landing and continue for the allotted time.
- ★ **Forward/Back Hop:** Jump as high and far forward as you can, and immediately upon landing, jump backward.
- ★ **Forward/Back Hop (single leg):** Follow above directions, but jump with one leg at a time.

Strength-Circuit

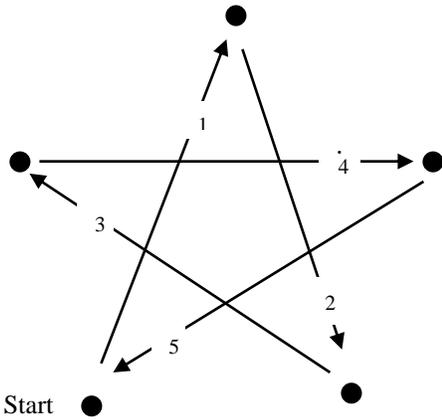
If you need further explanations for any of these exercises, please email Coach Evren Gunduz gunduze@doversherborn.org

- ★ **Clam Shells:** Lie on your right side with your knees and ankles together, with knees bent at about 90 degrees and hips bent about 90 degrees forming a "z" shape with your body. Open your legs, keeping your feet touching, by activating your upper glute muscle. Keep the motion slow and controlled. A more advanced version includes a stretchy band around your thighs just above your knee.
- ★ **Forward Lunge:** With hands on hips, lunge your right foot forward making sure your right knee stays stacked above right ankle, *not* beyond. Lightly touch your left knee to the ground and squeeze glutes to return to starting position. Alternate legs.
- ★ **Back Lung:** With hands on hips, lunge your right foot back making sure your left knee stays stacked above left ankle, *not* beyond. Lightly touch your right knee to the ground and squeeze glutes to return to starting position. Alternate legs.
- ★ **Hip Thrust:** Lie on your back with both feet on the ground and hands by your side. "Bridge" your hips up, using core/glute strength. Hold and contract glutes for 2 seconds, then lower to start.
- ★ **Single Leg Hip Thrust:** Lie on back with one foot on ground and one leg extended. Use grounded foot to bridge hips up. Hold and contract glutes for 2 seconds, lower to start.
- ★ **Single Leg Deadlifts:** Stand on right leg. Keeping back straight, bend at the hips and lightly touch your fingers to the ground on either side of your right foot while extending left leg straight behind you. Return to start keeping back straight and hinging from hips until you are standing straight up still balanced on your right foot. Complete 10 reps on one side, then switch legs.
- ★ **Sit-Tucks:** Lie on your back with legs straight out and arms crossed over chest. Use your core strength to bend your legs and bring knees up to meet your torso. Lower everything simultaneously but do not let head and feet touch ground – they hover above the ground throughout the entire set.
- ★ **Burpees:** Begin in a low squat position with hands on ground in front of you. Kick legs back into pushup position. Immediately return feet to squat position, leap up as high as you can and land softly back in the low squat position.
- ★ **Swimmers:** Lie on your back with your hands under your glutes and legs straight out. Lift your feet 6 inches off the ground and make small kicking swimmer motions with your feet up and down.
- ★ **Push Ups:** Hands should be directly under shoulders and elbows turned inward so that they rub against ribs as you lower down. Only lower down so that biceps are parallel to the ground. DO NOT go all the way down so that chest and chin are touching the ground: this is too far and can hyperextend your shoulders. If you cannot do pushups with proper form, do modified pushups using the same form described above but from your knees. Try to work up to doing regular pushups by the end of the summer.

EXPECT NOTHING EARN EVERYTHING

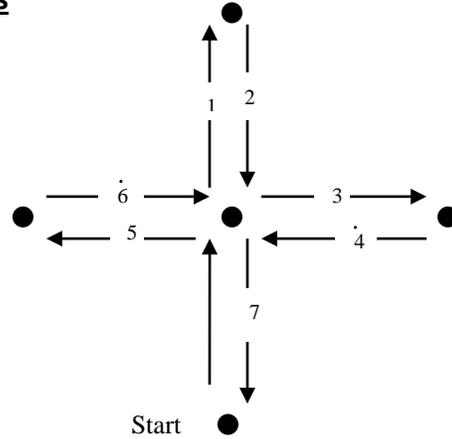
Agility

Star



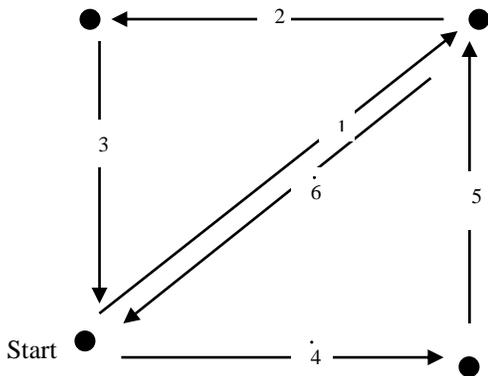
- Cones set up 10 yds. Apart
- 1, 2, 3 -Sprint
- 4 – Side shuffle
- 5 – Sprint
- Plant and pivot at each cone. Reverse direction Tuesday/Thursday

Cross



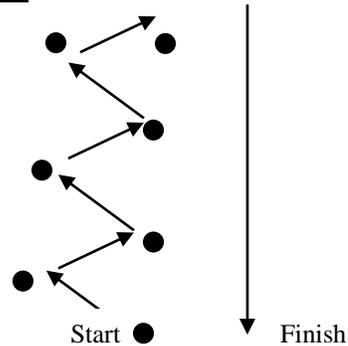
- Cones set up 5 yds. Apart
- 1 – sprint (all the way to far cone)
- 2 – back pedal
- 3 – side shuffle right
- 4 – side shuffle left (to center cone)
- 5 – turn and sprint to Left cone
- 6 – side shuffle right
- 7 – back pedal to start

Box



- Cones 7 yds. apart
- 1 – Sprint to far corner cone
- 2 – side shuffle left
- 3 – back pedal
- 4 – side shuffle right
- 5 – sprint
- 6 – pivot and sprint final diagonal

Weave



- Cones set up 3 yds. apart, in diagonal pattern.
- Sprint on diagonal to each cone, plant and pivot at each cone
- Sprint straight back to start at last cone.

Raider Endurance Development Chart

- ★ Use www.mapmyrun.com to map out your exact distance prior to the run or use a track
- ★ Work to **improve your pace** each week. To figure out your pace, divide your Time by your Distance (T/D)
- ★ Running with a group may be more motivating

	Distance	Time	Pace (min. per mile)
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			



EXPECT NOTHING EARN EVERYTHING