



US Soccer Referee Fitness Program

60 Day Fitness Test Training (Off Season)



The goal of this training plan is to provide individuals with a structured approach to developing the muscular strength, cardiovascular endurance, and explosive power specific to the FIFA Fitness Test. Unlike the “In Season” Fitness test training plan this plan will not incorporate field agility exercises. Instead this program will work to develop a base of muscular and cardiovascular fitness while preserving the central goal of individual preparation for the fitness test. In years past we have placed the training emphasis on being able to pass the FIFA Fitness Test. This has diverted our focus from the most important aspects of training, which is field specific strength and endurance. Throughout this upcoming year we will change this training focus and training progression to better prepare each referee (Athlete) for the competitive season. Both the “Off Season and In Season Fitness Test Training Plans” are intended to help struggling individuals pass the fitness test. Because of this, individuals who feel they are in adequate condition to pass the fitness test should use the “Off Season Training Plan”, instead of this plan. Like the “In Season Fitness Plan” this plan will count down towards the date of your fitness test. We encourage all individuals to start from day 60 and work down completing each week of training to their fullest potential. If you are unable to start from the beginning of the training plan count backwards from your fitness test date to find the appropriate start date. As I have said many times the key to your fitness is continued year long training. Please do not view this program as a 60 day quick fix for lack of training. I view the FIFA Fitness Test as the minimum acceptable fitness level for all individuals who are officiating matches. With this in mind every official should all be able to pass the fitness test at anytime during the year.

If you have questions please E-mail me (Bill Jordan) at William.Jordan@sru.edu

Training Information:

All individuals should be performing at least four training sessions per week. The number of training days performed each week will depend on the physical demands placed on your body, and personal lives. These training sessions will be broken down into three distinct training components: **warm-up, workout, and cool down**. Many different types of workouts will be recommended throughout the week. These workouts will include: active recovery, aerobic endurance, interval training, and sprinting workouts. During all training sessions, and match performances, I ask that you wear polar heart rate monitors and submit your data at the end of every month. I understand that each of you will have outside restrictions placed on your training routine, whenever possible perform the workout on the appropriate day. Furthermore, I have always told my athletes that they are their own best coach. This is especially true in this case because I am not there to directly coach you during any of your training sessions. The given training plan is simply a recommendation, and you are responsible for your own well being. Please adapt the recommended training program to best fit your own personal training needs. Remember recovery is a very important and necessary part of any training plan, especially during this time of year. Without appropriate recovery time after hard workouts sessions, your body will not regenerate muscle tissue as fast and will lead to over training injuries. During all running activities individuals should attempt to perform workouts on a forgiving surface, such as a soccer playing field, grass or 400 meter track. Individuals should avoid surfaces such as concrete and asphalt.

Ex. Week Long Training Plan Specific To The Test

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Active Recovery Stretching General Strength	Warm Up Aerobic Endurance Cool Down	Warm Up Interval Cool Down	Active Recovery Stretching General Strength	Warm Up Agility Sprint WO Cool Down	Warm Up Aerobic Endurance Cool Down	Warm Up Interval/ Practice Test Cool Down

Green = Recovery Low Intensity Training Day/Week (Not Physically Demanding)
 Yellow = Moderate Intensity Training Day/ Week (Some What Physically Demanding)
 Red = Hard or High Intensity Training Day/Week (Very Physically Demanding)



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Day -60

Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -59

Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -58

Moderate Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: 4 x 5min interval runs @ 80-85% of HRM
(2min easy jog or walking between reps)
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -57

Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -56

Sprint Endurance

- Warm Up: 15min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 3 sets of 4 x 75m accelerations building up to 90% of sprint max (rolling start)
Walk back recovery between reps and 2min between sets
- Cool Down: 15 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -55

Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 20 -30 min aerobic endurance running at 70 to 85% of HRM +
At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
This should be a moderate intensity running sessions be conservative during these first few distance workouts. In total you should cover at least 2 ¼ miles during this workout and no more than 3 ½ miles.
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -54 High Intensity Running

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: Interval Pace Runs:
12 X 150 meters @ 30 sec per interval and 35/40 sec res
The goal of this workout is to refresh your body to the feeling of the fitness test. Pay specific attention to the pace for each interval. This should be an easy introduction back to running on the track, be conservative with this workout. At the end of each repetition slowly run or jog into a walk, slowing down quickly will only waste energy. Practice timing your walking recovery so that you hit the line on the move.

Advanced Modification: Complete 16 reps or 8 laps of the test if you feel comfortable

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -53 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -52 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 -45 min aerobic endurance running at 70 to 75% of HRM
Perform this training session on a soft surface when possible
It is also recommended that you perform this workout as a moderate intensity running sessions; between 3.5miles and 4.5miles of total distance.
(Between 8.5 and 9.5 Min Mile Pace)
- Workout: 4 X50 Meter easy stride out
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -51 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: 6 min up tempo running at 80 to 85% HRM x 3 sets 2-3 min jogging recovery
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -50 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -49 Sprint Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: Zone Running

20m accelerating zone + 40m High Intensity Sprint Zone + 20m Cool down Zone

3 sets of 3 sprints @ 90% sprint max
Walk back recovery between reps and 4min between sets

Zone Running: The purpose of zone running is to focus on the top end speed and running form. This is done by breaking up the sprinting exercise into different zones, we will use 3 for this workout. The first will be an easy accelerations zone, during this zone the individuals will gradually accelerate from a stationary start to a high intensity sprint. This gradual acceleration is a key to this zone as it will decrease the potential for injury and help the athlete focus on running with front side mechanics. The second zone is the focus of the work; this zone is the top end speed. Throughout this zone individuals will run at a high sprint intensity while focusing on good running form. The third zone is a cool down zone; if individuals gradually decelerate they will decrease the stress placed on the muscles and joints.

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -48 Aerobic Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 3 mile timed run

The timed three mile run will help individuals assess their aerobic fitness and help individual understand the level of fitness necessary to be successful at the fitness test. During the fitness test you will cover about 3 miles in either 26 or 28 total minutes. I encourage athletes to set a goal of at least 24 minutes to complete the three mile run. (8min miles)

Individuals who have been training significantly for a long period of time should be able to surpass this time goal, and I would consider anything in the 21 minute range to be very good. (7min miles)

Although I would like this run to be performed at a slightly high intensity level, please do not view it as a all out road race. Try to push yourself a little out of your comfort level without causing any injury

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -47 Cross Training OR High Intensity Running

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility

If you are feeling tired and sore from yesterdays 3mile run use today as a moderate cross training exercise day. Getting into the pool or using non weight bearing exercise equipment would be preferred.

30min of activity in your heart rate zone should be sufficient to today's recovery.

If you feel that training is going well and you would like to use today as an extra interval workout day the following workout should be performed. Never the less please take caution when starting this workout.

- Workout: 2min running @ 85-90% HRM + 1min jogging recovery X 4 reps
 1min running @ 90% HRM + 30 sec jogging recovery X 8 reps

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -46 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -45 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 -45 min aerobic endurance running at 70 to 75% of HRM
Perform this training session of a soft surface when possible
Now that you have had a few days of preparation you can begin to increase the intensity and total distance incrementally over the next few weeks. Add ¼ to ½ of a mile to your previous workouts total. About 3.5 to 5 miles of total distance or About 8.5MIN Mile Pace
- Workout: 4X50 Meter easy stride out
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -44 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- High intensity Running
 - 5 min high intensity running @ 80% of max heart rate + 3 min jogging recovery
 - 4 min high intensity running @ 80% of max heart rate + 2 min jogging recovery
 - 3 min high intensity running @ 85% of max heart rate + 1 min jogging recovery
 - 2 min high intensity running @ 85% of max heart rate + 1min jogging recovery
 - 1 min high intensity running @ 90% of max heart rate
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -43 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -42 Sprint Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: Zone Running

20m accelerating zone + 40m High Intensity Sprint Zone + 20m Cool down Zone
3 sets of 3 sprints @ 95% sprint max
Walk back recovery between reps and 4min between sets

This is the same workout as last week but the intensity has been increased to 95%
Make sure you are prepared to run fast, (No Sprinting Without Sweating)

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -41 Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -40 Cross Training OR High Intensity Running

- Warm Up: 5 to 10min jogging/ swimming building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility

Optional Workout: Either Cross training or short interval workout

Option #1 Pool workout: Water Running

- 30sec water running 30 sec rest X10
2min easy swim between sets
- 45sec water running 30 sec rest X10
2min easy swim between sets
- 30sec water running 30 sec rest X10

Option #2 Interval Pace Runs:

16 X 150 meters @ 30 sec per interval and 35/40sec res

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -39 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -38 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 3 mile timed run

This workout is meant to be a check point for athletes. If you have been working hard and pushing yourself throughout the last few weeks your overall workout time should have slightly dropped. I encourage athletes to set a goal of at least 24 minutes to complete the three mile run. (8min miles) Individuals who have been training significantly for a long period of time should be able to surpass this time goal, and I would consider anything in the 21 minute range to be very good. (7min miles) Try to push yourself a little out of your comfort level without causing any injury.

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -37 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: High Intensity Field Exercise

- Workout: 3 Sets of 2 intervals,
 1. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
 2. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
 3. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
- Advanced Modification: Add a fourth set into the workout
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -36 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -35 Sprint Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: Zone Running

20m accelerating zone + 60m High Intensity Sprint Zone + 20m Cool down Zone
 3 sets of 3 sprints @ 95% sprint max
 Walk back recovery between reps and 4min between sets

This is the same workout as last week but the intensity has been increased to 95%
 Make sure you are prepared to run fast, (No Sprinting Without Sweating)

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -34 Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 45 to 60 min of continuous activity your choice
 Game play, biking, swimming, bleachers, etc (Low impact is preferred)
 Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -33 High Intensity Running

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: Interval Pace Runs:
 16-20 X 150 meters @ 30 sec per interval and 35/40 sec res

Individuals who feel that they can push themselves should try to complete the entire test

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -32 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups

- General Strength: 5 to 10 min core strength / mobility exercises

Day -31 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 20 -30 min aerobic endurance running at 70 to 75% of HRM
(100m moderate stride out at the end of every 5min period)
Perform this training session of a soft surface when possible
Between 2.5 miles and 3.75miles of total distance or 8 min mile pace
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -30 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- High Intensity Interval
 - 45 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 250M)
1min jogging recovery
 - 30 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 150M)
1min jogging recovery
 - 45 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 250M)
1min jogging recovery
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -29 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -28 Sprint Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: Perform each sprint at 90% of max sprint speed.
Start from a two point static starting position. The set up for the two point start is very important; your feet should be about 2 feet apart, with both feet facing forward (never turned to the side). Most importantly your arms and feet must move in opposition, this means if your right foot in forward start with your right arm in the back position. Although the movement out of this starting position should be performed aggressively, for this workout I would like you to slow down the first few steps and focus on positioning and posture. Remember your sprinting posture is very important, when you are accelerating your body will be tilted forward from the ankles, you should focus on lifting the knees in front of your hips and aggressively moving your arms through a big range of motion.

Backward jogging should be performed at low intensity to allow for recovery between each rep.

Advanced athletes should add a 80m sprint to each set.

- (20m sprint + 10m deceleration + 30m backward walk or jogging)

- (40m sprint + 10m deceleration + 50m backward walk or jogging)
- (60m sprint + 10m deceleration + 70m backward walk or jogging)
200m easy jogging
- (20m sprint + 10m deceleration + 30m backward walk or jogging)
- (40m sprint + 10m deceleration + 50m backward walk or jogging)
- (60m sprint + 10m deceleration + 70m backward walk or jogging)
200m easy jogging
- (20m sprint + 10m deceleration + 30m backward walk or jogging)
- (40m sprint + 10m deceleration + 50m backward walk or jogging)
- (60m sprint + 10m deceleration + 70m backward walk or jogging)
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -27 Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -26 Moderate Intensity Running

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Interval Pace Runs: Practice Test
16-20 X 150 meters @ 30 sec per interval and 30/35 sec res

Individuals who feel that they can push themselves should try to complete the entire test at 30/30 or 30/35 depending on their ability level.

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -25 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -24 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 -45 min aerobic endurance running at 70 to 75% of HRM
Perform this training session on a soft surface when possible
This should be a nice easy run at about 9 to 10 min mile pace
- Workout: 6 X 50 meter east stride out
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -23 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM

- Warm Up: 5 to 10min dynamic stretching and mobility
- High Intensity Workout: Perform one of the two listed workouts
Approximate distance should stay the same throughout the workout

Moderate Workout

- 30 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 150m)
- 45 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 200m)
- 60 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 250m)
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 2min jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery

Advanced Workout (For the advanced workout if you are able to surpass Apx. you will need to maintain that respective distance for each of the intervals of that time. I suggest building into the workout and slowly pushing the distance later in the workout rather than early on)

- 30 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 150m)
- 45 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 200m)
- 60 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 250m)
- 75 sec @ 85-95%HRM + 30 sec jogging recovery (Apx 300m)
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 2min jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -22 **Rest or Active Recovery**

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -21 **Sprint Endurance**

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Workout: Sprinting @ 90% of sprint max (A little less than all out sprinting)
 - 30m sprint + walk back recovery X3
 - 40m sprint + walk back recovery X3
 - 50m sprint + walk back recovery X3
 - 40m sprint + walk back recovery X3
 - 30m sprint + walk back recovery X3

Two point static start position, focus on the making the first few steps powerful and aggress

- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -20 Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 45 to 60min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down 5 to 10 min Static stretching and ABS

Day -19 High Intensity Running

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: Interval Pace Runs:
16-20 X 150 meters @ 30 sec per interval and 30/35 sec res
Focus on pace and tempo of the run, be relaxed make it feel easy. By this time you should know the pace well enough to run each interval without looking at your watch. At the end of each repetition slowly run or jog into a walk, slowing down quickly will only waist energy. Practice timing your walking recovery so that you hit the line on the move, the last thing you want to do is get their early and stand or be late and be behind the group.

Individuals who feel that they can push themselves should try to complete the entire test at 30/30 or 30/35 depending on their ability level.

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -18 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -17 Aerobic Endurance

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 20 min aerobic endurance running at 70 to 75% of HRM
Pace: 7.5 to 8 min mile pace, this will be an up tempo run
- Workout: 4 X50 Meter stride out
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -16 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout High Intensity
Intervals 200m @ 40sec X 10 reps or 5 laps of the track

Run 200m on track in 40sec then rest for 45 sec. You should walk around to stay loose but you will start the next rep the same place you finished the previous rep. The work out should be done by counting laps, two interval repetitions per lap and 5 total laps or as many as you are able to complete.

Advanced Modification: Add one additional lap if needed

- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -15 **Rest or Active Recovery**

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -14 **Sprint Endurance**

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Speed: 8 x 75m sprints with 1:30 rest between reps (Static Start Position)
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -13 **Cross Training**

- Warm Up: 5min jogging building up to 65% of HRM
- Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
 Game play, biking, swimming, bleachers, etc (Low impact is preferred)
 Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -12 **High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: High Intensity Interval
 45 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 250M)
 1min jogging recovery
 30 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 150M)
 1min jogging recovery
 45 sec @ 85-90%HRM + 30 sec jogging recovery X 4 reps (Approx 250M)
 1min jogging recovery
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -11 **Rest or Active Recovery**

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -10 **Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 min aerobic endurance running at 70 to 75% of HRM
Easy aerobic run about 10min mile pace
- Workout: 4 X 50 Meter stride out
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -9 High Intensity Interval Workout

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: Practice Fitness Test
Individuals should perform the fitness test as they will be required during the actual test
Advanced individuals should subtract 5 sec from their recovery time.
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -8 Rest or Active Recovery

- Warm Up: 10 to 15 min low intensity low impact movement
- Cool Down: 5 to 10 min static stretching, all major muscle groups
- General Strength: 5 to 10 min core strength / mobility exercises

Day -7 Sprint Endurance

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (Static start)
- Sprint speed: 4 x 50m hard acceleration 90-95% max speed (Static Start)
Rest = 1 min between each rep
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -6 Rest or Active Recovery

- Warm Up: 5 to 10 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

Day -5 Aerobic Endurance

- Warm Up: 5 jogging building up to 70% of HRM
- Warm Up: 5 easy dynamic stretching and mobility
- Workout: 20 min aerobic endurance running at 70 to 75% of HRM
Very easy run; the goal should be to loosen up the legs and get ready to run
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -4 Sprint Endurance

- Warm Up: 10 min jogging building up to 70% of HRM
- Warm Up: 10 min dynamic stretching and mobility
- Workout: 4 x 60m accelerations building up to 90% of sprint max (rolling start)
- Sprinting @ 90% of sprint max (A little less than all out sprinting)
6 X 60m from static start position, focus on the making the first few steps powerful
Your heart rate should return to 65% of HRM before the start of each rep.
- Cool Down: 10 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -3**EASY Tests Preparation**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Practice Starts: No more than 4 easy starts of about 20m
Focus on using proper form, Good arm drive, Long push with the legs, Progress the body from low to high as a unit, not rounding the back.
- Interval Practice: @ your race pace and rest
 - 150m @ 30 sec + your Rest + 150m @ 30 sec
 - 1min rest + 50m walking with your rest
 - 150m @ 30 sec + your Rest + 150m @ 30 sec
 - 1min rest + 50m walking with your rest
 - 150m @ 30 sec + your Rest + 150m @ 30 sec
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -2**Rest or Active Recovery**

- Warm Up: 5 jogging building up to 70% of HRM
- Warm Up: 5 easy dynamic stretching and mobility
- Workout: 30 min aerobic endurance running at 70 % of HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day -1**Travel Day**

- Warm Up: 10 jogging building up to 75% of HRM
- Warm Up: 5 easy dynamic stretching and mobility
- Workout: 4-6 easy stride outs 50meters max
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Test Day**Fitness Test Good Luck**

- Warm Up: 5 to 10 min jogging building up to 70% of HRM
- Warm Up: 5 to 10 min dynamic stretching and mobility
- Fitness Test: GOOD LUCK
- Cool Down: 5 to 10 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day +1**Rest or Active Recovery**

- Warm Up: 15 jogging building up to 75% of HRM
- Warm Up: 5 easy dynamic stretching and mobility
- Workout: 4-6 easy stride outs 50meters max
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Day +2**Rest or Active Recovery**

- Warm Up: 15 jogging building up to 75% of HRM
- Warm Up: 5 easy dynamic stretching and mobility
- Workout: 4-6 easy stride outs 50meters max
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

Core Strength Training Circuits

General Core

#1: Core Strength (Holds-ABS)

Prone Hold (Front)	2X45S
Side Plank + Outside leg lifts R/L	2X15E
Supine Hold (Back)	2X45S
Prone Hold Straight Leg Lift R/L	2X15E
Straight Leg Lift from Knees	2X15E
Straight Leg Circles form Knees	2X15E

#2: Core Strength (Hold-ABS)

Prone Plank (Front)	2X45S
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15
Side Plank Right	2X30S
Side Plank Left	2X30S
Straight Leg Lift from Knees	2X10E
Straight Leg Circles form Knees	2X10E

#3: Core Strength (Swiss Ball-Abs)

SB Lateral leg raises(Ball BT Feet)	2X10e
SB Weighted crunch	2X50
SB Russian Twist	2X50
SB Prone knee tuck and twist	2X10e
SB Table Top (1 Leg)	2X30S
Leg lift and push to sky	2X25
Jack Knives	2X20E

#4: Core Strength (Swiss Ball-Hold)

SB Double leg lift (on the ball)	2x10e
SB Weighted crunch	2x50
SB Russian Twist	2X50
SB Prone pike press	2x10
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15

#5: Core Strength (High Bar Hang-Hold)

HB Side To Side Knee Tucks	2X20
HB Front Knee Tuck	2X20
HB Side To Side Knee Rotation	2X20
HB Front L or Knee Hold	2X30Sec
Prone Hold (Front)	X45S
Supine Hold (Back)	X45S
Prone Hold Leg extension R/L	X15E

#6: Core Strength (ABS)

Leg lift and push to sky	2X25
Lateral leg lifts (windshield wipers)	2X25E
Bike Crunch	2X50 total
Russian Twist	2X50 total
Crunches	2X50
Straight Leg Lift from Knees	2X10
Straight Leg Circles form Knees	2X10E

General Strength:

#1: General	Inside Leg Lifts R/L	X10E
	Out side leg lifts R/L	X10E
	Side Plank	2X45S
	Prone and Supine	2X60S
	Prone Hold Leg extension R/L	X10PE
	Supine Hold Leg Extension R/L	X10PE
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#2: General	Prone Opposite Arm and Leg	2X10
	Side Plank Right	2X30S
	Lower Body Crawl	2X10
	Side Plank Left	2X30S
	Prone Double Arm Raise	2X10
	Prone Plank	2X30S
	Prone Straight Leg Lifts	2X10
	Supine Plank	2X30S
	Prone Scissors	2X10
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#3 General	Prone Plank	2X30S
	Straight Leg Lift from Knees	2X10E
	Supine Plank	2X30S
	Leg Kicks from Knees	2X10E
	Side Plank Right	2X30S
	Straight Leg Circles form Knees	2X10E
	Side Plank Left	2X30S
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#4 General	Prone Opposite Arm and Leg	2X10
	Lower Body Crawl	2X10
	Superman	2X10
	Prone Straight Leg Lifts	2X10
	Prone Scissors	2X10
	Straight Leg Lift from Knees	2X10E
	Straight Leg Circles form Knees	2X10E
Leg Kicks from Knees	2X10E	
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#5 General	Prone Arm Hold Straight Leg Lifts	2X10
	Supine Arm Hold Straight Leg Lifts	2X10
	Lateran Arm Hold Leg Lifts Right	2X10
	Lateran Arm Hold Leg Lifts Left	2X10
	Straight Leg Circles form Knees	2X10E
	Leg Kicks from Knees	2X10E
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Swiss Ball Abdominal Workouts:

1# SWISS BALL	FRONT WALL SLIDE	2X15
	1-LEG SQUAT	2X10E
	1-LEG LEG CURL	2X10E
	LATERAL SCISSORS R/L	2X10E
	PUSH-UP (1-LEG ON BALL)	2X8
	PRONE PIKE + PRESS	2X10
	CRUNCH - WT OVRHEAD	2X30
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2# SWISS BALL	SUPINE KNEE RAISE	2X15
	LATERAL LEG RAISE	1X15E
	SUPINE SISSORS	1X15E
	PRONE PRESS OUT (HANDS)	2X15
	PRONE WALK-OUT (FEET)	2X15
	PUSH-UP	2X20
	WEIGHTED CRUNCH	2X50
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3# SWISS BALL	PRONE LEG TUCK/PRESS	2X20
	PRONE SKIIER	2X20
	1-LEG BRIDGE	2X30SE
	1-LEG CURL	2X10E
	3-POINT BALANCE	2X30S
	2-POINT BALANCE	2X30S
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4# SWISS BALL	SUPINE KNEE RAISE	2X15
	PRONE LEG TUCK	2X15
	PRONE ROTATION	2X10
	PRONE ROCKING	X10
	BRIDGE ARMS X CHEST	2X10
	TABLE TOP L/R LEG EXT	1X30SE
	DOUBLE LEG CURLS	2X10
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#5 SWISS BALL	LATERAL LEG RAISES ON THE BALL	2X10E
	DOUBLE LEG LIFT ON THE BALL	2X10E
	SINGLE LEG SQUAT	2X10E
	CRUNCHES W/ MB	2X50
	PUSH-UPS	2X20
	RUSSIAN TWIST W/MB	2X50
	1 LEG CURL	2X10E
	3 POINT BALANCE	2X30S
2 POINT BALANCE	2X30S	
