



# Century College Men's Soccer 2015 Fitness & Conditioning Program

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 *"Century College Soccer"*



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# 2015/16 Century College Men's Soccer

*2013 NJCAA Region XIII Champions; 2013 NJCAA District C Champions  
2013 NJCAA National Tournament Appearance; 2014 NJCAA Region XIII Champions  
#10 Ranked NJCAA National Polls; 2009, '10, '12 NJCAA Region XIII Runner-Up*

Welcome to the Century College!

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually DOES the workouts and develops good personal fitness habits. There is a significant difference between making a decision to get fit today and making a commitment to being a fit person over the entire offseason or even for a lifetime.

Any soccer training program should be based on one simple observation: soccer is a game that requires you to run, run a lot, and run and move in many different ways. Any time you are focusing on soccer-specific fitness, you should be doing one of two things - either 1) playing a lot or 2) replicating the physical demands of soccer in your training routine.

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

***\* Always start the week off by doing workout #1 first! If you are expected to work out more than once a week, make sure you do the workouts in sequential order i.e. workout #1, workout #2, and 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 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 the Strength and Fitness Program on Monday, May 25, 2015.**

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:



**Dave Palmer**  
**Men's Soccer - Head Coach**  
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[www.century.edu/mensoccer](http://www.century.edu/mensoccer)

# Century College Men's Soccer

## 2015 Fitness & Conditioning Program

Be sure that a warm-up and stretch is completed before you start each conditioning session. A sufficient warm-up should last at least 5-10 minutes and allow you to break a sweat. Following the warm-up spend another 5-10 minutes stretching. After completing the workout spend another 5-10 minutes stretching to decrease muscle soreness.

**Descriptions of exercises are in the back of this program packet.**

<b>May 25 – May 31</b>			
<b>Cardio Workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
1	1 Mile Run @ 8:00 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 25 full situps, 5 x 25 pushups
2	2 Mile Run @ 8:00 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 25 full situps, 5 x 25 pushups

<b>June 1 – June 7</b>			
<b>Cardio Workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
1	1 Mile Run @ 8:00 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 25 full situps, 5 x 25 pushups
2	2 Mile Run @ 8:00 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 25 full situps, 5 x 25 pushups

<b>June 8 – June 14</b>			
<b>Cardio Workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
1	1 Mile Run @ 7:30 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 30 full situps, 5 x 25 pushups
2	2 Mile Run @ 7:30 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 30 full situps, 5 x 25 pushups

<b>June 15 – June 21</b>			
<b>Cardio Workout #</b>	<b>Exercise 1</b>	<b>Exercise 2</b>	<b>Exercise 3</b>
1	1 Mile Run @ 7:30 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 30 full situps, 5 x 25 pushups
2	2 Mile Run @ 7:30 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 30 full situps, 5 x 25 pushups

**Cardio  
Workout #**

**June 22 – June 28**

**Exercise 1**

**Exercise 2**

**Exercise 3**

1	1 Mile Run @ 7:00 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups
2	2 Mile Run @ 7:00 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups

**Cardio  
Workout #**

**June 29 – July 5**

**Exercise 1**

**Exercise 2**

**Exercise 3**

1	1 Mile Run @ 7:00 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups
2	2 Mile Run @ 7:00 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups

**Cardio  
Workout #**

**July 6 – July 12**

**Exercise 1**

**Exercise 2**

**Exercise 3**

1	1 Mile Run @ 7:00 min/mile pace (Monday, Wednesday, Friday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups
2	2 Mile Run @ 7:00 min/mile pace (Tuesday, Thursday)	10 x 80 yrd Sprints	5 x 30 situps, 5 x 30 pushups

**Cardio  
Workout #**

**July 13 – July 19**

**Exercise 1**

**Exercise 2**

**Exercise 3**

1	2 Mile Run @ 7:30 min/mile pace	Two Tower, Compass & Funnel Runs	Body Circuit Training
2	Test 4 (2 x 400m, 300m, 200m)	Test 1 Shuttle Run - 3 Sets	Body Circuit Training
3	3 Mile Run @ 7:30 min/mile pace	120's	Body Circuit Training
4	1100 yrd Shuttle Run	5–10–5 Ladders & Funnel Run	Body Circuit Training

**Cardio  
Workout #**

**July 20 – July 26**

**Exercise 1**

**Exercise 2**

**Exercise 3**

1	Test 1 Shuttle Run – 4 Sets	120's	Body Circuit Training
2	Test 5 (1 mile 6 min/1/2 mile 3 min) 400m (1:20)/200m (35s)/100m (15s)	Two Tower Run & Funnel Run	Body Circuit Training
3	2 Mile Run @ 7:00 min/mile pace	Hand Run, 5–10–5 Ladder Run	Body Circuit Training
4	3 Mile Run @ 7:30 min/mile pace	300 Yrd Shuttle Run	Body Circuit Training

**Cardio  
Workout #**

**July 27 – August 2**

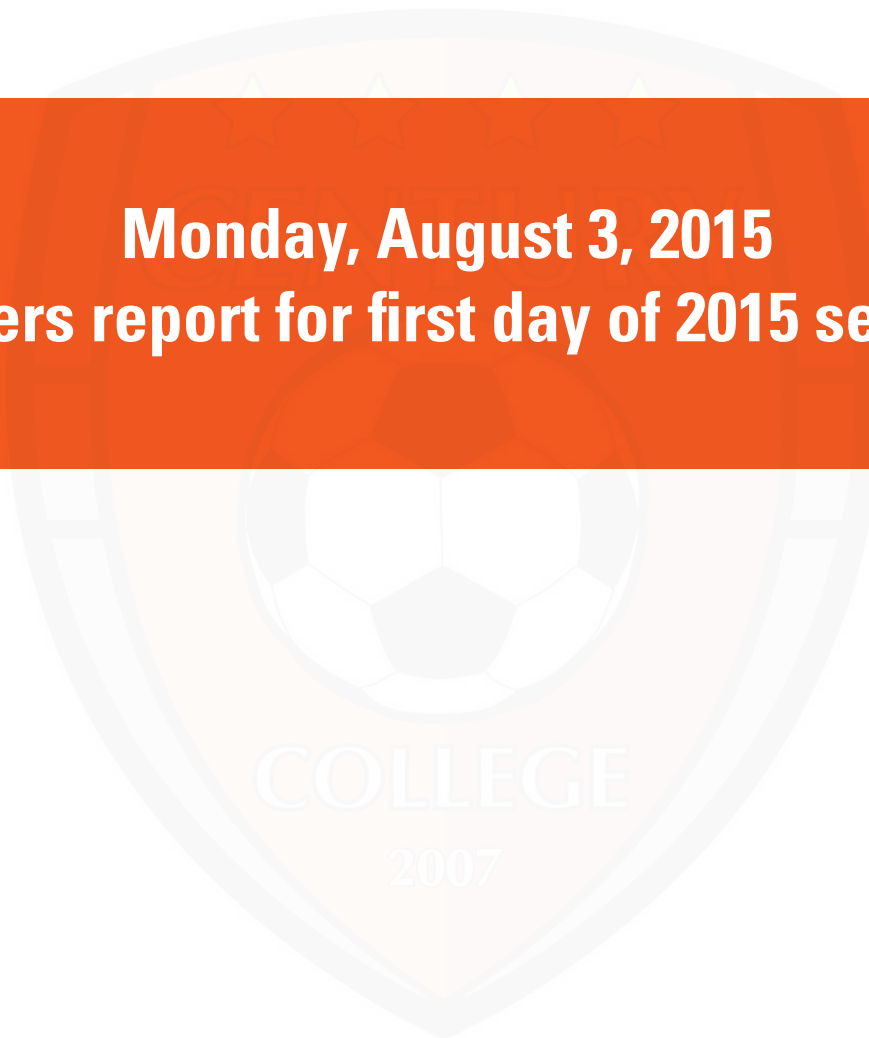
**Exercise 1**

**Exercise 2**

**Exercise 3**

1	Test 1 Shuttle Run – 4 Sets	120's	Body Circuit Training
2	Test 5 (1 mile 6 min/1/2 mile 3 min)	3 Half Laps - 30 sec on/off	Body Circuit Training
3	1100 yrd Shuttle Run	10 x 25 situps, 3 x 25 pushups	Hand & Funnel Runs
4	Test 4 (2 x 400m, 300m, 200m, 100m)	10 x 25 situps, 3 x 25 pushups	Body Circuit Training

**Monday, August 3, 2015**  
**Players report for first day of 2015 season.**



# 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 dead lift 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.

## 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 Pushups

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

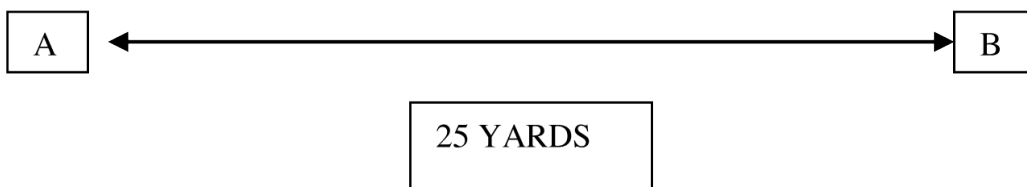
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## SPEED AND AGILITY DRILLS

### 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.**



# SPEED AND AGILITY DRILLS

## 120's

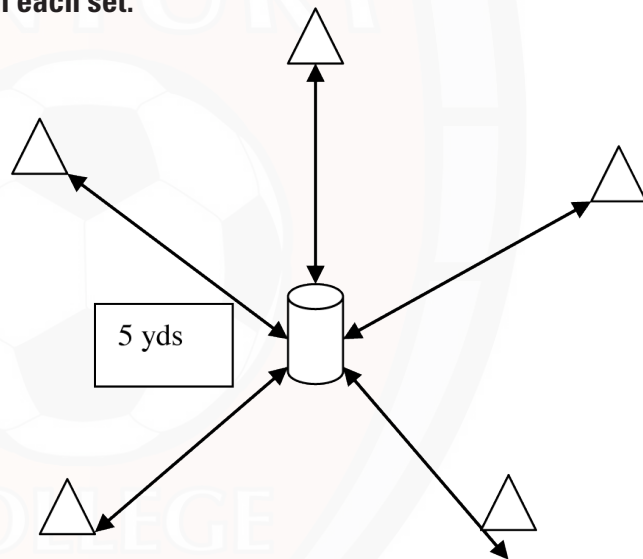
120's are a test designed to measure a player's ability to run longer distances. 120 yards is the equivalent to the length of a normal soccer field. The player starts at one end of the field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves 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).

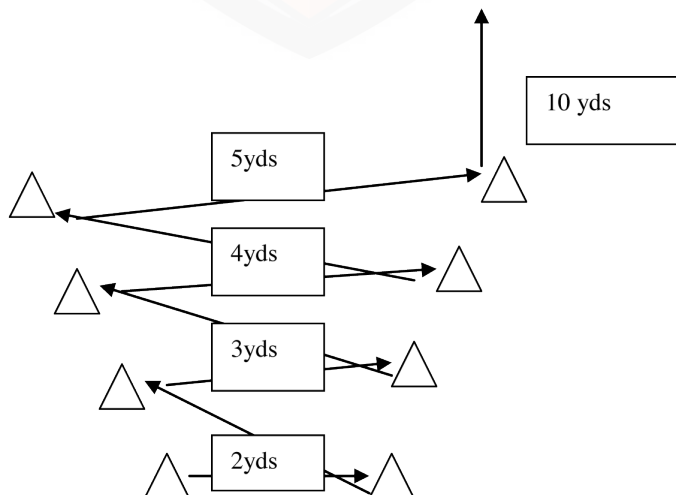
**Repeat 5 times with a 30 second break between each set.**



## 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**

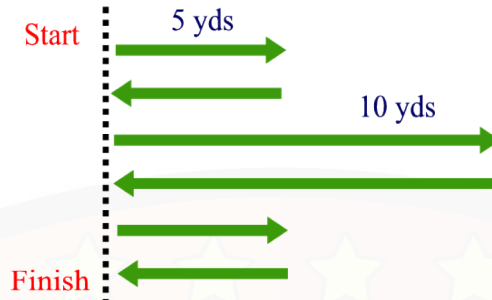




## 5-10-5 Short Ladders

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.

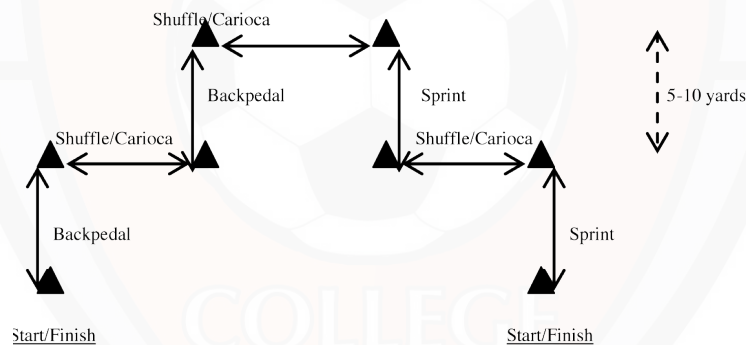
**Repeat 8 times**



## 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**

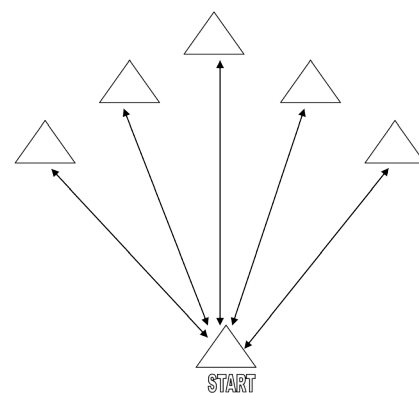


## Hand Run

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

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

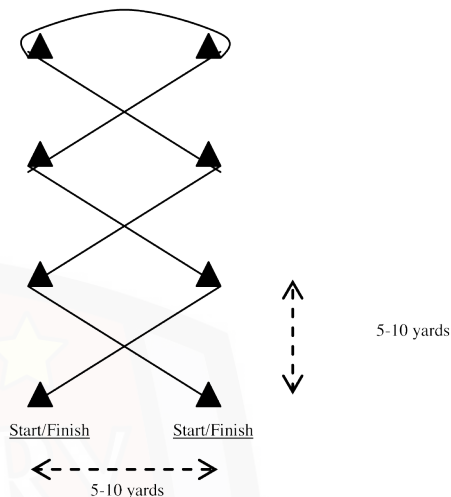
1<sup>st</sup> (7 yards)    2<sup>nd</sup> (8 yards)    3<sup>rd</sup> (9 yards)    4<sup>th</sup> (8 yards)    5<sup>th</sup> (7 yards)



## 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.

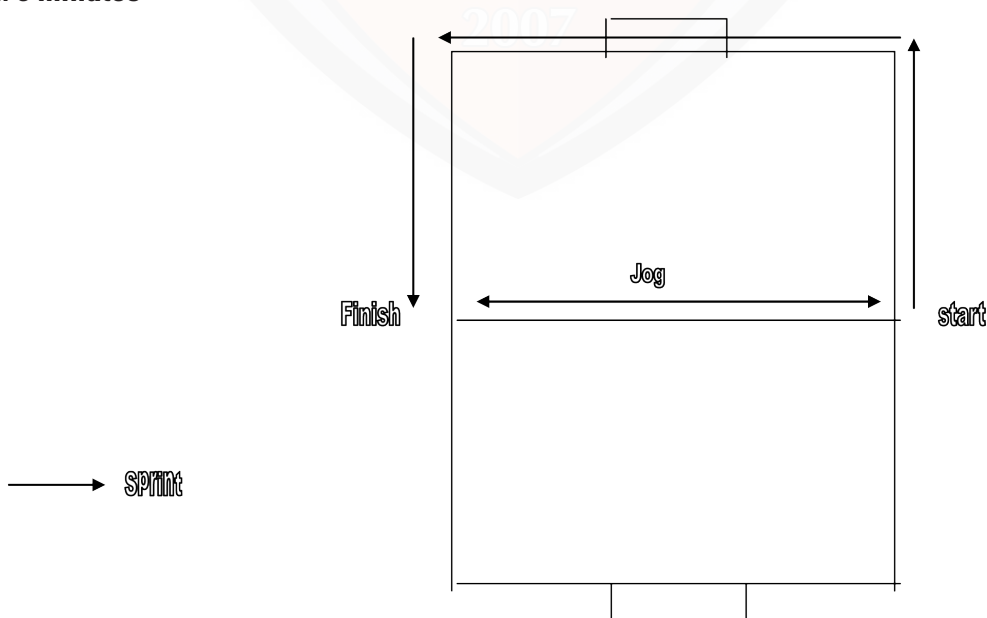
**Time Limit: 30 seconds**

**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 1st cone and back, and then to the 2nd cone and back, 3rd cone and back, 4th cone and back, 5th cone and back, 6th and back, 7th and back. After each run your heart rate will be around 90% - 95% of your maximum heart rate.

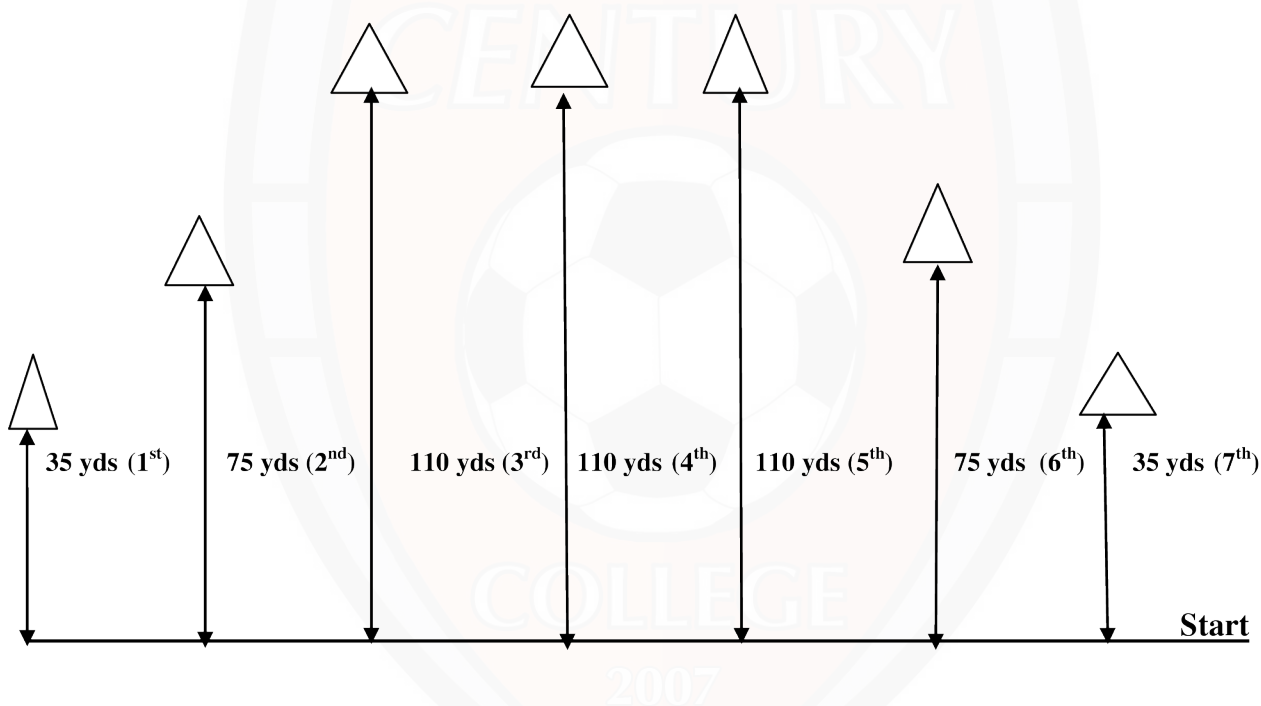
**Time Limit: 4 minutes**

**Rest Period: 2 minutes**

**Repetition: 4 shuttles**

**Workload: 4400 yds**

**Time Duration: 22 mins**



# CENTURY COLLEGE OFFSEASON & SUMMER FITNESS TESTS

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

## Test 1

### 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 1st cone and back, and then to the 2nd cone and back, 3rd cone and back, 4th cone and back, 5th 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.
- 5 Shuttles completed = good level of fitness.
- 6 Shuttles completed = excellent level of fitness.

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## 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

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## 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

### 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!

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## 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!

## 2015 SCHEDULE

DATE	OPPONENT	SITE	TIME
Aug. 19	University of Minnesota (EXH.)	Century	6:30 pm
Aug. 22	North Iowa Area CC (EXH.)	Century	2 pm
Aug. 23	at Hamline University (EXH.)	St. Paul, MN	4 pm
Aug. 26	at Bethel University (EXH.)	Roseville, MN	4 pm
Aug. 28	University of Wisconsin-Superior	Century	5 pm
Sept. 2	Anoka-Ramsey CC	Century	4 pm
Sept. 4	at Riverland CC*	Austin, MN	3 pm

### *Minnesota Kickoff Classic Tournament - Dakota County Technical College*

Sept. 5	TBA	Rosemount, MN	TBA
Sept. 6	TBA	Rosemount, MN	TBA
Sept. 7	TBA	Rosemount, MN	TBA
Sept. 9	at Dakota County Technical College	Rosemount, MN	7 pm
Sept. 13	Bismarck State College (Red River Cup - Leg 1)*	Century	11 am
Sept. 15	Gustavus Adolphus College	Century	4 pm
Sept. 23	Dakota County Technical College	Century	3 pm
Sept. 26	at Lake Superior College*	Duluth, MN	3 pm
Sept. 27	at College of St. Scholastica	Duluth, MN	2 pm
Sept. 29	at Anoka-Ramsey CC	Coon Rapids, MN	4 pm
Oct. 2	Riverland CC*	Century	4 pm
Oct. 4	Lake Superior College*	Century	12 pm
Oct. 11	at University of Wisconsin-Superior	Superior, WI	11 am
Oct. 13	at Gustavus Adolphus College	St. Peter, MN	4 pm
Oct. 17	at University of Jamestown	Jamestown, ND	2 pm
Oct. 18	at Bismarck State College (Red River Cup - Leg 2)*	Bismarck, ND	10 am

### *NJCAA Region XIII Tournament - Rochester Community Technical College*

Oct. 24	TBA	Rochester, MN	TBA
Oct. 25	TBA	Rochester, MN	TBA

### *NJCAA District C Tournament - TBA*

### *NJCAA National Championship Tournament - Herkimer County CC (NY)*

*"You will get out of your college experience exactly what you put into it."*

