

Basic Endurance and Acclimatization Program

This program is designed for youth football players that are not ready for high intensity outdoor activities due to poor acclimatization and poor physical fitness (couch potatoes). The sheet can be given out to any player that you deem needs it. The program is a four week program that requires the player to do two weekly one hour sessions. Thirty minutes of the session will be a moderate intensity workout and the last thirty will be an acclimatized resting period. The goal of this workout is two fold:

- 1) Increases endurance level.
- 2) Acclimatizes player to be prepared for increased outdoor activities.

1st Week (Two times with at least one day between each work and no more then three days).

Conduct workout in the early morning hours (6 am to 9 am) or early evening hours (4 am to 8 am).

Active Work/Active Rest Work Out Period (30 minutes)

(Note: you will need a stop watch or watch that will allow you to time 1 minute and 5 minute segments as well as the 30 minute work out period). If you have a stop watch use a Split Timer if you have it as it will record each segment of the workout).

5 minutes Fast Walk (20 to 50% of full speed)

1 minute Jog (jog is 40 to 65% of full speed),
4 minutes Fast Walk

1 minute Jog
4 minutes Fast Walk

1 minute Jog
4 minutes Fast Walk

1 minute Jog
4 minutes Fast Walk

1 minute Jog
4 minutes Fast Walk

Acclimatization Period (30 minutes)

10 minutes Standing outside (can be under shade). Hydrate with 8 to 16oz of fluid (water or sports drink)

20 minutes Seated outside (can be under shade). Hydrate with 8 to 16oz of more fluid (water or sports drink)

2nd Week (Two times with at least one day between each work and no more then three days).

Conduct workout in the early morning hours (6 am to 9 am) or early evening hours (4 am to 8 am).

Active Work/Active Rest Work Out Period (30 minutes)

(Note: you will need a stop watch or watch that will allow you to time 1 minute and 5 minute segments as well as the 30 minute work out period). If you have a stop watch use a Split Timer if you have it as it will record each segment of the workout).

5 minutes Fast Walk (20 to 50% of full speed)

2 minute Jog (jog is 40 to 65% of full speed),
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

Acclimatization Period (30 minutes)

10 minutes Standing outside (can be under shade). Hydrate with 8 to 16oz of fluid (water or sports drink)

20 minutes Seated outside (can be under shade). Hydrate with 8 to 16oz of more fluid (water or sports drink)

3rd Week (Two times with at least one day between each work and no more than three days).

Conduct workout in the mid-noon to late afternoon hours (11 am to 4 pm).

Active Work/Active Rest Work Out Period (30 minutes)

(Note: you will need a stop watch or watch that will allow you to time 1 minute and 5 minute segments as well as the 30 minute work out period). If you have a stop watch use a Split Timer if you have it as it will record each segment of the workout).

5 minutes Fast Walk (20 to 50% of full speed)

2 minute Jog (jog is 40 to 65% of full speed),
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

2 minute Jog
3 minutes Fast Walk

Acclimatization Period (30 minutes)

15 minutes Standing outside (can be under shade). Hydrate with 8 to 16oz of fluid (water or sports drink)

15 minutes Seated outside (can be under shade). Hydrate with 8 to 16oz of more fluid (water or sports drink)

4th Week (Two times with at least one day between each work and no more than three days).

Conduct workout in the mid-noon to late afternoon hours (11 am to 4 pm).

Active Work/Active Rest Work Out Period (30 minutes)

(Note: you will need a stop watch or watch that will allow you to time 1 minute and 5 minute segments as well as the 30 minute work out period). If you have a stop watch use a Split Timer if you have it as it will record each segment of the workout).

5 minutes Fast Walk (20 to 50% of full speed)

1 minute Run (jog is 65% to 100% of full speed),
4 minutes Fast Walk

1 minute Run
4 minutes Fast Walk

1 minute Run
4 minutes Fast Walk

1 minute Run
4 minutes Fast Walk

1 minute Run
4 minutes Fast Walk

Acclimatization Period (30 minutes)

20 minutes Standing outside (full sun). Hydrate with 8 to 16oz of fluid (water or sports drink)

10 minutes Seated outside (can be under shade). Hydrate with 8 to 16oz of more fluid (water or sports drink)

This work out is only intended to bring a player that is poorly prepared for physical workouts in outdoor environments up to a satisfactory level of performance. It is not intended to maximize a players ability but to simply acclimatize them as well as increase their endurance level to a minimum level of performance. The work out is intended for players that could not perform a full football practice in above average heat conditions. This work out will allow them to both increase their aerobic capacity and slowly acclimatize them to the environment they will be conducting practices in.

I have used this very same program for five years and I have gotten very good results from it when the players in question stuck to the work out. One of the many problems we face as youth football coaches is dealing with players that are simply unable to perform on the field for the full practice due to not be able to physically handle the climate and the physical load. This is due to the players in question not being outside enough during the off season and not having a more active lifestyle. I have found that this program allows me to get the players to a minimum level of performance (being able to complete a full football practice outdoors).

Coach Gregory