

Endurance and Acclimatization Program

This program is designed for youth football players that are ready for high intensity outdoor activities and need additional acclimatization and endurance for the upcoming season. The sheet can be given out to any player that you deem needs or want 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 Run (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)

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)

3 minutes Fast Walk (20 to 50% of full speed)
2 minute Run (is 65% to 100% of full speed),

2 minute Run
3 minutes Fast Walk

2 minute Run
3 minutes Fast Walk

2 minute Run
3 minutes Fast Walk

2 minute Run
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 Run (65% to 100% of full speed),
3 minutes Fast Walk

2 minute Run
3 minutes Fast Walk

2 minute Run
3 minutes Fast Walk

2 minute Run
3 minutes Fast Walk

2 minute Run
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)

3 minute Run (is 65% to 100% of full speed),
7 minutes Fast Walk

3 minute Run
7 minutes Fast Walk

2 minute Run
3 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 intended to improve an already well conditioned player that is needs or desires additional preseason training to be prepared for physical workouts in outdoor environments at a high level of performance. It is intended to maximize a players ability and increase their acclimatization so they can get the most out of every practice.

I have used this program for three years and I have gotten great results from it when the players in question stuck to the work out. This is a great way to push player's endurance levels up that is simple to follow and allows them to slowly increase their gains.

Coach Gregory