

Week 1	Week 2	Week 3
Aerobic Capacity - Primary		Aerobic Power - Primary
Aerobic Power - Secondary		
Day 1	Day 1	Day 1
Intensive Long Intervals	intensive long intervals	intensive long intervals
100% MAS	102.5% MAS	105% MAS
1 min reps to individual distance	1 min reps to individual distance	1 minute reps to individual distance
2 min active recovery at 60% MAS	2 minutes active recovery at 60% MAS	2 minutes active recovery at 60% MAS
10 reps	10 reps	10 reps
(Measure distance before start ie. 60sec x MAS)		
Day 2	Day 2	Day 2
Aerobic Plyometrics	Aerobic Plyometrics	Long Interval Dribbling Track
70% Max HR	70% Max HR	90% Max HR
20minutes	30 minutes	cutting and drbling course (be creative)
8 reps per exercise	10 reps per set	5 minutes work, 2 minutes walk
Rest based on HR	Rest based on HR	3 sets
Exercises: Box Jump, Medball slam, SL pogo, Medball chest throw skater hops.		
Day 3	Day 3	Day 3
Heart Rate Fartlek	Heart Rate Fartlek	Aerobic Plyometrics
75% Max HR	80% Max HR	75-80% Max HR
45 min	50 min	30 minutes
slowly build up to 75% Max HR	slowly build up to 80% Max HR	5 reps per set (es if applicable)
Recover to 60% Max HR before building back up		Rest based on HR
Running to 50m and back continuously		Exercises: Bounds, Explosive Pushups, Baby heidens, Medball throws

MAS based off 5 minute test, beep test, etc.

*m/sec

Week 4	Week 5	Week 6	Notes:
Anaerobic Capacity			
Day 1	Day 1	Day 1	
Intensive Eurofit 110% MAS 20 sec run, 20 sec rest 8 reps 4 sets, 2 min active recovery 50% MAS between sets (Measure distance before start ie. 20*sec x (110% xMAS))	Intensive Eurofit 120% MAS 15 sec run, 15 sec rest 10 reps 4 sets, 2 min active recovery 50% MAS between sets	Intensive Eurofit 130% MAS 10 sec run, 10 sec rest 12 reps 4 sets, 2 min active recovery 60% MAS between sets	
Day 2	Day 2	Day 2	
Long Interval Dribbling Track 92.5% Max Hr cutting and drbling course 5 min work, 2 min walk 3 sets	Long Interval Dribbling Track 95% Max Hr cutting and drbling course 5 min work, 2 min walk 3 sets	Long Interval Dribbling Track 97.5% Max Hr cutting and drbling course 5 min work, 2 min walk 3 sets	
Day 3	Day 3	Day 3	
Repeat Sprint Ability 95-100% Max HR 60m x 8 reps 3 sets 1440 m total 10 sec rest between reps 5 min rest between sets	Repeat Sprint Ability 95-100% Max Hr 60m x 8 reps 4 sets 1920m total 10 sec rest between reps 7 min rest between sets	Repeat Sprint Ability 95-100% Max Hr 70m x 10 reps 3 sets 2100m total 20 seconds between reps 10 min rest between sets	