

## Conditioning Program for Team Sports

- Important components of sport-related fitness include:
  - Flexibility
  - Agility
  - Aerobic endurance
  - Anaerobic endurance
  - Muscular strength
  - Muscular endurance
  - Power

- A comprehensive fitness program should address each of these elements.

<u>Aerobic Training</u>	<u>Anaerobic Training</u>	<u>Muscular Fitness Training</u>
Low Intensity Training High Intensity Training* Recovery Training	Speed Training Speed Endurance Training*	Muscular Strength Training* Muscular Endurance Training Power Training* Flexibility Training

\* Not intended for athletes approximately 13-14 years and under

- Nutrition – Eating for Peak Performance

### Explanation of Fitness Program Elements:

- **Low Intensity Aerobic Training** – (60-80% of max HR), Long slow endurance workouts, or drills
- **High Intensity Aerobic Training** – (80-95% of max HR), develops cardiovascular endurance at a higher level of intensity, leg/upper body strength, leg/upper body speed, and muscular endurance.
- **Recovery Training** – (60-70% of max HR), Low intensity exercises, activities, the day after a hard training day, allowing the body to recuperate and become stronger.

*Key elements depending on fitness level include: Frequency, Intensity, Time (Duration)*

- **Speed Training** – Improving running speed and efficiency, through short intense bouts of sprinting or interval training. Included are acceleration sprints and sprint training
- **Speed Endurance Training** – Designed to improve the athlete’s ability to perform high intensity running repeatedly during competition. “Work: rest ratio” is 1:2 or 1:3.

*Key elements depending on fitness level include: Intensity during work interval, Time of work interval, Repetitions of work interval, Length of time of rest interval, Length of time of rest interval, Activity (if any) during rest interval.*

- **Muscular Strength Training** – Improving the overall strength of the muscle defined by the maximal weight that can be lifted one time.
- **Muscular Endurance Training** – Improving the measure of a muscle, or muscle group. Ability to sustain repeated movements, an essential fitness component of sports. The goals of muscle endurance training are to: improve the muscle’s capacity to sustain intense activity, and to decrease the recovery time needed by a muscle after intense activity.
- **Muscular Power Training** – Power is the product of strength and speed of movement. It is the explosive aspect of strength, and provides a measure of how quickly you can display strength through range of motion. (Power = (force x distance) / time).

*Key elements depending on fitness level include: Repetitions, Sets, and Frequency*

# Sample Year-Round Training Plan

## □ Off Season Goals and Methods:

1. Develop a high level of aerobic endurance  
**Methods** – Distance training, fartlek, interval training
2. Develop overall strength, flexibility, and agility  
**Methods** – Total body strength training program including upper and lower body  
Incorporate flexibility exercises and agility drills.
3. Training should include cross training by incorporating bicycling, swimming, running, etc.
4. Instruct and develop good nutritional plans and concepts.

## □ Pre-Season Goals and Methods:

1. Maintain aerobic fitness base. Increase anaerobic threshold by the use of “quality” high intensity training. The focus of preseason conditioning should be to sharpen skills and develop game specific fitness.  
**Methods** – Interval workouts on and off track, Hill running, sport specific workouts to improve fitness and sharpen skills. Use longer work intervals (2-5 minutes): do not allow full recovery between work sessions.
2. Emphasis gradually shifts from general strength training to training for power and muscular endurance. Incorporate plyometric exercises and sport specific movements into workouts.  
**Methods** – Split muscular fitness workouts between the weight room and the practice field (plyometrics).
3. Maintain flexibility conditioning

## □ In-Season:

1. Maintain optimal levels of aerobic and anaerobic fitness. Train for sport-specific speed.  
**Methods** – Reduce training volume; focus on quality, anaerobic training and speed. Incorporate shorter workout intervals (30-60 seconds) at maximum intensity.
2. Emphasis power and speed; maintenance in muscular strength and endurance.  
**Methods** – High Intensity training with the ball. One or two maintenance strength workouts per week (depending on game competition) to retain the muscular strength and power gained prior to season.
3. Maintain Flexibility conditioning

The above program is a general outline of goals and methods for a yearly training schedule. Volume, Intensity, and Frequency of the program elements will be structured to the level of fitness, and age of the athlete or team. Strength training is not recommended for athletes under approximately 13-14 years of age.

Tiger Coaching and Personal Training

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## Tiger Coaching and Personal Training Rates

### One on One Strength Training and Conditioning for Young Athletes

We will develop safe, effective strength training and conditioning programs for the young athlete. Incorporating individual goals, sports specific needs, to reach peak performance.

Programs include flexibility, agility training, plyometric training, nutrition, speed training, strength training, aerobic training, anaerobic fitness and mental training techniques. Each program is determined by the athlete's level of fitness, age, and experience. A certified personal trainer personally supervises all training sessions.

Cost: \$20 per hour, 6 sessions for \$100, 8 sessions for \$120

### Conditioning/Personal Training Services and Programs for Sport Teams

We will develop safe, effective programs for youth sports teams incorporating group fitness and conditioning activities. Covering a variety of topics including flexibility, agility training, plyometric training, nutrition, speed training, strength training, aerobic training, anaerobic fitness and mental training techniques. Off-season as well as competitive season programs, working and communicating with team coaches to improve performance.

Cost: \$40 per hour, 8 sessions for \$280