

# Interval Training

## **CONDITIONING**

Conditioning is the most basic element of any athletic success. Without it, athletic success is the result of luck. While luck is appreciated, it does unexpectedly go wherever it wants. Therefore, to achieve athletic success, luck must be removed and replaced with skill and execution. Only then will you be in control of the things you can control, at the time you need to control them.

Proper conditioning shall achieve three things. First, is the obvious plus in physical performance late in the game. Second, is that mental functions are quicker and more apt to be correct when not under physical duress. Third, is that most injuries occur as the players fatigue threshold approaches.

There should never be a reason for anyone to wonder, if conditioning was a factor. That would suggest a lack of suitable preparation, which should not be allowed! Everyone must participate! For if just one player, for one instant, at a critical time, is not able to keep up, then that team effort shall be lost for always.

The "Fartlek Running and Training Program" was developed by a strength and conditioning coach to address the physical requirements of "intervals", which are found in most team athletics. The idea is that by using a training format which parallels the sport, the benefits of the training are realized more quickly. Quite surprisingly, research that is ongoing today, has shown that with little variation, the same training format works for almost all team sports.

## **FARTLEK RUNNING**

The word "fartlek" comes from the Swedish words for "speed play". Fartlek running and training consists of varying the distance and intensity of the work within the overall training distance that you run. This type of training will be performed in sets of three sessions, during a one week time frame.

### **General Training Guidelines**

1. Stretch properly BEFORE AND AFTER each training session. A light jog is required to warm the muscles before stretching.
2. When speed runs are included early in the session, then some 1/2 speed runs must be performed first as part of the warm-up, to prepare the muscles.
3. Light jogging and stretching after heavy training sessions will rid your legs of waste products (lactic acid). A buildup of lactic acid shall cause a heavy and sluggish feeling in the legs. Light jogging and stretching will relieve that feeling.
4. Always use a watch and time your runs. It is best to keep a training diary of your times etc.
5. It is best to train with one or two other people.
6. Always take in fluids in moderate levels before, during, and after a training session. Water is fine, or use a sport drink if you prefer (not a soft drink).
7. Make sure that you are playing as well as doing the conditioning program. Work on your passing, first touch with the ball, and shooting. DO NOT ONLY RUN!!!!

## ***Explanation of Training Notes***

1. **You should not begin interval training of any kind until your aerobic capacity has been established.** If your fitness level is not high, you should plan to complete **at least 2 weeks** of regular aerobic capacity training before attempting fartlek or other interval training. A sample plan for 4 weeks of aerobic capacity training for U15 and above would be the following:

Week 1: Choose a distance you can run comfortably in about 25 min. Run the same distance four times, attempting to reduce your time to between 20 and 22 min by the fourth run. (Don't worry if your time does not improve every time you run — look for a trend toward improvement!)

Week 2: Choose a distance you can run comfortably in about 30 min. Run the same distance four times, attempting to reduce your time to between 26 and 28 min by the fourth run.

Week 3: Choose a distance you can run comfortably in about 35 min. Run the same distance four times, attempting to reduce your time to between 30 and 33 min by the fourth run.

Week 4: Choose a distance you can run comfortably in about 40 min. Run the same distance four times, attempting to reduce your time to between 35 and 38 min by the fourth run.

2. This training, which is quite short but intense, should be done regardless of whether you have a practice.
3. Sit-ups should be done in sets; for example, if you see 100 sit-ups (5x20), this means you should do 5 sets of 20 sit-ups, with 20-30 seconds of rest between sets.
4. Rough distance equivalents in terms of a full-size soccer pitch:

15 m = about 1 stride less than the distance from the goal line to the top of the 18

20 m = centre of the goal to the closer edge (not the top) of the penalty area

50 m = goal line to halfway line

100 m = 1 field length

200 m = 2 field lengths

800 m = 8 field lengths or about 2.5 circuits outside the lines

1 km = about 3 circuits

“Running the lake” = about 3.5 km or a bit less.

5. “Shuttle cones” are a given number of cones or other markers set up a given distance apart. To run this exercise, start from the given distance before the first cone, run to the first cone and then back to the start, then to the second one and back to the start, and so on. So if you see “2 - 4 x 10 shuttle cones, 30 sec rest between”, that means to set up your cones or other markers like this, where ‘S’ is the starting line:

S                    ○                    ○                    ○                    ○                    ○  
|-- 10 m --|-- 10 m --|-- 10 m --|-- 10 m --|

You would run the shuttles once, then rest for 30 sec, and then run them again for a total of 2 sets. If you see “4 - 4 x 15 shuttle cones”, that means to run 4 repetitions with 4 cones set up 15 m apart, and the first one 15 m from the starting line.

6. “Back sprints” are simply sprints performed running backwards.

# TRAINING FOR U-12 & U-13

**NB: All stretch and warm ups include a 2 minute jog period**

## FIRST WEEK

Session #1: 20 minutes total

1. Stretch and warm up, 50 sit ups (5x10)
2. 1 - 800 m run, 5 min. max, rest 1 min.
3. 3 - 20 m sprints, 30 sec. between
4. 1 - 200 m sprint, rest 45 sec.
5. 2 - 4 X 10 shuttle cones, 15 sec. between
6. 1 minute jog, stretch and warm down

Session #2: 20 minutes total

1. Stretch and warm up, 75 sit ups (5x15)
2. 1 - 800 m run, 5 min max rest 1 min.
3. 3 - 50 m sprints, 30 sec. between
4. 3 - 4 X 10 shuttle cones, 30 sec. between
5. 3 - 20 m sprints, 30 sec. between
6. 2 - 15 m back sprints
7. 1 minute jog, stretch and warm down

Session #3: 20 minutes total - Repeat session #1

## SECOND WEEK

Session #1: 20 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. 1 - 800 m run, 5 min. max, rest 1 min
3. 3 - 50 m sprints, 30 sec. between
4. 2 - Sprint & jog 100 m, 30 sec. between
5. 3 - 4 X 10 shuttle cones, 15 sec. between
6. 2 minute jog, Stretch and warm down

Session #2: 20 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. 1 - 100 m sprint, rest 45 sec
3. 2 - 50 m sprints, 30 sec. between
4. 3 - 4 X 10 shuttle cones, 15 sec. between
5. 3 - 10 m sprints, 30 sec. between
6. 4 - 10 m back sprints, 10 sec. between
7. 2 minute jog, stretch and warm down.

Session #3: 20 minutes total - Repeat session # 2

## THIRD WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 120 sit ups (6x20)
2. Run 1200 m, 8 min. max
3. Stretch and rest for 2 min
4. 2 - Sprint & jog 100 m, 30 sec. between
5. 1 - Sprint and walk, rest 1 min
6. 2 - 4 X 10 shuttle cones, 30 sec. between
7. 2 minute jog, stretch and warm down

Session #2: 30 minutes total.

1. Stretch and warm up, 120 sit ups (6x20)
2. 1 - 100 m sprint, rest 30 sec
3. 2 - 50 m sprints, 30 sec. between
4. 3 - 15 m sprints, 20 sec. between
5. 4 - 4 X 10 shuttle cones, 30 sec. between
6. 3 - 10 m back sprints, 15 sec. between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #2

## FOURTH WEEK

Repeat complete training schedule from week three

## TRAINING FOR U-14 & U-15

**NB: All stretch and warm ups include a 2 minute jog period**

### FIRST WEEK

Session #1: 20 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. Run 1500 m, 9 min max
3. Stretch and rest for 2 min
4. 1 - 200 m sprints, rest 45 sec
5. 2 - 4 X 10 shuttle cones, 30 sec. between
6. 1 minute jog, stretch and warm down

Session #2: 20 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. 1 - 100 m sprints, rest 45 sec.
3. 2 - 50 m sprints, 30 sec. between
4. 3 - 4 X 10 shuttle cones, 30 sec. between
5. 3 - 10 m sprints, 45 sec. between
6. 3 - 20 m back sprints, 15 sec. between
7. 2 minute jog, stretch and warm down

Session #3: 20 minutes total - Repeat session #1

### SECOND WEEK

Session #1: 20 minutes total

1. Stretch and warm up, 120 sit ups (6x20)
2. Run 2 km, 11 min max
3. Stretch and rest for 2 mins
4. 2 Sprint & jog 100 m, 30 sec. between
5. 2 - 4 X 10 shuttle cones, 30 sec. between
6. 3 minute jog, stretch and warm down

Session #2: 20 minutes total

1. Stretch and warm up, 120 sit ups (6x20)
2. 1 - 100 m sprint, rest 45 sec
3. 3 - 50 m sprints, 30 sec. between
4. 2 - 4 X 10 shuttle cones, 30 sec. between
5. 3 - 10 m sprints, 30 sec. between
6. 4 - 10 m back sprints, 10 sec. between
7. 2 minute jog, stretch and warm down

Session #3: 20 minutes total - Repeat session # 2

### THIRD WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 120 sit ups (4x30)
2. Run 2.5 km, 14 min max
3. Stretch and rest for 2 min
4. 1 - Sprint & jog 100 m, 30 sec. between
5. 2 - Sprint and walk, rest 1 min
6. 3 - 4 X 10 shuttle cones, 30 sec. between
7. 2 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 120 sit ups (4x30)
2. 1 - 100 m sprint, rest 30 sec.
3. 1 - 50 m sprint, rest 30 sec.
4. 4 - 15 m sprint, 20 sec. between
5. 3 - 4 X 10 shuttle cones, 30 sec. between
6. 3 - 15 m back sprints, 15 sec. between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #2

### FOURTH WEEK

Repeat training schedule from week three.

## TRAINING FOR U-16 & U-17

**NB: All stretch and warm ups include a 2 minute jog period**

### FIRST WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 150 sit ups (6x25)
2. Run 3 km, 15 min max, rest 4 min
3. Stretch and rest 2 min
4. 2 - 200 m sprints, 45 sec. between
5. 3 - 4 X 10 shuttle cones, 30 sec. between
6. 2 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. 2 - 100 m sprints, 45 sec. between
3. 4 - 50 m sprints, 30 sec. between
4. 4 - 4 X10 shuttle cones, 30 sec. between
5. 4 - 20 m back sprints, 10 sec. between
6. 2 - 25 m sprints, 20 sec between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #1.

### SECOND WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 150 sit ups (5x30)
2. Run 3 km, 15 min max, rest 4 min
3. Stretch and rest 3 min
4. 1 - Sprint & jog 100 m, rest 30 sec.
5. 2 - Sprint and walks
6. 2 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 150 sit ups (5x30)
2. 2 - 100 m sprints, 45 sec. between
3. 4 - 50 m sprints, 30 sec. between
4. 6 - 10 m sprints, 10 sec. between
5. 4 - 4 X 10 shuttle cones, 30 sec. between
6. 4 - 10 m back sprints, 15 sec. between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #2.

### THIRD WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 200 sit ups (5x40)
2. Run 3 km, 16 min max, rest 4 min
3. 2 - 4 X 10 shuttle cones, 15 sec. between
4. 3 - Sprint and walks
5. 3 - 20 m back sprints, 15 sec. between
6. 1 - Sprint & jog 100 m
7. 3 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 200 sit ups (5x40)
2. 3 - 100 m sprints, 45 sec. between
3. 4 - 50 m sprints, 30 sec. between
4. 6 - 10 m sprints. 10 sec. between
5. 3 - 4 X 10 shuttle cones, 20 sec. between
6. 4 - 15 yd back sprints, 15 sec. between
7. 2 minute jog, stretch and warm down

Session #3: 30 minutes total -- Repeat session #2.

### FOURTH WEEK

Repeat training schedule from week three.

## TRAINING FOR U-18 & U-19

**NB: All stretch and warm ups include a 2 minute jog period**

### FIRST WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. Run 3 km, 16 min max
3. Stretch and rest for 4 min
4. 2 - 200 m sprints, 45 sec. between.
5. 2 - 4 x 15 shuttle cones, 30 sec. between
6. 2 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 100 sit ups (5x20)
2. 3 - 100 m sprints, 45 sec. between
3. 3 - 50 m sprints, 20 sec. between
4. 4 - 4 X 15 shuttle cones, 30 sec. between
5. 3 - 20 m sprints, 15 sec between
6. 6 - 10 m sprints, 30 sec. between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #1

### SECOND WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 120 sit ups (4x30)
2. Run 3.5 km, 17 min max
3. Stretch and rest 3 min
4. 1 - 200 m light jog
5. 2 - Sprint & jog 100 m, 30 sec. between
6. 3 - Sprint and walk 100 m
7. 2 minute jog, stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 150 sit ups (5x30)
2. 3 - 100 m sprints, 45 sec. between
3. 3 - 50 m sprints, 30 sec. between
4. 6 - 10 m sprints, 10 sec. between
5. 2 - 4 X 15 Shuttle cones, 15 sec. between
6. 4 - 15 m back sprints, 15 sec. between
7. 3 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #2

### THIRD WEEK

Session #1: 30 minutes total

1. Stretch and warm up, 200 sit ups (5x40)
2. Run 4 km, 18 minute max
3. Stretch and rest 4 minutes
4. 3 Sprint and walk
5. 4 - 4 X 15 shuttle cones, 30 sec. between
6. 2 Sprint & jog 100 m, 30 sec. between
7. 3 minute jog, Stretch and warm down

Session #2: 30 minutes total

1. Stretch and warm up, 200 sit ups (5x40)
2. 3 -100 m sprints, 45 sec. between
3. 4 - 50 m sprints, 30 sec. between
4. 6 - 10 m sprints, 10 sec. between
5. 4 - 4 X 15 shuttle cones, 30 sec. between
6. 4 -15 m back sprints, 15 sec. between
7. 2 minute jog, stretch and warm down

Session #3: 30 minutes total - Repeat session #2

### FOURTH WEEK

Repeat training schedule from week three.