

Name:

Grade:

Week 1 (June 16th – June 20th)

Monday	BEEP TEST
Tuesday	Sprints/Hops
Wednesday	3 mile run under 24:00 minutes <b>Time:</b>
Thursday	Sprints/Hops
Friday	2 mile run <b>Time:</b>

Week 2 (June 23 – June 27)

Freshman Camp at BC

(Freshmen do not need to work out on these dates.)

Bergen's Best Tournament

June 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup>

Two teams 32 max returning players only.

Monday	3 mile run <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	2 mile run under 14:00 minutes <b>Time:</b>
Thursday	Sprints/Hops
Friday	3 mile run <b>Time:</b>

Week 3 (June 30th - July 4th)

Monday	3 mile run <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	4 mile run under 35:00 minutes <b>Time:</b>
Thursday	Sprints/Hops
Friday	3 mile run <b>Time:</b>

Week 4 (July 7th - July 11th)

Monday	3 mile run <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	2 mile run under 12:20 minutes <b>Time:</b>
Thursday	Sprints/Hops
Friday	3 mile run <b>Time:</b>

Week 5 (July 14th - July 18th)

Monday	3 mile run <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	3 mile run <b>Time:</b>
Thursday	Sprints/Hops
Friday	45 minute jog

Try-Outs will take place for all levels from August 23rd

Week 7 (July 21 - July 2)

Monday	Fartlek 1.5 miles
Tuesday	Sprints/Hops
Wednesday	3 mile run <b>Time:</b>
Thursday	Sprints/Hops
Friday	Fartlek 1.5 miles

Week 8 (July 28th – Aug 1st)

POCONO CAMP July 27 –July 31st

(Coach's Invitation)

Monday	3 mile run under 20:00 minutes <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	3 mile run <b>Time:</b>
Thursday	Sprints/Hops
Friday	2 mile run under 12:00 minutes <b>Time:</b>

Week 9 (August 4th - August 8th)

Monday	4 mile run <b>Time:</b>
Tuesday	Sprints/Hops
Wednesday	2 mile run under 12:00 minutes <b>Time:</b>
Thursday	Sprints/Hops
Friday	4 mile run <b>Time:</b>

Week 10 (August 11th - August 15th)

Returning players only

Mini camp Aug 12<sup>th</sup> to Aug 15<sup>th</sup>

Evening (Coach's Invitation)

Toms River Tourney Sat Aug 16<sup>th</sup> & 17<sup>th</sup>

(Coach's invitation)

Week 11 (August 18<sup>th</sup> – August 22<sup>nd</sup>)

Monday	3 mile Run
Tuesday	Off Day
Wednesday	3 mile Run
Thursday	Off Day
Friday	BEEP TEST

**DRINK 120 OZ OF WATER EVERYDAY**

## CRUSADERS SUMMER FITNESS SCHEDULE

### SPRINTS/HOPS (Tues & Thurs)

S - 2 sets x 10 reps of 20 yard sprints  
H - 2 sets x 10 reps of 10 seconds (side to side)  
S - 2 sets x 10 reps of 100 yard sprints  
H - 2 sets x 10 reps of 20 seconds (front to back)

2 sets x 50 sit-ups  
2 sets x 50 push-ups

Sprints/Hops Recovery – your recovery should be 3x the amount of time it takes to do the repetition. If it takes 15 seconds for a 100-yd sprint, take 45 seconds to recover.

### FARTLEK

Use quarter mile track – sprint straight-aways, jog curves. If you do not have access to a track, use telephone poles as markers on streets.

### MAXIMUM HEART RATE (MHR)

220 -Your Age=MHR (most of you should aim for 200)

### FINDING YOUR HEART RATE

Immediately after a workout, take your first two fingers and place the fingertips on the side of your throat. Once you feel your pulse, count how many beats occur in 15 seconds. Take the number of beats that occurred in 15 seconds and multiply it times 4. Your answer will be your heart rate for that workout.

This is a great way to find out just how hard you really worked in relation to your MHR. Monitor your progress throughout the 10 weeks.

**ATTENTION: Those players participating in the Bergen's Best Tournament and Toms River Tournament should NOT train on the Thursday and Friday preceding the tournament! You will be contacted regarding these tournaments. Likewise, we will follow a different training regiment while we are at camp.**

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