



TUSCARORA HIGH SCHOOL GIRL'S SOCCER

Titans Summer Training Program

“One thing I have leaned very quickly is that if you want your teams to be successful, the players need to be responsible for their own fitness”

■ *Anson Dorrance, University of North Carolina*



***“The will to win is not nearly as important as the will to
PREPARE to win!”***

The Ultimate Challenge

Athletic competition contains much of the drama of life—in many respects; it is a microcosm of life. Frustration, joy, uncertainty, pain and struggle are all there. People who enter the competitive arena soon realize that there is more to competition than simply learning the physical skills. It is one thing to possess the physical skills and yet another to be able to use them when it counts. And therein lies the challenge—the ultimate challenge of self-control. In the final analysis, every athletic contest is a contest of control, control of the delicate mind-body connection. The link between our minds and our bodies is dramatically clear within the competitive arena.

It is... "Performing toward the upper limits of our physical skill and talent when we most want to"...that often seems beyond us. This struggle brings us face to face with ourselves, our insecurities, our doubts, our inadequacies and our fears. Success in competition demands that we move beyond this struggle into mastery of ourselves. The mastering of competitive sport, then, becomes a continuous process of self-transformation, change and rebirth. Such mastery involves courage, commitment and discipline. In short, it is a contest of each person against herself.

One of the critical factors in this contest is PHYSICAL FITNESS!

(excerpts taken from Mental Toughness for Sport)

The Mission

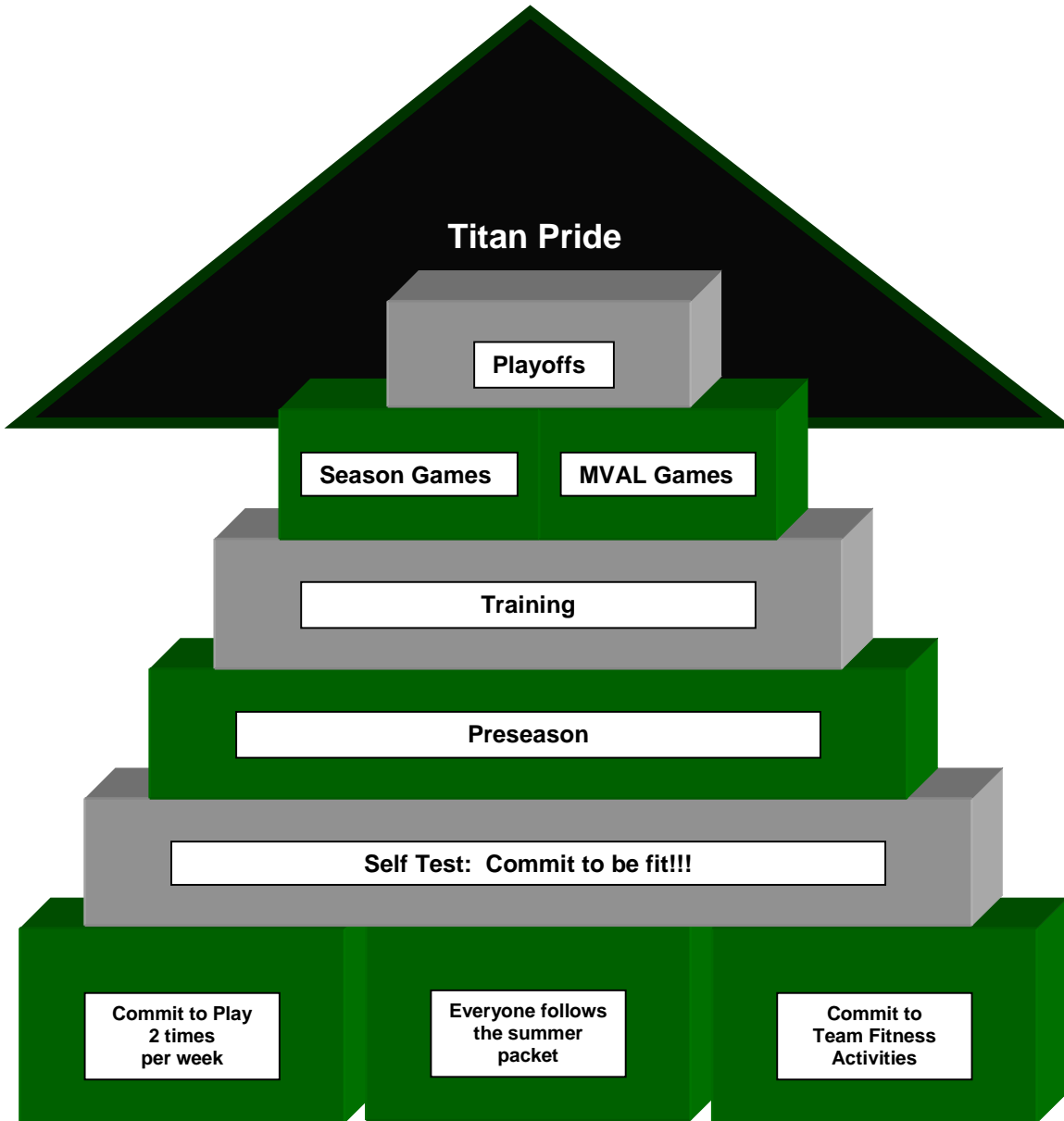
Read the entire manual thoroughly before you embark on your summer training. Remember, mixed training gives mixed results. Follow the training program with a focused goal: **obtaining elite soccer fitness.**

- Conditioning:** Along with improving your individual skills through games and technical training, conditioning is the other key component of your summer training. **You must come back to pre-season fit both mentally and physically.** If you follow the conditioning program and push yourself, you will be in great shape for the season. Do not try to get ahead. Follow the program from the first week through to the last.
- Strength Training:** The strength training program will consist of 3 days of workouts. 2 days are composed of team workouts in the THS weight room with one day of individual work. It is important that players continue to progress in their development from the work they put in over the past year. Commit to join the team each Tuesday and Thursday
- Supplemental:** Psychology of Training
Myth from Fact
Nutrition

"Every person who wins in any undertaking must be willing to cut out all sources of retreat. Only by doing so can one be sure of maintaining the state of mind known as a burning desire to win."

-Napoleon

Building the Foundation



"A wise builder...dug down deep...laid a foundation on solid rock."

-unknown

Conditioning

Our team will soar as high as each of you choose to fly...take it upon yourself to workout. **You must be DISCIPLINED to set aside time, plan out each day and week to account for your conditioning program.** If we are to meet our goals in 2009, you must come into pre-season physically and mentally fit.

Fitness: It is only possible to play at a high level with a corresponding high level of fitness. Fitness involves physical fitness and mental fitness. It is difficult to determine exactly where physical fitness ends and mental fitness begins, or how one influences the other. However, there is absolutely an influence and inter-relatedness between a player's mental and physical state.
(excerpts taken from Tactics and Teamwork)

To understand FITNESS, you must first understand the causes and effects of fatigue in soccer.

Causes of Fatigue in Soccer Players:

1. Running
2. Work to overcome inertia (i.e. stopping, starting, turning, jumping, tackling.)
3. Physical contact
4. Mental concentration

Effects of Fatigue on Soccer Players:

1. Decrease in work rate
2. Decrease in decision-making capabilities
3. Decrease in technical execution
4. Lack of concentration
5. SUSCEPTIBILITY to INJURY

Fitness is the ability to delay the onset of fatigue. How can we delay the onset of fatigue?

By using the **Principle of Overload**, we can fight the onset of fatigue and increase your soccer fitness. Overload means doing a little more this week than last week.

You must become comfortable with a level of discomfort each workout for the program to be effective.

Applying The Principle of Overload:

1. Increasing repetitions
2. Increasing speed of repetitions
3. Increasing length of repetitions
4. Decreasing the rest period
5. Increasing the load

Over-training: A player attempts too much too soon. It is usually caused by a player's enthusiasm getting the better of her, and/or not understanding the overload principle. For example: waiting too long to begin training.

It is wrong to begin your fitness training at the end of July hoping to be fit by pre-season. It is also wrong to cram two or three hard sessions in one day or without proper recovery time.

Over-training will lead to injury, mental burn-out and an athlete who is unprepared for the fall season.

Conditioning Workout Instructions

1. On aerobic running days, follow the following guidelines for the following distances. All distances should be completed at 80% of Maximum Heart Rate
 - a. 2 Mile Runs – 13 Minute Minimum / 17 Minute Maximum
 - b. 3 Mile Runs – 20 Minute Minimum / 26 Minute Maximum
 - c. 4 Mile Runs – 28 Minute Minimum / 34 Minute Maximum

2. On alternate aerobic activity days (run, bike, or swim), choose one type of workout for the day. Depending on your fitness level, you may choose to do more than one of the activities to achieve a cross-training effect. Heart rate should be at 60% of maximum (this is a slow workout).

3. Speed Training Program
 - a. This is for our anaerobic fitness base and also for our speed development.
 - b. Sprint all out on every sprint (do not pace yourself)
 - c. Take the full rest period between every sprint (not less)
 - d. Concentrate on explosive starts (driving knees, leaning forward, pumping arms). Keep stride smooth and powerful throughout the sprint.

Distance	Repetitions	Recovery Time
20 yards	8	30 seconds
40 yards	6	45 seconds
60 yards	4	60 seconds
80 yards	2	75 seconds
100 yards	1	-----

4. Anaerobic / Aerobic Fitness Shuttles
 - a. 40 yard shuttles
 - i. two markers 40 yards apart
 - ii. up and back 3 times (total of 240 yards)
 - iii. work interval = 45 seconds
 - iv. rest interval = 45 seconds
 - v. start at 4 sets and work up to 8 sets
 - vi. extra rest every three (15 seconds extra rest)

 - b. 50 yard cone drill
 - i. six markers at 10 yard intervals
 - ii. 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yd)
 - iii. work interval = 1 minute
 - iv. rest interval = 1 minute
 - v. start at 4 sets and work up to 6 sets
 - vi. extra rest every three (15 seconds extra rest) – so after 3 and 6

 - c. 120's
 - i. 120 yard sprints in 20 seconds
 - ii. 120 yards back in 30 seconds (jog)
 - iii. rest interval on line of 30 seconds
 - iv. start at 6 reps and work up to 10 reps

Titans Girl's Soccer

SUMMER 2009 FITNESS – 3 WAYS TO TRAIN



SUMMER INDIVIDUAL FITNESS PROGRAM

- DATES:** June 15 – August 8
- PROGRAM:** Calendar and Instructions provided in this packet
- DEMONSTRATIONS:** Video demonstrations of specific activities can be found on-line at:
<http://community.webshots.com/user/tgsfitness>

SUMMER TEAM WEIGHT LIFTING

- DATES:** Tuesdays & Thursdays
June 23 – August 6
- TIME:** 8:00-9:15am
- SITE:** THS Weight Room
Enter through Gym Lobby
- NOTES:** Submit Attendance availability form



CONTACT INFORMATION

For more information, contact:
Mark Wolcott at mark.wolcott@fcps.org.

PRE-SEASON FITNESS CAMP

- DATES:** August 10-13
- TIMES:** 8:00-9:15am
- SITE:** THS Weight Room & Track
Enter through Gym Lobby

THE TITAN TRADITION

"The will to win is nothing without the will to prepare"

VALUING EXCELLENCE

Strength Training

The strength training workouts included in this manual are based on the program used in our female strength training program. We will hold team workouts on Tuesdays and Thursdays (June 23 – Aug 6) from 8:00-9:15pm. The Day #1 workout is described below and should be completed on the player's own time.

Day #1 Strength Training Workout

Demonstrations of the exercises in this workout can be viewed at: <http://community.webshots.com/user/tgsfitness>

POWER	BODY CORE	LOWER BODY
4x5 Kneeling Jump Squats 3x10 Scissor Jumps 3x10 Jump Squats	3x45 Second Plank 6x30 Side Plank (3 sets each side)	3x8 Lunges 3x8 Box Squat

Notes:

- Dumbbells can be added to power and lower body exercises if available and appropriate
- Make sure to take 2 minute rests between sets of power activities and 1 minute rests between sets of core and lower body strength activities

Abdominal / Push-up Workouts

Demonstrations of the exercises in this workout can be viewed at: <http://community.webshots.com/user/tgsfitness>

WORKOUT #1 -	WORKOUT #2	WORKOUT #3
50 Abdominal Crunches 25 Medicine Ball Sit-ups 25 Medicine Ball Obliques 25 Throw-downs 25 Medicine Ball Negative Sit-ups 10 Push-Ups 10 Reverse Dips 10 Push-Ups with 1 hand on a ball 10 Reverse Dips 10 Push-Ups with 1 hand on a ball 10 Reverse Dips 10 Push-Ups with 2 hands on a ball	50 Abdominal Crunches 10 Push-ups 30 Oblique crunches (30 each side) 10 Walking Push-ups 30 Double Crunches 10 Push-ups 30 Reverse Crunches 10 Plyometric Push-Ups 30 Flutter Kick Crunch	5 Abs of Each Exercise 10 Abs of Each Exercise 10 Depth Push-Ups 15 Abs of Each Exercise 20 Abs of Each Exercise 10 Walking Medicine Ball Push-ups 25 Abs of Each Exercise 10 Rolling Barbell Push-ups 20 Abs of Each Exercise 15 Abs of Each Exercise 10 Stability Ball Push-Ups 10 Abs of Each Exercise 5 Abs of Each Exercise

Notes:

- Workout #3 – Complete all 3 types of abs listed below for each set
 - Crunches
 - Touch outside of opposite ankle
 - 90 degrees to 6 inches
- Feel free to substitute any type of abdominal exercises for Workout #3
- Once you cannot complete a full push-up (elbows to 90 degrees), drop your knees and complete the set (make sure your knees, hips, and shoulder remain in a straight line).
- Substitute types of push-ups for others if not able to complete a set due to equipment issues
- If you do not own a medicine ball, substitute for objects that weigh between 6-10 pounds. Use a soccer ball for push-ups with hands on a ball.

You must become comfortable with a level of discomfort each workout for the program to be effective

Muscular Discomfort is good and the more muscular discomfort you can handle the more benefit you receive from the program. Joint Discomfort during strength training is bad, and is a sign of poor technique, which may lead to injury.

Demonstrations of the exercises in this workout can be viewed at:
<http://community.webshots.com/user/tgsfitness>

Self Testing

During the summer, you will conduct three 2-mile fitness tests. The June 15 & July 13 test result will be conducted individually (I suggest completing in groups at the track). You should e-mail the results to Coach Wolcott. Tests are as follows:

1. June 15
2. July 13
3. August 15

2 Mile Test Instructions

1. Test should be conducted at a track.
2. Complete 2 Miles (8 laps) as fast as possible
3. Immediately after completing the test, check your heart rate
 - a. Count the number of beats in 6 seconds
 - b. Multiple this number by 10 to get your heart rate
4. E-Mail your time and heart rate to Coach Wolcott at mark.Wolcott@fcps.org

Informal Testing

Throughout the summer, evaluate your progress on your fitness activities. Some examples of how to do this are:

- Use the stopwatch on your IPOD to record and track times on distance runs
- Monitor ability to complete more sets on speed workouts.
- Evaluate "how you feel" after runs
- Check heart rate after runs

Fitness Testing

A variety of fitness tests will be conducted during both the pre-season and as well as throughout the season to measure the athletes entrance fitness level as well as their progress as the season progresses. These tests include:

- 2 Mile Run
- Beep Test
- Pro Agility Test
- Push-Up Test
- 2 Minute Abs
- 120's
- Cones
- 300 Yard Shuttle

Separating Myth from Fact

"Once the truth is revealed, the path becomes clear"

Myth: If you exercise, it does not matter what you eat.

Fact: If you exercise, it matters even MORE what you eat.

Physically active individuals need more nutrients than their sedentary counterparts. Without optimal levels of the nutrients your body needs, you are not going to get the results you are looking for. In fact, you may be doing more harm than good because when you exercise a nutrient-deficient body, you're not making it healthier; you are actually creating a increased nutrient-deficient body. The foods that you pt into your body will greatly impact both how you perform and recover from activity.

Myth: If women lift weights, they will get bulky

Fact: Resistance exercise helps women create lean, toned bodies

Women worried about bulking up because of weights need to understand this: It is your body composition that determines how you look. By replacing fat with muscle, you can make an astounding transformation without feeling weak and unhealthy. Fat takes up five times as much space as muscle. This means if you replace the fat on your hips or thighs with the same weight in muscle, your thighs will get smaller (and stronger). Women should actually be concerned about not having enough muscle, rather than too much.

Myth: You need to drink water only when you are thirsty

Fact: Your body needs more water than it is telling you

Healthy muscle is comprised of more than 70% water. Water is an essential transport mechanism for an array of nutrients like vitamins, minerals, and carbohydrates. It serves an important role in all cellular activity. If your water intake is low, your ability to transport nutrients becomes compromised. You will lose strength and feel sluggish because of a buildup of a variety of waste products. Water is crucial to your body's health and proper functioning. Drink it with meals and between them – often.

Nutrition

Facts on Fluids

2/3 of the body is made up of fluids. This is what you sweat out during training and competition. Sweat keeps the body cooled down and functioning. Athletes must replace fluids for maximum performance.

A dehydrated athlete is sluggish, unable to perform, muscles get tight, lightheaded, lose the EDGE. Performance will drop even if you lose less than 2% of your body weight. Refilling the body with fluids is the single most important thing an athlete can do.

Water is good, sports drinks are good, too, because they contain carbohydrates for energy. Drink fluids before, during and after training and competition. Don't wait until you are thirsty!

Avoid carbonated drinks before competition.

Soccer Nutrition Questions and Answer

What is the correct macronutrient recommendation for serious soccer players?

The body prefers a balance of nutrients. We should therefore strive to achieve a varied diet, centered around carbohydrates. High-intensity athletes, such as soccer players, need to focus on carbo, because they are the body's main source of fuel at higher intensities and are stored in limited amounts. With depleted carbohydrate stores, you cannot maintain high-intensity exercise and may experience fatigue and impaired performance.

Try to consume your total calories as follows:

- 60% carbohydrate (whole grains, fruits, and vegetables)
- 20% protein (legumes, soy foods, fish and lean poultry)
- 20% fat (nuts, seeds, olive and canola oils)

*The purpose of off-season conditioning is to improve your physical condition and athletic performance. Your lifestyle will effect your performance more than anything else. The amount of rest you get, the type and amount of food you eat and the time of day you eat are all major factors effecting your body's ability to recover and build new muscle. All athletes can become better conditioned, more efficient and more competitive. Your basic nutrition will make a huge difference in the way you feel and perform. Take care of your body and it will reward you for it!

As we enter pre-season and progress into the regular season, we will discuss daily nutrition, pre-game meals, and post-game meals to best enhance preparation, recovery, and as a result, player performance.

Training Tips

1. Always do a legitimate cardiovascular warm-up and flexibility phase before starting your workout. Your workout should also conclude with a cool-down phase that includes a light cardiovascular phase and flexibility program.
 - a. The Warm-up should consist of a 10-minute cardiovascular and flexibility sequence. Make sure to stretch the “big muscles.”
 - b. The cool-down consists of a short (40 yd) jog and stretch. Jog – Stretch – Jog – Stretch, etc...
2. Avoid the heat of the day. Workout before 9:00am or after 6:00pm
3. Drink at least 16 oz. of water at least 30 minutes prior to training (pre-hydration).
4. Drink as needed during the workout
5. After the workout, drink plenty of water.
6. Rest is an important aspect of training. In a seven-day training week it is important to take one day off. Two days is acceptable and taking more than two days off will hurt your training.

Psychology of Training

1. Workout with a friend(s) as often as possible. They can serve as motivation as well as build the bonds of commitment and friendship in working towards a common goal together.
 - **Complete Self-Tests in groups as often as possible**
2. Attempt to workout at the same time each day. This helps you develop a routine and makes you more successful in maintaining your commitment to the program.
3. If you find yourself struggling during a workout, mentally break the workout down into smaller parts. Then conquer each part, one at a time.
4. After each workout or at the end of the day, before falling asleep, review and relive the successes of your day, no matter how small or how few they may have been. It could simply be that you finished the workout feeling strong, or that you climbed a hill particularly well. Whatever it is, you must recapture that experience in your mind and go to sleep feeling good about your ability and your commitment.

Mental Toughness

Let's set the record straight: **Mental Toughness is learned, not inherited!**

Granted, we digest our failures more easily if we believe that we were born into the world sadly lacking some critical mental toughness gene. That's a very tempting position because, if we don't make it, we are absolved of all responsibility. As one very talented but highly frustrated athlete put it just before retiring from competitive play, "I realize I have all the talent and skill, but unfortunately, I was not born with the necessary competitive instincts."

General personality style is also unrelated to mental toughness. Whether you're an introvert or extrovert, quiet or boastful, dynamic or reserved, has little bearing on your success as a competitor. You need not move out of your own normal and comfortable personality style to achieve a high degree of mental toughness. There is however, a constellation of mental skills, all of which are learned, that are characteristic of mentally tough competitors:

Self-Motivated and Self-Directed

She doesn't need to be pushed, shoved or forced from the outside. Her direction comes from within. She's involved because she wants to be, because it's her thing, not somebody else's.

Positive but Realistic

She's not a complainer, a criticizer or a fault-finder. She's a builder, not a destroyer. Her trademark is a blend of realism and optimism. Her eye is always fixed on success, on what can happen and on what is possible.

In Control of Her Emotions

Bad refereeing, stupid mistakes, obnoxious opponents, poor playing conditions etc, represent powerful triggers of negative emotion. Anger, frustration and fear must be controlled. The tough competitor has tamed the lion inside.

Calm and Relaxed Under Fire

She doesn't avoid pressure; she's challenged by it. She's at her best when the pressure is on and the odds are against her. Being put to the test is not a threat—it's another opportunity to explore the outer limits of her potential.

Highly Energetic and Ready for Action

She is capable of getting herself pumped up and energized for playing her best, no matter how she feels or how bad or meaningless the situation. She is her own igniter and can do so in spite of fatigue, personal problems or bad luck.

Determined

Her sheer force of will to succeed in what she has started is beyond comprehension for those who do not share the same vision. She is relentless in her pursuit of her goals. Setbacks are taken in stride as she inches her way further forward.

Mentally Alert and Focused

She is capable of long and intensive periods of total concentration. She is capable of tuning in what's important and tuning out what's not, whether there is no pressure or huge pressure.

Doggedly Self-Confident

She displays a nearly unshatterable sense of confidence and belief in herself and in her ability to perform well. She rarely falls victim to her own or others' self-defeating thoughts. As a consequence, she is not easily intimidated.

Fully Responsible

She takes full responsibility for her own actions. There are no excuses. She either did or she didn't. Ultimately, everything begins and ends with her, and she is comfortable with that. She is fully aware that her destiny as an athlete is in her own hands. Her future is her own.

The athletes who fit this description dominate the world of sports. The world's greatest athletes give testimony to the reality of mental toughness every time they perform. All the great artists of sport have exemplified this special kind of inner strength, a strength that goes well beyond the limits of their natural talent and skill. It is the thin line which separates the few who make it from the thousands who don't. The deciding factor is always the same: *your inner strength makes the ultimate difference.*

(excerpts taken from Mental Toughness Training for Sports, Jim Loehr Ed.D.)

“The picture of a champion is of one bent over in exhaustion when nobody else is looking”

- ***Portrait of Mia Hamm***

Titans Girl's Soccer

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VALUING EXCELLENCE



TUSCARORA HIGH SCHOOL GIRLS SOCCER
 5312 Ballenger Creek Pike, Frederick, MD 21703
<http://www.titanssoccer.org>



Coach: Mark Wolcott
mark.wolcott@fcps.org Phone: 240-236-6547 Fax: 240-236-6596

SUMMER FITNESS TRAINING

One of the qualities that separate the Titans from the vast majority of programs throughout the state is the commitment to fitness, which includes strength training. This year, we will continue our summer strength training and fitness team program to enhance the work the players do throughout the school year. Your continued commitment to your own development as well as to your teammates will go along way to assist you in reaching your personal and team goals.

Listed below is the summer strength training and fitness schedule for the Titans Soccer Program. Each player must fill out the form below noting when they will be in town and available for training and when they will be unavailable due to family vacations, etc... Forms can be mailed to Coach Wolcott at the address above, turned in during school, or dates can be e-mailed to him at mark.wolcott@fcps.org. Information should be provided no later than **Thursday, June 18.**

Name _____

June Schedule

Date	Event	Time	Available	Not Available
June 23	Strength Training & Fitness	5:00-6:15pm		
June 25	Strength Training & Fitness	5:00-6:15pm		
June 30	Strength Training & Fitness	8:00-9:15am		

July Schedule

Date	Event	Time	Available	Not Available
July 2	Strength Training & Fitness	8:00-9:15am		
July 7	Strength Training & Fitness	8:00-9:15am		
July 9	Strength Training & Fitness	8:00-9:15am		
July 14	Strength Training & Fitness	8:00-9:15am		
July 16	Strength Training & Fitness	8:00-9:15am		
July 21	Strength Training & Fitness	8:00-9:15am		
July 23	Strength Training & Fitness	8:00-9:15am		
July 28	Strength Training & Fitness	5:00-6:15pm		
July 30	Strength Training & Fitness	8:00-9:15am		

August Schedule

Date	Event	Time	Available	Not Available
August 4	Strength Training & Fitness	8:00-9:15am		
August 6	Strength Training & Fitness	8:00-9:15am		
August 10	Strength Training & Fitness	8:00-9:15am		
August 11	Strength Training & Fitness	8:00-9:15am		
August 12	Strength Training & Fitness	8:00-9:15am		
August 13	Strength Training & Fitness	8:00-9:15am		

“Excellence is the gradual result of always striving to do better”. – Pat Riley

2005, 2006, 2007, & 2008 NSCAA / Adidas National Team Academic Award
2005 NSCAA / Adidas #23 National Ranking
2004 & 2005 Maryland State Champions
2004 & 2005 Region Champions
2004 & 2005 MVAL Conference Champions

June 2008

SUN MON TUE WED THU FRI SAT

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 2 Mile Test Ab/Pushup #1	16 40 Yd Shuttle 4 Sets	17 Run 2 Miles Bike 6 Miles Swim 1200 Met Ab/Pushup #2	18 50 Yard Cones 4 Sets	19 Run 2 Miles Ab/Pushup #3	20 Rest
21 Day 1 St. Trn	22 Run 2 Miles Ab/Pushup #1	23 5:00-6:15pm Strength Trn 40 Yd Shuttle 4 Sets	24 Run 2 Miles Bike 6 Miles Swim 1200 Met Ab/Pushup #2	25 5:00-6:15pm Strength Trn 50 Yard Cones 5 Sets	26 Run 2 Miles Ab/Pushup #3	27 Rest
28 Day 1 St. Trn	29 Run 3 Miles Ab/Pushup #1	30 8:00-9:15am Strength Trn 40 Yd Shuttle 6 Sets				



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Frederick, MD 21703
www.titanssoccer.org

Coach: Mark Wolcott
Phone: 240-236-6547
E-Mail: mark.wolcott@fcps.org



July 2008

SUN MON TUE WED THU FRI SAT

			1 Run 3 Miles Bike 9 Miles Swim 1600 Met	2 8:00-9:15am Strength Trn	3 Rest	4 Run 3 Miles
			Ab/Pushup #2	50 Yard Cones 5 Sets		Ab/Pushup #3
5 Day 1 St. Trn	6 Run 3 Miles	7 8:00-9:15am Strength Trn	8 Run 3 Miles Bike 9 Miles Swim 1600 Met	9 8:00-9:15am Strength Trn	10 Run 3 Miles	11 Rest
	Ab/Pushup #1	Speed Program	Ab/Pushup #2	40 Yd Shuttle 6 Sets	Ab/Pushup #3	
12 Day 1 St. Trn	13 2 Mile Test	14 8:00-9:15am Strength Trn	15 Run 3 Miles Bike 9 Miles Swim 1600 Met	16 8:00-9:15am Strength Trn	17 Run 3 Miles	18 Rest
	Ab/Pushup #1	Speed Program	Ab/Pushup #2	50 Yard Cones 6 Sets	Ab/Pushup #3	
19 Day 1 St. Trn	20 Run 4 Miles	21 8:00-9:15am Strength Trn	22 Run 4 Miles Bike 12 Miles Swim 2000 Met	23 8:00-9:15am Strength Trn	24 Run 4 Miles	25 Rest
	Ab/Pushup #1	40 Yd Shuttle 8 Sets	Ab/Pushup #2	120's 6 Sets	Ab/Pushup #3	
26	27 Run 4 Miles	28 5:00-6:15pm Strength Trn	29 Run 4 Miles Bike 12 Miles Swim 2000 Met	30 8:00-9:15am Strength Trn	31 Run 4 Miles	
	Ab/Pushup #1	Speed Program	Ab/Pushup #2	120's 8 Sets	Ab/Pushup #3	



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August 2008

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Rest
2 Day 1 St. Trn	3 Run 2 Miles Ab/Pushup #1	4 8:00-9:15am Strength Trn Speed Program	5 Run 2 Miles Bike 6 Miles Swim 1200 Met Ab/Pushup #2	6 8:00-9:15am Strength Trn 120's 10 Sets	7	8
9	10 8:00-9:15am Fitness Camp	11 8:00-9:15am Fitness Camp	12 8:00-9:15am Fitness Camp	13 8:00-9:15am Fitness Camp	14	15 1st Day of Tryouts 2 Mile Test
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



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