



## RTD Article 07 January 2011

### So You Want to Get Fit... Try This

Here is a running/ fitness routine that I learned from Barry Bartlett. Barry is a former Olympian and is presently a professor of kinesiology at McMaster University. He maintained that this run, if undertaken three times per week, would go a long, long way to improving any athlete's fitness level. As soccer is so much about the sheer, exuberant joy of running and movement I feel that this exercise is particularly apt for soccer players.

When telling me of this exercise. Barry did not mention using a ball; but he was not envisaging it as being specific to soccer players. I added the ball though not, of course, for the sprints. By the way, when doing this exercise using a ball, players should get about **1,500 touches on the ball!**

Coaches should modify the routine for younger/less experienced/less advanced players.

Three Speed Run				
<b>1) Create a grid, say 30x40, to use as a track.</b>				
<b>2) Distribute balls and players around track... note: preferably more balls than players.</b>				
<b>3) Players commence/change speed upon command ("1"; "2"; "3") from coach</b>				

Time (mins)	Command/ Speed	Ball?	Comments	Total
2:00	"1" Slow jog	Yes	Dribble	2:00
0:30	"2" Medium jog	Yes	Dribble	2:30
0:30	"1" Slow jog	Yes	Dribble	3:00
0:30	"2" Medium jog	Yes	Dribble	3:30
0:30	"1" Slow jog	Yes	Dribble	4:00
0:30	"2" Medium jog	Yes	Dribble	4:30
0:30	"1" slow jog	Yes	Dribble	5:00
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (1)	5:10
0:30	"1" slow jog	Yes	Take next ball that you come to and dribble	5:40
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (2)	5:50
0:30	"1" slow jog	Yes	Take next ball that you come to and dribble	6:20
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (3)	6:30
0:30	"1" slow jog	Yes	Take next ball that you come to and dribble	7:00
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (4)	7:10
0:30	"1" slow jog	Yes	Take next ball that you come to and dribble	7:40
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (5)	7:50
0:30	"1" slow jog	Yes	Take next ball that you come to and dribble	8:20
0:10	"3" Sprint	No	Stop ball, leave it and sprint... <i>Fast as you can!</i> (6)	8:30
0:30	"1" Slow jog	Yes	Take next ball that you come to and dribble	9:00
0:30	"2" Medium jog	Yes	Dribble	9:30
0:30	"1" Slow jog	Yes	Dribble	10:00
0:30	"2" Medium jog	Yes	Dribble	10:30
0:30	"1" Slow jog	Yes	Dribble	11:00
0:30	"2" Medium jog	Yes	Dribble	11:30
2:00	"1" Slow jog	Yes	Dribble	13:30

### Two thoughts from Professor Bartlett...

#### "Do not train to be slow"

(Success in soccer depends to a great extent on one's ability to 'explode'. So, what is the use in long, slow, jogging runs?)

#### "Every important moment in sport is an anaerobic moment"

(A shot, a sliding tackle, a diving save, a header, dribbling)

And to finish: One aspect that I really like is that while working on fitness the kids get lots and lots of touches on the ball.

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