

SAMBA FITNESS SCHEDULE

To begin no later than June 1

CARDIOVASCULAR AREA- *This must be built up to during the month of June and July. Stay on soft surfaces and do not train more than 3 or 4 consecutive days until your fitness level is good, then allow 2 rest days per week.*

- You should be running 3-5 miles at good pace 2-4 times/week

SPEED WORK

- 20 to 50 yard sprint are recommended 2-4 sets, 3 times/week

Note: One of the strengths of the European teams is that they are able to run the entire game. You must be able to go the full game without substitution. Remember, once you are subbed, you are done for that game. Fitness must come with you to the airport.

FLEXIBILITY- *Stretching should be done on a daily basis and every time you train. Also please remember to cool down properly with some easy activity and stretching after each and every work out. You cannot stretch too much.*

MUSCLE STRENGTH/ENDURANCE- *Monitor your weight. Unless you are thin, you do not need any weight gain.*

- You should be doing 4 sets of 75 push-ups and 4 sets of 75 sit-ups, 3 times/week

Note: The European game is very physical and the upper body is used and allowed much more than in the United States.

BALL SKILLS- *Train with the ball as much as you can. This is a MUST for skill development and confidence. Colver stuff, etc. is excellent. You cannot do too much here.*

- 25 minutes of non-stop juggling, using thigh, head, both feet and chest should be done on a daily basis.

COMPETITION TRAINING- Get as much quality competition as you can. It does not matter if it is small side or 11 v 11, just play as much as possible.