

# SPORT-SPECIFIC INTERVAL WORKOUTS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## ***Instructions***

1. Put on a heart rate monitor and set the record feature.
2. Dribble a soccer ball 50 yards (or meters) downfield at the highest sustainable heart rate possible.
3. Circle the cone and dribble the ball back to the start line, recovering your heart rate 10 beats.
4. Repeat the drill 10 times.
5. Run the length of the field as fast as possible. Record your time and heart rate.
6. Recover until your heart rate reaches the bottom of zone 2.
7. Do not begin the return run until your heart rate has recovered.
8. Repeat the interval, running back to the start line.
9. Repeat the field dashes three times, recording the time of each interval and your average heart rate.
10. Cool down with an easy 10-minute run.
11. Answer the questions, and complete the During-Event Analysis table using the data from your monitor.

## ***Questions***

What was your average high-intensity heart rate?

What was your average recovery time?

What is the importance of recovery heart rate?

## ***Comment***

As you near the end of the workout, your heart rate may take longer to recover because of fatigue.

Shorter recovery times mean greater fitness; with repeated interval workouts, recovery time becomes shorter. In competitive events, this shorter recovery time translates into better performances and easier recoveries after events.

## During-Event Analysis: Interval Workouts (Soccer Drills)

Event description: Interval workout

Player's sport-specific aerobic threshold: \_\_\_\_\_ bpm

Player's sport-specific anaerobic threshold: \_\_\_\_\_ bpm

Player's MHR: \_\_\_\_\_ bpm

Time (min:sec)	Interval time	Average heart rate (bpm)	NUMBER OF MINUTES IN EACH ZONE				
			Z1	Z2	Z3	Z4	Z5
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
<b>Field dash</b>			<b>Z1</b>	<b>Z2</b>	<b>Z3</b>	<b>Z4</b>	<b>Z5</b>
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							

Heart rate range is the highest and lowest heart rate numbers recorded during the time period.