



## 01/24/05

**U 17 NATIONAL TEAM**

WEEK	DAY	DATE	PHASE	MODE	METS	% METS	SPEED /					
							DISTANCE	TIME ON	TIME OFF	BOUTS	TOTAL TIME	SPEED
22	MON AC	24-Jan	group 1	RUNNING	18.5	80%	800 yd (2 laps)	3 min	2 min	5	25 min	
			group 2		50%	400 yd (1 lap)						
			group 3		80%	750 yd	3 min	2 min	6	30 min		
					17	80%	725 yd	3 min	2 min	6	30 min	
					50%	400 yd (1 lap)						
TUES 25-Jan												
ACCELERATION AT THE FIELDS												
sleds												
acceleration ladders												
WED	26-Jan AC	26-Jan	group 1	BAYSHORE H.S. TRACK			2 MILES	12 MIN	12 MIN	1	24	
			group 2	2 MILE / 1 MILE		1 MILE	6 MIN	1	12			
			group 3									
THURS 27-Jan												
MAX VELOCITY AT FIELDS												
FRI	28-Jan AP	28-Jan	group 1	FIELD	18.5	90%	300 yards	1 min	90 sec	8	20 min	10.2 mph
			group 2			WALK						3.0 mph
			group 3									
				FIELD	17.5	90%	280 yards	1 min	90 sec	9	23 min	9.6 mph
				FIELD	17	90%	270 yards	1 min	90 sec	10	25 min	9.3 mph
SAT 29-Jan												
GAME												