

1st Annual Carolina FC 'Marathon'

3 Week Training Program

Monday, July 21 – Saturday, August 9

The following is a generic conditioning program for all Academy, Junior Select & Senior Select players. We encourage you to follow the program (as a minimum) to kick start your preparation for the upcoming season.



Academy Program

- Week 1: July 19 - July 25
- 2 x 1 Mile

- Week 2: July 26 - August 1
- 2 x 1.5 Miles

- Week 3: August 2 - August 8
- 2 x 2 Miles

Combine walking & running to complete distance if need be



Junior Select

- Week 1: July 19 - July 25
- 3 x 1 Mile

- Week 2: July 26 - August 1
- 3 x 2 Miles

- Week 3: August 2 - August 8
- 3 x 3 Miles

Time is not an issue. Completing the distance is most important.



Senior Select

- Week 1: July 19 - July 25
- 3 x 2 Miles

- Week 2: July 26 - August 1
- 3 x 3 Miles

- Week 3: August 2 - August 8
- 3 x 4 Miles

The longer the better - in both time and distance!