

# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
<b>6</b> Training Starts Tomorrow!	<b>7</b> 20-25 min run, easy pace	<b>8</b> Ball Work Core based Body weight Functional movement	<b>9</b> Sprint Repeats 15 min warm-up run Run 4 x 100s (60 second rest or as long as you need for the first time)	<b>10</b> Ball Work  Body weight strengthening *	<b>11</b> 25-30 min run, easy pace	<b>12</b>  Ball Work
<b>13</b> Active Recovery Day/Start Tomorrow	<b>14</b> 20-25 min run, easy pace	<b>15</b> Ball Work  Body weight strengthening	<b>16</b> 15 min run Run 4 x 100s (60 second rest)	<b>17</b> Ball Work  Body Weight strengthening	<b>18</b> 25-30 min run, easy pace	<b>19</b>  Ball Work
<b>20</b> Active Recovery Day*	<b>21</b> 25-30 min run, easy pace	<b>22</b> Ball Work  Body Weight strengthening	<b>23</b> 15 min run Run 2 x 400 Run 5 x 100 (60 second rest)	<b>24</b> Ball Work  Body Weight strengthening	<b>25</b> 30-35 min run, easy pace	<b>26</b>  Ball Work
<b>27</b> Active Recovery Day*	<b>28</b> 30-35 min run, easy pace	<b>29</b> Ball Work  Body Weight strengthening	<b>30</b> 15 min run Run 2 x 400 Run 5 x 100s (60 second rest)	<b>1</b> Ball Work  Body weight strengthening	<b>2</b> 35-40 min run	<b>3</b>  Ball Work

\*Keep a record of all running and activities. Each week you will want to run five more minutes than the week before. Push through the slog of the first several runs, it will get easier. EX: If June 10<sup>th</sup> you run 22 min, then on June 17<sup>th</sup> you should run a minimum of 27 min\*. Use different ballwork videos from week to week on ballwork days.

# July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Active Recovery*	29 30-35 min run, easy pace	30 Ball Work  Body Weight strengthening	1 Sprint Repeats 15 min easy run Run 6 x 100s (60 second rest)	2 Ball Work  Body Weight strengthening	3 25-30 min run	3 up to 35 min run, easy pace Ball Work
4 Active Recovery	5 10 min warm up run Hill workout*	6 Ball Work  Body Weight strengthening	7 15 min run Run 2 x 800 Run 6 x 100 (60 second rest)	8 Ball Work  Body Weight strengthening	9 30-35 min run	10 up to 40 min run, easy pace Ball Work
11 Active Recovery	12 10 min warm up run Hill workout	13 Ball Work  Body Weight strengthening	14 15 min run Run 3 x 800 Run 6 x 100s (60 second rest)	15 Ball Work  Body Weight strengthening	16 35-40 min run	17 up to 40 min run, easy pace Ball Work
18 Active Recovery	19 10 min warm up run Hill workout	20 Ball Work  Body Weight strengthening	21 15 min run Run 4 x 800 Run 7 x 100s (60 sec rest)	22 Ball Work  Body Weight strengthening	23 40-45 min run	24 up to 45 min run Ball Work
25 Active Recovery	26 10 min warm up run Hill workout	27 Ball Work  Body Weight strengthening	28 15 min run Run 4 x 800 Run 7 x 100 (60 second rest)	29 Ball Work  Body Weight strengthening	30 45-50 min run	31 up to 45 min run Ball Work

\*You should be building up to getting in 4 running workouts a week...Saturday added in June. It is up to you to know your schedule and pick the appropriate days to have an active recovery\*

# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				29 Ball work	30 45-50 min run Body Weight strengthening	31 up to 60 min run Ball Work LAST LONG RUN!
1 Active Recovery Day*	2 10 min warm up run  Hill workout	3  Ball Work	4 HIIT Circuit* 15 min warm up	5  Ball Work	6 30-35 min run Body Weight strengthening	7 up to 45 min run Ball Work
8 Active Recovery Day*	9 10 min warm up run  Hill workout	10  Ball Work	11 HIIT Circuit* 15 min warm up	12  Ball Work	13 30 min run  Body Weight strengthening	14 up to 40 min run  Ball Work
15 Active Recovery Day*	16 10 min warm up run  Hill workout *possible pre-pre season	17  Ball Work	18 HIIT Circuit* 15 min warm up	19  Ball Work	20 30 min run, easy pace  Body Weight strengthening	21 up to 40 min run  Ball Work
22 Active Recovery Day*	23 30 min easy/medium pace run * possible pre-pre season	24  Ball Work	25 HIIT Circuit* 15 min warm up	26  Ball Work	27 30 min run  Body Weight strengthening	28 Active recovery  Ball Work

\*The last month is all about consistency. You have built up your strength and stamina all summer, so now is the time to maintain those gains. You do not want to lose what you worked hard to gain throughout the summer\*

### Helpful Soccer Skill Based Links:

- Agility: <https://www.youtube.com/watch?v=MPwwhq-dH3c>
- Technical Touches: <https://www.youtube.com/watch?v=LCfMM6vkXjE&feature=youtu.be>
- Dribbling: <https://www.youtube.com/watch?v=nHxClhfQjIM> (10 minute foot workout)  
<https://www.youtube.com/watch?v=8XBSak8IUHE>,  
<https://www.youtube.com/watch?v=1sr8zc8nP9Y>
- Individual ball skills: <https://www.youtube.com/watch?v=L8taGwfp2sU>
  - <https://www.youtube.com/watch?v=nHxClhfQjIM> \*\*
- Ball striking: [https://www.youtube.com/results?search\\_query=soccer+ball+striking+skills](https://www.youtube.com/results?search_query=soccer+ball+striking+skills)
- Agility with Ball Training Session: <https://bit.ly/2HZeJZe>
- John Terry Cardio Workout: <https://bit.ly/2WmKjnQ>
- Sheldon Tweedie's YouTube channel: <https://www.youtube.com/channel/UCNdLUaIrsW9AbSMxSophUQ>
- Connor Parsons' YouTube channel: [https://www.youtube.com/channel/UCkFVYGud7-\\_wtkOPhVOh\\_2A](https://www.youtube.com/channel/UCkFVYGud7-_wtkOPhVOh_2A)
- Become Elite with Matt Sheldon: <https://www.youtube.com/channel/UCFfFE-6nfCHz4uDZ-08o6ng>
- Coach Javi: <https://www.youtube.com/channel/UCnROn7MrUnpnM8sjdzj1Qg>
- Mueller Performance with Stefan Mueller: <https://www.youtube.com/channel/UCIC8AmePZc3ZO695XAJYL8A/videos>

### **Instagram** accounts to follow with daily training ideas/tips:

[@kevimillertraining](#): Kevin Miller is the physical trainer and nutritionist for several Villanova University teams, including their mens' soccer program.

[@coervercoaching](#): to practice individual ball skills

[@muellerperformance](#): Stefan Mueller is a former NCAA Div. 1 soccer player who coaches and trains young footballers.

[@imkesalander](#): german runner with fun, varied, challenging workouts.

[@sheldontweedie](#): Australian footballer and some training ideas

[@coachjaviofficial](#): USA based former college and professional footballer

[@Become\\_Elite](#): US based professional soccer player

### **Hills:**

warm up (10 minute easy run)

sprint/increase cadence/steps per minute up 15 secs (light on the feet, reduce ground contact time, drive with the knees)

sprint down 15 secs (run fast but maintain control)

keep the same hill over time, increase reps

increase the reps, start with 4 rounds (up and back is one round) 4, 6, 8, 8, 6, 4

**Functional movements for HIIT workout:**

squats  
walking lunges  
lateral jumps  
burpees  
mountain climbers  
bunny hops  
burpees with + bunny hop  
push-ups  
pull-ups  
planks: hold for increasing/decreasing amount of time (20, 30, 45 secs, 45, 30, 20 secs)  
up + down planks (plank where u move up and down into push-up position)  
side planks (there are a multitude variety of side planks)

**Warm-up:** 2 X around field house, high knees, jumping jacks, squats.

**HIIT = High Intensity Interval Training:**

- 8 exercises for 25-30 mins (lower body, upper body, core, footwork, full body)
- 20 secs per activity, 20 secs rest, repeat 6 times after 60 secs rest between sets
  - 1 squat jumps (1st 3)/split lunge jumps (2nd 3) 20 secs
  - rest 20 secs
  - 2 push ups 20 secs
  - rest 20 secs
  - 3 mountain climbers 20 secs
  - rest 20 secs
  - 4 up/down planks (1st 3) / touch shoulder planks (2nd 3) 20 secs
  - rest 20 secs
  - 5 burpees (1st 3) /broad jump burpees (2nd 3) 20 secs
  - rest 20 secs
  - 6 bunny hops 20 secs
  - rest 20 secs
  - 7 plank 20 secs
  - rest 20 secs
  - 8 scissor kicks (1st 3) / bicycles (2nd 3) 20 secs
  - 1 minute rest
  - repeat 6 times after 1 minutes rest
  - 6 x 6 = 36 mins

Here are a couple of videos with different HIIT workouts. You can adopt these and rotate them:

- <https://www.youtube.com/watch?v=5uVaKjtJHN8>
- <https://www.youtube.com/watch?v=AvqZvnFr630>

**Active Recovery Ideas/options/activities:**

Mindfulness

Yoga

Mobility

Stretching

Biking

Walking the dogs

Hiking

SUP, rowing

# **Canterbury School**

## **Boys' Soccer Sprinting Program**

<u><b>WEEK 1</b></u>	<u><b>WEEK 2</b></u>	<u><b>WEEK 3</b></u>
June 1-6	June 7-12	June 14-19
4 x 20 yds	6 x 20 yds	8 x 20 yds
4 x 40 yds	5 x 40 yds	6 x 40 yds
4 x 60 yds	4 x 60 yds	4 x 60 yds
2 x 80 yds	4 x 80 yds	4 x 80 yds
1 x 100 yds	2 X 100 yds	3 x 100 yds
1 X / week	1 X / week	1 X / week

<u><b>WEEK 4 &amp; 5</b></u>	<u><b>WEEK 6</b></u>	<u><b>WEEK 7 &amp; 8</b></u>
June 21-26	June 28-3	July 5-July 10
8 x 20 yds	9 x 20 yds	10 x 20 yds
6 x 40 yds	6 x 40 yds	6 x 40 yds
4 x 60 yds	4 x 60 yds	4 x 60 yds
3 x 80 yds	3 x 80 yds	3 x 80 yds
2 x 100 yds	2 x 100 yds	2 x 100 yds
1 X / week	1 X / week	1 X / week

<u><b>WEEK 9 &amp; 10</b></u>	<u><b>WEEK 11 &amp; 12 &amp; 13</b></u>
July 12-24	July 26 -August 14
18 x 20 yds	20 x 20 yds
10 x 40 yds	10 x 40 yds
8 x 60 yds	8 x 60 yds
6 x 80 yds	6 x 80 yds
4 x 100 yds	4 x 100 yds
1 time per week	1 time per week

### **REST PERIOD WEEKS 1-7 REST PERIOD WEEKS 8-13** 30

seconds for 20's 20 seconds for 20's 45 seconds for 40's 30 seconds for 40's  
 60 seconds for 60's 45 seconds for 60's 75 seconds for 80's 60 seconds for  
 80's 90 seconds for 100's 75 seconds for 100's

# **Canterbury Boys' Soccer Track Workout**

## **(Choose one workout per session)**

### **TRACK WORKOUT A**

4 laps: 1 mile under 9:00 Rest 3 minutes  
2 laps: ½ mile under 4:40 Rest 90 seconds  
2 laps: ½ mile under 4:40 Rest 90 seconds  
1 lap: ¼ mile under :90 Rest 90 seconds  
1 lap: ¼ mile under :90 Rest 90 seconds  
2 laps: ½ mile under 4:40 FINISHED

### **TRACK WORKOUT B**

4 laps: 1 mile under 9:00 Rest 2 minutes  
3 laps: ¾ mile under 6:10 Rest 90 seconds  
2 laps: ½ mile under 4:40 Rest 90 seconds  
2 laps: ½ mile under 4:40 Rest 90 seconds  
1 lap: ¼ mile under :90 Rest 90 seconds  
1 lap: ¼ mile under :90 FINISHED

### **PYRAMID TRACK WORKOUT**

1 lap: ¼ mile under :90 Rest 30 seconds  
2 laps: ½ mile under 4:30 Rest 70 seconds  
3 laps: ¾ mile under 6:30 Rest 90 seconds  
4 laps: 1 mile under 8:00 Rest 2 minutes  
3 laps: ¾ mile under 6:30 Rest 90 seconds  
2 laps: ½ mile under 4:30 Rest 70 seconds  
1 lap: ¼ mile under :90 FINISHED

RECORD EXACT TIME, PULSE RATE, AND DISTANCES. BE EXACT!  
BE SURE TO STRETCH 10-15 MINUTES BEFORE & AFTER WORKOUTS.