

June 2020

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

July 2020

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	4 up to 35 min run, easy pace Ball Work
5 Active Recovery	6 10 min warm up run Hill workout*	7 Ball Work Body Weight strengthening	8 15 min run Run 2 x 800 Run 6 x 100 (60 second rest)	9 Ball Work Body Weight strengthening	10 30-35 min run	11 up to 40 min run, easy pace Ball Work
12 Active Recovery	13 10 min warm up run Hill workout	14 Ball Work Body Weight strengthening	15 15 min run Run 3 x 800 Run 6 x 100s (60 second rest)	16 Ball Work Body Weight strengthening	17 35-40 min run	18 up to 40 min run, easy pace Ball Work
19 Active Recovery	20 10 min warm up run Hill workout	21 Ball Work Body Weight strengthening	22 15 min run Run 4 x 800 Run 7 x 100s (60 sec rest)	23 Ball Work Body Weight strengthening	24 40-45 min run	25 up to 45 min run Ball Work
26 Active Recovery	27 10 min warm up run Hill workout	28 Ball Work Body Weight strengthening	29 15 min run Run 4 x 800 Run 7 x 100 (60 second rest)	30 Ball Work Body Weight strengthening	31 45-50 min run	1 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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				30 Ball work	31 45-50 min run Body Weight strengthening	1 up to 60 min run Ball Work LAST LONG RUN!
2 Active Recovery Day*	3 10 min warm up run Hill workout	4 Ball Work	5 HIIT Circuit* 15 min warm up	6 Ball Work	7 30-35 min run Body Weight strengthening	8 up to 45 min run Ball Work
9 Active Recovery Day*	10 10 min warm up run Hill workout	11 Ball Work	12 HIIT Circuit* 15 min warm up	13 Ball Work	14 30 min run Body Weight strengthening	15 up to 40 min run Ball Work
16 Active Recovery Day*	17 10 min warm up run Hill workout *possible pre-pre season	18 Ball Work	19 HIIT Circuit* 15 min warm up	20 Ball Work	21 30 min run, easy pace Body Weight strengthening	22 up to 40 min run Ball Work
23 Active Recovery Day*	24 30 min easy/medium pace run * possible pre-pre season	25 Ball Work	26 HIIT Circuit* 15 min warm up	27 Ball Work	28 30 min run Body Weight strengthening	29 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
- 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/UCNdLUalrseW9AbSMxSophUQ>
- Connor Parsons' YouTube channel:
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)

HIIT = High Intensity Interval Training:

- 8 exercises for 25 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
 - squat jumps 20 secs
 - rest 20 secs
 - push ups 20 secs
 - rest 20 secs
 - mountain climbers 20 secs
 - rest 20 secs
 - up/downs 20 secs
 - rest 20 secs
 - burpees 20 secs
 - rest 20 secs
 - bunny hops 20 secs
 - rest 20 secs
 - plank 20 secs
 - rest 20 secs
 - repeat 6 times after 1 minutes rest

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