

2019 JULY

CALENDAR YEAR
#NAME?

CALENDAR MONTH

MONDAY
FIRST DAY
OF WEEK

#NAME?					
Lift 2 x 12 Min Treadmill	Soccer 18 x 60s Plyos/Agility	Lift 7 x 300s	Soccer 15 x 120s Plyos/Agility	Lift 40 Minute Treadmill	Soccer 5/5/5 Minis
#NAME?					
Lift 40 Minute Treadmill	Soccer 15 x 120s Plyos/Agility	Lift 7 x 300s	Soccer 5/5/5 Minis Plyos/Agility	Lift 2 x 12 Min Treadmill	Soccer 5/5/5 Minis
#NAME?					
Lift 2 x 12 Min Treadmill	Soccer 18 x 60s Plyos/Agility	Lift 7 x 300s	Soccer 15 x 120s Plyos/Agility	Lift 40 Minute Treadmill	Soccer 5/5/5 Minis
#NAME?					
Week Off-No lift maybe one or two easy runs and some work with a soccer ball	Week Off-No lift maybe one or two easy runs and some work with a soccer ball	Week Off-No lift maybe one or two easy runs and some work with a soccer ball	Week Off-No lift maybe one or two easy runs and some work with a soccer ball	Week Off-No lift maybe one or two easy runs and some work with a soccer ball	Week Off-No lift maybe one or two easy runs and some work with a soccer ball
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Workout Explanations

(You can adjust the times by 10-20 seconds, these are times for college athletes)

120s

- 1) Sprint the length of the soccer field in 20 seconds
- 2) Jog back in 40 seconds
- 3) Each 120 should take you no more than 1 minute total
- 4) Follow the work to rest ratio in the calendar
- 5) There should be an extra 1 minute rest between each set of 5

60s

- 1) Sprint half of the soccer field in 10 seconds
- 2) Jog back in 20 seconds
- 3) Each 60 should take you no more than 30 seconds total
- 4) Follow the work to rest ratio in the calendar
- 5) There should be an extra 30 seconds rest between each set of 5

300yd Shuttle

- 1) Place 2 cones 25 yards apart
- 2) Sprint out to the first cone, touch the line and sprint back
- 3) Repeat #2 six times to complete 300 yards
- 4) Follow the work to rest ratio in the calendar

Minis

- 1) Start on the goal line and sprint to the 18 and back
- 2) Immediately turn and sprint to the 6 and back
- 3) 5 are straight sprinting. 5 are sprinting out to 18 and back and then side shuffle from goal line to the 6 and back. and 5 are sprint out to the 18 and back pedal back to the 6 then turn and sprint to the goal line. At the goal line back pedal to the 6 and then sprint back to the goal line. If you have questions about this last one please ask your summer group or me.
- 4) The sprint should be done in 10 seconds with 10 seconds rest.
- 5) There should be an extra 20 seconds rest between each set of 5

Times: 60s - 10/20; 30 sec rest between sets of 5
120s - 18/42; 1 min rest between sets of 5
300s - 65; 2 min rest
Minis - 10/10; 30 sec rest between sets of 5
12/8; 30 sec rest between sets of 5
12/8; 30 sec rest between sets of 5

Make sure to incorporate brazilians/partner juggling into the schedule, as well as, playing soccer. Running fit and soccer fit are two different animals.

You may substitute 8 x 200s for the 12 minute treadmill or 8 x 400s for the 40 minute treadmill workouts. Also an alternative are longer runs outside (telephone pole runs, intervals, hills) for treadmill workouts.

Listen to your body and choose what you need. If that means rest or alternative workouts (bike, swim), do that. You can't be fit without being healthy!

More on next page

Treadmill workouts

12 Min Treadmill Workout

*this is hard guys but it is a really great short work out, so push through it!

2min jogging on level 6.5

1 min level 9.0

1min down to level 8.0

2min down to level 7.5

1min level 9.5

2min level 7.0

1min level 6.0

2min the incline all the way up level 15, WALKING at level 4.5 no jogging !!!!!

cool down and stretch.

40 Minute Treadmill workout

2min bike and stretch

2min 6.5

1min 9.0

2min 8.5

2min 9.5

3min 7.0

1min 10.0

2min 7.5

2min 8.0

1 min 10.0

3 min 6.0

2 min 8.0

1 min 9.0

1min 9.0

2min 7.0

1 min 10.0

3 min 7.5

2 min 6.5

1 min 9.0

4min level 15 walking at 5.0 NO RUNNING

More on next page

ALTERNATIVE LIFTING PROGRAM

For those who do not have an adequate lifting facility, follow the alternative lifting program. If you at least do these alternative lifts and the mini leg circuit consistently three days per week, you will be much stronger by the end of the summer. Those doing the alternative lifting program will still be tested in September.

If needed, use a spotter to help you lift your chin above the bar when doing chin-ups and pull-ups. DO NOT have the spotter help you when lowering your body. Do the single leg squats on a box or step so you can hang the non-working leg off to the side and it won't hit the ground. Squat down as deep as you can. Your hamstrings should touch your calves. Have your arms out stretched in front of you to help counter balance. Go deep on the push-ups; your chest should tap the ground on each repetition. Go low with each rep of dips.

Phase 1:

Mini Leg Circuit x 1

Nordic Hamstring – 3 sets x 8-12 reps

Single Leg Hip Pop – 3 sets x 8-12 reps each leg

Single Leg Squat- 3 sets x 8-12 reps each leg

Double Leg Hip Pop- 3 sets x 8-12 reps

Chin-up- 3 sets x 8-12 reps

Push-up- 3 sets x 8-12 reps

Dips- 3 sets x 8-12 reps

Phase 2:

Mini Leg Circuits x 2

Nordic Hamstring – 3 sets x 8-12 reps

Single Leg Hip Pop – 3 sets x 8-12 reps each leg

Single Leg Squat- 3 sets x 8-12 reps each leg

Double Leg Hip Pop- 3 sets x 8-12 reps

Pull-up - 3 sets x 8-12 reps

Push-up- 3 sets x 8-12 reps

Dips- 3 sets x 8-12 reps

Phase 3:

Mini Leg Circuit x 3

Nordic Hamstring – 3 sets x 8-12 reps

Single Leg Hip Pop – 3 sets x 8-12 reps each leg

Single Leg Squat - 5 x 8-12 reps holding dumbbells, each leg

Double Leg Hip Pop- 3 sets x 8-12 reps

Chin-up- 5 x 8-12 reps holding a weight between your legs

Push-up- 5 x 8-12 reps

Weighted Dips- 5 x 8-12

Mini-Leg Circuit

1. Take two minutes between sets
2. Expect much soreness due to high speed eccentric work
3. Advance to holding weights during 4 exercises
4. Exercises:

Jump Squat x 10

Goal- Max height

Body Weight Squat x 10

Goal- 1 per second

Lunge x 5 each leg

Goal- 1 per second

Explosive Step-up x 5 each leg

Goal- Max height