

Players,

As many of you are aware, it is very important with the up-coming season that you are in shape and ready to play!

This recommended workout program should begin about 4-5 weeks before the start of the season so you, as a player, will be fit enough at the start of our year to meet the demands of High School play.

Do only as much as you can without getting injured, but do it at top speed. Use your best judgment, work with someone, but elevate your ability to perform the requirements of high-level soccer play. Of course you should also be doing ball work on your own.

All activities should be preceded by 10 to 15 minutes of warm up and stretching, and should end with a cool down and stretch as well. At the end of the workout, do 3 SETS OF PUSH-UPS, ABS WORKOUTS, AND TRICEP PUSHUPS AS WELL. Challenge yourself and raise your own standards!

Good Luck!
Troy

July 5, 2010 (Meet with coaches regarding conditioning program - 7:00AM at Sioux Park)

- 4 x 40-yd sprints (15-second rest between sprints) One minute rest.
- 4 x 40-yd sprint (15-second rest between sprints) One minute rest.
- 4 x 40-yd sprint (15-second rest between sprints) One minute rest.
- 20 lunges (20 second rest), 20 vertical jumps (20-second rest), 20 bounds (Left to right),
Do two sets of the lunges.

July 7, 2010

- 2 x 300-yd sprints (60-sec rest between sprints) then 3 minute rest.
- 4 x 40-yd sprint (15-sec rest between each sprint) then 1 minute rest.
- 4 x 40-yd sprint (15-sec rest between each sprint) then 1 minute rest.
- 4 x 40-yd sprint (15-sec rest between each sprint) then 1 minute rest.
- Jump across ball sideways for 30 seconds then 30 seconds rest. Do this 4 times.

July 9, 2010

- 5 x 40-yd sprints (15-sec rest between each sprint) then rest 1 minute.
- 3 x 200-yd sprints (45-sec rest) after the 3rd sprint rest 3 minutes.
- 5 x 40-yd sprints (15-sec rest between each sprint) then rest 1 minute.
- The following are done in a 5-yd line for 30 sec with 30-sec rest between each set....
 - Lateral Shuffle (2 sets).
 - Sprint forward 5 yds, return at speed backward 5 yds (2 sets).

July 11, 2010

- Take a 3-mile run.

July 13, 2010

- 4 x 300-yd sprint (60-sec rest between) then 3 minute rest.
- 4 x 100-yd sprint (30-sec rest between) then 2 minute rest.
- 4 x 100-yd sprint (30-sec rest between) then 1 minute rest.
- 4 x 40-yd sprint (15-sec rest between) then 1 minute rest.
- 20 lateral bounding jumps side to side about 1-yd apart (1 minute rest) 3 times.
- 10 power lunges (20 sec rest between).

July 15, 2010

- 20 yd sprint (rest 15 seconds).
- 40 yd sprint (rest 30 seconds).
- 60 yd sprint (rest 45 seconds).
- 80 yd sprint (rest 60 seconds).
- 100 yd sprint (rest 75 seconds).
- Do this set 4 times.

July 17, 2010

- 5 sets of the sprints done on July 5, 2010
- 15-yd ladders (15 yds, 10 yds, 5 yds, each time out for 60 seconds) Sprint forward going out, sprint backward returning. Do 10 reps with 1-minute rest between.

July 19, 2010

- 4 x 200 yd sprints (45-second rest between) then 3 minutes rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 200 yd sprints (45-second rest between) then 3 minutes rest.
- 6 x 20 yd sprints (10 seconds rest between) then 2 minutes rest.
- Five yds apart for 30 seconds then 30 seconds rest: Lateral shuffles (3 reps).

July 21, 2010

- Take a 4-mile run. Time your run! Set a target of less than 32 minutes.

July 23, 2010

- 20, 40, 60, 80, 100 yd sprints, 7 sets, then take a 5-minute rest.
- 15 yd ladders (15 yds, 10 yds, 5 yds):
 - Sprint out and in, 3 reps (with 30-second rest between).
 - Lateral shuffle, 3 sets.
 - Backward sprint out, sprint in, 3 sets.
 - Sprint in and out 3 sets.

July 25, 2010

- 2 300-yd sprints (45-second rest between) then 3 minute rest.
- 4 x 200-yd sprints (30-second rest between) then 5-minute rest.
- 6 x 100-yd sprints (30-second rest between) then 2-minute rest.
- 8 x 40-yd sprints (15-second rest between) then 2-minute rest.
- 10 x 20-yd sprints (30-second rest between) then 5-minute rest.
- 5 yd line apart:
 - Lateral shuffles for 30 seconds (then 1-minute rest) 3 sets.
 - Sprint out and in 3 sets for 30 seconds with 1-minute rest between.

July 27, 2010

- 8 x 400 yd sprints (sprint 400 yd, jog 400 yd, sprint 400 yd, jog 400 yd, etc) 3 minute rest.
- 20, 40, 60, 80, 100 yd sprints, 9 sets, then take a 5-minute break.
- 8 x 40 yd sprint (sprint 40, jog 40, sprint 40, jog 40 . . .) 3 sets.
- 20 minute cool down jog.

July 29, 2010

- 4 x 50-yd sprints (20-second rest between) then 1-minute rest.
- 4 x 100-yd sprints (30-second rest between) then 2-minute rest.
- 4 x 200-yd sprints (30-second rest between) then 5-minute rest.
- 4 x 100 yd sprints (sprint 100, jog 100, sprint 100, jog 100) then 2-minute rest.
- Jump across ball sideways for 30 seconds, rest 30 seconds, 3 sets.
- Lateral bounding side to side 1 yd apart.

July 31, 2010

- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 2-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 3-minute rest.
- 15 yd ladders (15 out, then 10 out, then 5 out):
 - Sprint out and in (30-second rest between) 3 sets.
 - Backward sprint out then sprint in, 3 sets.
 - Lateral shuffle, 3 sets.
 - Sprint out and in, 3 sets.

August 2, 2010

- Take a 3-mile run.

August 4, 2010

- 4 x 50-yd sprints (20-second rest between) then 1-minute rest.
- 4 x 100-yd sprints (30-second rest between) then 2-minute rest.
- 4 x 200-yd sprints (30-second rest between) then 5-minute rest.
- 4 x 100 yd sprints (sprint 100, jog 100, sprint 100, jog 100) then 2-minute rest.
- Jump across ball sideways for 30 seconds, rest 30 seconds, 3 sets.
- Lateral bounding side to side 1 yd apart.

August 6, 2010

- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 2-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 1-minute rest.
- 4 x 40-yd sprints (15-second rest between) then 3-minute rest.
- 15 yd ladders (15 out, then 10 out, then 5 out):
 - Sprint out and in (30-second rest between) 3 sets.
 - Backward sprint out then sprint in, 3 sets.
 - Lateral shuffle, 3 sets.
 - Sprint out and in, 3 sets.

Rest the day before your season training begins (August 9th).

Do some biking, swimming, or other cross country training from time to time.

Drink plenty of water and avoid soft drinks! What you invest of your time and effort will benefit you!