



The season starts here! It is important that we develop not just as soccer players but as athletes as well. In order to compete with other teams, we have to stay ahead of them. Follow this guideline to prepare yourself for summer workouts.

See coach Vasquez, Coach Rogers, or Coach Lambeseder if you have any questions

**Two Week Sample - You can create your own routines
(you should have 2 - 3 rest days per week)**

Mon	Tues	Wed	Thurs	Friday	Sat	Sun
Run 1 w/ Core	Upper A	Run 2	Lower B w/ Core	Rest	Run 3 w/ Core	Rest
Run 1	Upper B w/ Core	Run 2	Lower A w/ core	Rest	Run 3 w/ core	Rest

Endurance - 3x a week

Look to increase your mileage as you get into your routine. The runs should be moderate (70% - 80%). Your sprints should be intense. Sprints should be on Turf or grass, not concrete. Use your cleats, track spikes, or bare feet when sprinting. Focus on your recovery.

Run 1

2 Mile	Run
3 X 25 yard (30-sec recovery)	Sprints
3 X 50 Yard (1 min recovery)	Sprints

Run 2

2 Mile	Run
2 X Suicides 25 yards (30-sec recovery)	Increase 5 yards every rep
2 X Suicides (lateral) 25 yards (1 min recovery)	Increase 5 yards every rep

Rune 3

2 Mile (increase to 4-5 miles by summer)	Jog (Not a run)
--	------------------------



Strength 2 - 3 X a week

TRM = Total Rep Max

Loaded = with weights

Unloaded = no weights

Upper A

Bench	3 - 4 Sets (65 - 85% TRM)	8 - 10 Reps
Row (Plank)	3 - 4 Sets	8 - 10 Reps
Overhead Press (Dumbbell)	3 - 4 Sets	8 - 10 Reps
Lat Pulldown	3 - 4 Sets	8 - 10 Reps
Lying dumbbell tricep extensions (2 dumbbells)	3 - 4 Sets	8 - 10 Reps
Incline dumbbell curls	3 - 4 Sets	8 - 10 Reps

Upper B

Push-ups	3 - 4 Sets	10 - 25 Reps
Cable Pulls	3 - 4 Sets	8 - 10 Reps
Kneeling Landmine/ kneeling single dumbbell overhead press (alternate sides)	3 - 4 Sets	8 - 10 Reps
Pullup	3 - 4 Sets	5 - 15 Reps
Tricep cable rope pushdowns	3 - 4 Sets	8 - 10 Reps
Wide Grip barbell curls	3 - 4 Sets	8-10 Reps



Lower A

Deadlift (Trap bar)	3 - 4 Sets (65 - 85% TRM)	8 - 10 Reps
Split Squat (Loaded/ Unloaded)	3 - 4 Sets	8 - 10 Reps
Box Jumps	3 - 4 Sets	8 - 10 Reps
DB or machine Calf Raises	3 - 4 Sets	8 - 10 Reps

Lower B

Squat (Under bar/ Goblet)	3 - 4 Sets (65 - 85% TRM)	8 - 10 Reps
Side Lunges (Loaded/ Unloaded)	3 - 4 Sets	8 - 10 Reps
Depth Jumps for Height	3 - 4 Sets	8 - 10 Reps
Dumbbell deadlifts	3 - 4 Sets	8 - 10 Reps

Abs/Core to incorporate on run or lifting days

Medicine Ball Slams	3-4 Sets	10-15 Reps
Planks (standard, side planks)	3-4 Sets	Aim for 1 min each
Fire hydrants (alternate sides)	3-4 Sets	10-12 Reps per side, hold each time for 8 seconds and increase as summer progress
Russian Twists with a medicine ball/plate	3-4 Sets	10 Reps per side
Mountain Climbers	3-4 Sets	10-12 Reps per side at a pace you can control but also push yourself
Flat Bench Crunch	3-4 Sets	12-20 Reps
Side Bends with a dumbbell or plate	3-4 Sets	12-15 Reps