

Wildcats Soccer Summer Training Program

This summer program will prepare you for the fall season by increasing your strength, endurance, speed, agility, and overall physical fitness.

Each week, choose a minimum of...

- **1 Aerobic Exercise Set**
- **1 Anaerobic Exercise Set**
- **1 Strength Exercise Set**
- **1 CrossFit Challenge**
- **1 run day: timed between 30 minutes and one hour. (Playing in a soccer match can substitute for this as well)**

Please record your completed workouts on the calendar provided on the days that you completed them. YOUR HARD WORK WILL PAY OFF DURING OUR CONDITIONING THIS FALL!!!

Aerobic Exercises

Aerobic = cardio, builds endurance

#1: Change of Pace Run

- Option A: Jog 50 yards, sprint 50 yards, walk 50 yards
- Option B: Jog from corner flag to halfway line, sprint from halfway line to corner flag, walk from corner flag to corner flag
- Complete as many rounds as possible as one of the above options in 5 minutes and then follow with active rest for 3 minutes (juggling soccer ball)
- Complete 4 sets

#2: Pyramid Run

- Jog for 10 seconds, sprint for 10 seconds
- Jog for 20 seconds, sprint for 20 seconds
- Jog for 30 seconds, sprint for 30 seconds
- Complete 10 Sets (1 Set = 10-20-30-30-20-10 seconds)

#3: 50-10 Runs

- Jog for 50 seconds, sprint for 10 seconds
- Complete 4 sets (1 Set = 5 minutes of jog/sprint and 3 minutes of active rest juggling a soccer ball)

#4: Scottish Eighteens

- Start at the top of the eighteen, sprint down to the opposite 18 within 20 seconds, the jog back to the starting spot in the remaining time (40 seconds)
- Sprints should start on the minute
- Complete 2 sets (1 Set = 9 rounds for a total of 9 minutes and 5 minutes of active rest juggling a soccer ball)

Anaerobic Exercises

Anaerobic = builds muscle through short burst of strenuous activity (ex. weight lifting, short sprints)

#1: 25 Yard Cone Exercise

- Place cones at 5, 10, 15, 20, 25 yards
- Sprint to each cone and back to starting point
- Goal = less than 45 seconds
- Rest for 1 minute between sets
- Complete 3 Shuttle Sets (1 Shuttle Set = sprinting to all cones and back)

#2: 45 Yard Shuttles

- Place two cones 45 yards apart
- Sprint up and back three times (for a total of 270 yards)
- Goal = 50-55 seconds
- Rest for 1 minute 30 seconds
- Complete 6 Shuttle Sets (1 Shuttle Set = sprinting up and back 3 times)

#3: 50 Yard Cone Exercise

- Place cones at 10, 20, 30, 40 and 50 yards
- Sprint to each cone and back to starting point
- Goal = less than 1 minute 30 seconds
- Rest for 1 minute 30 seconds
- Complete 2 Shuttle Sets (1 Shuttle Set = sprinting to all cones and back)

#4: 120s

- Sprint 120 yards
- Goal = less than 30 seconds
- 1 minute recovery to job back to start and then rest the remainder of the minute
- Complete 5 120 yard sprints

#5: 10 Yard Shuttles

- Place two cones 10 yards apart
- Sprint up and back ten times (for a total of 200 yards)
- Goal = 1 minute 15 seconds
- Rest for 1 minute 30 seconds
- Complete 6 Shuttle Sets (1 Shuttle Set = sprinting up and back 10 times)

#6: 25 Yard Shuttles

- Place two cones 25 yards apart
- Sprint up and back six times (for a total of 300 yards)
- Goal = 1 minute 15 seconds
- Rest for 1 minute 45 seconds
- Complete 4 Shuttle Sets (1 Shuttle Set = sprinting up and back 6 times)

Strength Exercises

#1:

Exercise	Suggested Load	Work Sets x Reps
Rear Elevated Leg Split Squat (RELSS) super-set with split jumps	15-20 lbs. (RELSS) Body Weight (Split Squats)	3 x (12 each leg followed by 12 Split Jumps)
Bench Dip super-set with Push-ups	Body Weight (both)	3 x (12 Bench Dips followed by 12 push-ups)
Plank Super-set	Body Weight	1 minute of elbow plank, 1 minute plank tap outs, 1 minute straight arm plank
V-ups	Body Weight	3 x 15

#2:

Exercise	Suggested Load	Work Sets x Reps
Single Leg Dead Lifts super-set with Walking Lunges	20-40 lbs. (Dead Lifts) Body Weight (Walking Lunges)	3 x (15 Dead Lifts per leg followed by 20 Walking Lunges per leg)
Push-ups super-set with Burpees	Body Weight (both)	15 wide arm push-ups 15 Burpees 15 normal width push-ups 15 Burpees 15 tri-cep push-ups 15 Burpees
Squats super-set with Jump Squats	Body Weight	3 x (25 Squats followed by 15 jump squats)
Leg Raises superset with Crunches	Body Weight`	3 x (15 Leg Raises followed by 50 crunches)

#3:

Exercise	Suggested Load	Work Sets x Reps
Step-ups superset with Reverse Lunges	Body Weight (both)	3 x (15 Step-ups each leg followed by 15 Reverse Lunges each leg)
Elbow Plank to Straight Arm Plank superset with Mountain Climbers	Body Weight (both)	3 x (15 Elbow to Straight Arm Planks followed by 50 Mountain Climbers per leg)
Curtsy Lunges super-set with Squat Jumps	Body Weight (both)	3 x (12 Curtsy Lunges each leg followed by 12 Squat Jumps)
Flutter Kicks super-set with Russian Twists	Body Weight (both)	3 x (20 Flutter Kicks each leg followed by 20 Russian Twists each side)

#4:

Exercise	Suggested Load	Work Sets x Reps
Bridges super-set with Skiers	Body Weight (or add 20-50 pounds)	3 x (Hold Glute Bridge for 1 minute followed by 15 Skiers each leg)
Side-Plank super-set with Plank Opposite Arm/Leg Raises	Body Weight	3 x (Hold Side Plank for 30 seconds each side followed by 15 Plank Opposite Arm/Leg Raises each side)
Hamstring Single Leg Hip Thrusts super-set with Walking Lunges	Body Weight (can be done on exercise ball)	3 x (20 Hip Thrusts each leg followed by 20 walking lunges each leg)
Boxer Sit-Ups super-set with Bicycle Sit-Ups	Body Weight (both)	3 x (15 Boxer Sit-Ups each side followed by 25 Bicycle Sit-Ups each side)

CrossFit Challenges

#1: CF 1

- Sprint 100 yards
- 10 Push-Ups
- 10 Sit-Ups
- 10 Air Squats
- Three Rounds for Time (record your time on your calendar)

#2: CF 2

- 10 Burpees
- Run 100 yards
- Max Rounds in 10 Minutes (record your rounds on your calendar)

#3: CF 3

- 10-9-8-7-6-5-4-3-2-1 Burpees, Push-Ups & Sit-Ups
- Record your time on your calendar

#4: Lumberjack CrossFit

- Run 400 meters (or 1 lap around the track)/20 Push-Ups
- Run 400 meters/20 Burpees
- Run 400 meters/20 Tuck Jumps
- Run 400 meters/20 Elevated Push-Ups
- Run 400 meters/20 Walking Lunges
- Run 400 meters/20 Scissor Jumps
- Run 400 meters/20 Mountain Climbers
- Record your time on your calendar

#5: Annie CrossFit

- 50-40-30-20-10 Double-Unders (Jump Rope that makes 2 passes instead of the typical 1) & Sit-Ups
- Record your time on your calendar

#6: The 7

- 7 wall ball shots (squat with a medicine ball and then throw it into the air)
- 7 push-ups
- 7 burpees
- 7 rounds for time (record your time on your calendar)

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
25	26	27	28	29	30	(1)

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(30)	(31)	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 First Day of Soccer Tryouts! Meet in Library 8am	22	23	24	25	26