



Conditioning Program

Summer 2024

The summer conditioning program will help you prepare for the physical demands of pre-season training, and set the foundation for your Fall 2024 season. These workouts should help you improve your conditioning, agility, balance, speed, acceleration, strength, power, all specific to the game of soccer. Your performance on the fitness tests during tryouts will be a direct reflection of your preparation over the summer and your commitment to helping us in the pursuit of our 4th National Championship.

If you can, try to mix in some ball work before or after with a ball whenever possible to improve your skills and technique. You should make every effort to play as often as possible from here until pre-season. There is no better way to prepare for the physical and technical demands of soccer than by also playing.

GENERAL WARM-UP

It should go without saying but we'll say it anyway: a proper warm-up prepares your muscles, tendons, and ligaments for the stress they're about to endure, reducing the chances of strains or tears. Your body will thank you later.

Opt for a more [dynamic warm-up](#) such as this one and save the static stretching for after the workout for your cooldown. See our [Player Development Program](#) from 2023 for movements that help with **mobility, strength, and prevention**.



Running & Speed Production Program

PHASE 1 – BUILDING A BASE

Weeks 1-3:

Mondays & Fridays:

- Interval Runs: 30-60-30 Runs:
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
 - o 5x60 seconds @ 75%, 60 seconds @ 50%
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
- 5 Minute Cool Down (Active Rest)
- 1 set 8x100s @ 75% , SLOW jog back to start after each run (no more than 45 seconds between runs) • 1 set 8x30s @ Sprint Pace – 30 seconds rest between each run
- Tabata #1

Wednesdays:

- 2 Mile Run – Target Time: 14 minutes
- 5 Minute Cool Down (Active Rest)
- 1 set 8x100s @ 75% , SLOW jog back to start after each run (no more than 45 seconds between runs) • 1 set 8x30s @ Sprint Pace – 30 seconds rest between each run
- Tabata #2

PHASE 2 – SPEED PRODUCTION

Weeks 4-6:

Week 4

Monday and Friday (sprint speed)

- 3X30m (45 second rest between reps)
- 3X60m (45 second rest between reps)
- 3X90m (45 second rest between reps)
- Tabata #3

Wednesday (speed-endurance)

- 2 Sets: 50m-100m-150m-200m-150m-100m-50m
- Use a 3:1 Rest Ratio (ex. if it takes 30 seconds to run 150m, then rest for 1:30 before the 200m) •



Week 5

Monday and Friday (sprint speed)

- 5X30m (45 second rest between reps)
- 5X60m (45 second rest between reps)
- 5X90m (45 second rest between reps)
- Tabata #1

Wednesday (speed-endurance)

- 3 Sets: 50m-100m-150m-200m-150m-100m-50m
- Use a 2:1 Rest Ratio (ex. if it takes 30 seconds to run 150m, then rest for 1:00 before the 200m)
- Tabata #2

Week 6

Monday and Friday (sprint speed)

- 6X30m (30 second rest between reps)
- 6X60m (30 second rest between reps)
- 6X90m (30 second rest between reps)
- Tabata #3

Wednesday (speed-endurance)

- 3 Sets @ 100%: 50m-100m-150m-200m-250m-200m-150m-100m-50m
- Use a 2:1 Rest Ratio (ex. if it takes 30 seconds to run 150m, then rest for 1:00 before the 200m)
- Tabata #4

PHASE 3 – SPRINT ENDURANCE & RECOVERY

Weeks 7-8:

Mondays & Fridays:

- 3x 2 minute run @75% with 2 minute walk between runs
- 2 Minute Cool Down (Active Rest)
- 1 set 12x100s @ 75% -- Walk Back to start (no more than 2 minutes between runs)
- 20-40-20 Runs
 - o 12x20s @ sprint speed – Rest 45 seconds between runs
 - o 10x40s @ sprint speed – Rest 60 seconds between runs
 - o 12x20s @ sprint speed – Rest 60 seconds between runs

- Tabata #1 or 2



Wednesdays:

- o Interval Runs: 30-60-30 Runs:
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
 - o 5x60 seconds @ 75%, 60 seconds @ 50%
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
- 3 Minute Cool Down (Active Rest)
- 30/30/30 Runs – Build-up:
 - o 10 x jog 30/ sprint 30/ jog 30 –Rest 30 seconds between runs
- 20-40-20 Runs
 - o 12x20s @ sprint speed – Rest 45 seconds between runs
 - o 10x40s @ sprint speed – Rest 60 seconds between runs
 - o 12x20s @ sprint speed – Rest 60 seconds between runs
- Tabata #3 or 4

PHASE 4 – SPRINT ENDURANCE & RECOVERY

Weeks 9-10:

Mondays & Fridays:

- 6x 1 minute runs @ 75% -- 2 minute recovery between runs
- Power Runs
 - o 5x30 seconds @ 100% run – 4 minute rest between runs
- 30/30/30 Runs – Build-up:
 - o 6 x jog 30/ sprint 30/ jog 30 –Rest 30 seconds between runs
- Tabata #1 or 2

Wednesdays:

- Interval Runs: 30-60-30 Runs:
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
 - o 5x60 seconds @ 75%, 60 seconds @ 50%
 - o 5x30 seconds @ 75%, 30 seconds @ 50%
- 2 Minute Cool Down (Active Rest)
- 1 set 14x100s @ 75% -- Walk Back to start (no more than 2 minutes between runs) •
- 10-20-30 Runs (Horses)
 - o Set up cones at 10 – 20- 30 yard intervals; from starting line sprint to first cone & back, second cone & back, 3rd cone & back;
 - o 5x @ 100%
 - o 5x @ 100% with 3 jump tucks at each cone
 - o 5x @ 100% with no turning at cones (run backwards back to starting line)
 - o 60 seconds rest between reps
- Tabata #3 or 4

AUGUST 12th – START OF PRE-SEASON TRAINING CAMP



The Tabata Program

The Tabata workout lasts only four minutes, but is one of the longest four minutes you'll encounter. The structure of the program is:

- Workout hard for 20 seconds
- Rest for 10 seconds
- Complete eight rounds (4 rounds for our Mini-Tabatas)

For our purposes, we will be doing “Mini-Tabatas”, which will consist of only 4 Rounds rather than 8 Rounds, which equates to 2-minute sets. You push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete four sets. Then you rest for one minute, then move on to the next exercise.

Mini-Tabata #1

- o 2 Legged squats
- o Push-ups
- o Switch Lunges – lunges with leap up and switch front leg
- o Abs: Bridge
- o Abs: Side bridge (lat abs)

Mini-Tabata #2

- o Speed Skaters – leap side to side from one leg to the other; regain balance on one leg, then leap again o
- Push-ups with Claps at the top
- o 1 Legged Squats (Right Leg)
- o 1 Legged Squats (Left Leg)
- o Abs: Flutter kicks
- o Abs: Side bridge (lat abs)

Mini-Tabata #3

- o Switch Lunges -- lunges with leap up and switch front leg
- o Push-ups
- o 2-legged jump tucks – jump and get knees up to chest
- o Abs: Leg extensions – with ankles together and heels & hands off ground, extend legs fully out, then back o
- Abs: Side bridge (lat abs)

Mini-Tabata #4

- o 2-legged side to side hops (to cones at least 4 feet apart)
- o Push-ups with Claps at the top
- o 2 Legged forward hops over cones – cones at least 3 feet apart

- o Mountain Climbers – hands on ground in push-up position; alternate front & back legs (one knee up to chest, other extended back)
- o Abs: Side bridge (lat abs)