

Soccer Spring and Summer Conditioning Program

Name _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total wk / Overall Total
May 4 -warm up Run 2 minutes Walk 1 minute Repeat 5 times (or) run 1 lap, -walk 1/2 lap repeat 4 times	5 warm up ----- Same as Monday	6 -warm up Run 3 minutes Walk 1 minute Repeat 5 times (or) run 1 lap, walk 1/2 lap repeat 6 times	7 Warm up ----- Same as Wednesday	8 -warm up Run 4 minutes Walk 1 minute Repeat 4 times (or) run 2 laps, walk 1/2 lap repeat 4 times	9 -warm up Run 5 minutes Walk 1 minute Repeat 3 times (or) run 2 & 1/2 laps, walk 1/2 lap repeat 3 times	10 -warm up Walk and stretch 10 minutes Run 10 minutes (non Stop) (or) Run 5 laps (non Stop)	Total wk 91 minutes running 27 minutes walking ----- or Total wk 8 miles run / 3mi. walk total days run 7
11 -warm up Run 6 minutes Walk 1 minute Repeat 3 times (or) run 3 laps, walk 1/2 lap repeat 4 times	12 -warm up Run 6 minutes Walk 1 minute Repeat 3 times (or) run 3 laps, walk 1/2 lap repeat 4 times	13 -warm up Same as Tuesday	14 -warm up Run 7 minutes Walk 1 minute Repeat 3 times (or) run 3 & 1/2 laps, walk 1/2 lap repeat 3 times	15 -warm up Same as Thursday	16 -warm up Run one mile walk 1/2 mile Run one mile walk 1/2 mile Jog 1 lap	17 -warm up Walk and stretch 10 minutes Run 12 minutes (non Stop) (or) Run 6 laps (non Stop)	Total wk 119 minutes running 23 minutes walking or Total wk 15 miles run / 3mi. walk # days run this wk 7 total days run 14
18 -warm up Run one mile walk 1/2 mile Run one mile walk 1/2 mile Jog 1 lap	19 -warm up Run 10 minutes (non Stop) or 1 1/4 miles	20 -warm up Jog 1 mile easy then Run 4 x 1 lap hard Walk 1 min after each or Run 4 x two min. hard w/1 min walk after each one	21 -warm up Run 12 minutes (non Stop) or 1 1/2 miles	22 -warm up Run 13 minutes (non Stop) or 1 1/2 miles	23 -warm up Run 14 minutes (non Stop) or 1 3/4 miles	24 -warm up Walk and stretch 10 minutes Run 15 minutes (non Stop) (or) Run 7 laps (non Stop)	Total wk # days run this wk total days run
25 -warm up Run 1 mile Run 3 laps Run 2 laps Run 1 lap Walk 1/2 lap between each c/d	26 -warm up Run 16 minutes (non Stop) or 2 miles	27 -warm up Jog one mile then Run 5 x 1 lap hard Walk 1 min after each or Run 5 x two min. hard w/1 min walk c/d	28 -warm up Swim or run any distance depending on level of fatigue	29 -warm up Run 18 minutes (non Stop) or 2 miles	30 -warm up Jog 1 mi. easy then Run 3 x 1/2 mile hard w/1 lap walk each or (2 laps) hard w/4 min. rest/walk after each	31 -warm up Walk and stretch 10 minutes Run 20 minutes (non Stop) (or) Run 2 miles (non Stop)	Total wk # days run this wk total days run

1 Use this calendar to plan your spring and summer conditioning workouts. At the end of each week total the amount of minutes you ran and walked, and/or the number of miles run (1 lap = 1/4 mile and/or 4 laps = 1 mile).
Examples are shown to the right of May 10th and May 17th above (in the last column).

2 For each day that you run, put a **check** in the box in the bottom right corner of each day. If you don't run put "DNR" in the box.

3 In the last column add up the number of days run that week and put it in the box labeled "# days run this wk"

4 In the bottom box of the last column add the total for this week to the total days run from the previous weeks and put it in the box

5 Turn the workout sheets into your coach on July 15th (First Day of Practice)

6 Abbreviations: (DNR - Did not run), (w/u - warm up), (c/d cool down), (mi - mile), (min - minutes), (Run 6 x - run six times), (w/ - with)

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total wk / Overall Total
June 1 -warm up Run 1 mile Run 3 laps Run 2 laps Run 1 lap Walk 1/2 lap between c/d 1/2 mile	2 -warm up Run 2.5 to 3 miles easy	3 -warm up Jog 1 mi. easy then Run 3 x 1/2 mile hard w/ 1 lap walk each or 3 x (2 laps) hard w/ 4 min. rest/walk	4 -warm up 20 minute run (easy day)	5 (Run 1/2 mile w/u) Run 1 mile hard (walk 5 min.) Run 5 x half lap hard with 1/2 lap walk after each one Jog c/d mi. - stretch	6 -warm up Run 2.5 to 3 miles hard	7 -warm up Walk and stretch 10 minutes Run 25 minutes (non Stop) (or) Run 2 1/2 mi. (non Stop)	Total wk _____ # days run this wk _____ total days run _____
8 -warm up Run 1 mile Run 3 laps Run 2 laps Run 1 lap Walk 1/2 lap between c/d 1/2 mile	9 -warm up Run 3 miles easy	10 -warm up Run 1 mile hard (walk 5 min.) Run 6 x half lap hard with 1/2 lap walk after each one	11 -warm up 20 minute run (easy day)	12 (Run 1/2 mile w/u) stretch Jog 1/2 mi. - c/d stretch	13 -warm up Optional Run the "Daniel Boone Run 5-K" 8:00:00 AM in Falmouth	14 -warm up Walk & stretch 10 min 12min run if you ran the race yesterday or run 30 minutes (non Stop) if you did not race yesterday	Total wk _____ # days run this wk _____ total days run _____
15 -warm up Run the ladder Run 1 lap, Run 2 laps Run 3 laps, Run 4 laps Run 3 laps, Run 2 laps Run 1 lap, Walk 1/2 to 1 lap after each	16 -warm up Run 3 miles easy	17 -warm up Jog 1 mi. easy then Run 4 x 1/2 mile hard w/ 1 lap walk each or 4 x(2 laps) hard w/ 4 min. rest/walk	18 -warm up 25 minute run (easy day)	19 (Run 1/2 mile w/u) Run 1 mile hard (walk 5 min.) Run 7 x half lap hard with 1/2 lap walk after each one Jog c/d mi. - stretch	20 -warm up Run 3 miles hard	21 -warm up Walk and stretch 10 minutes Run 35 minutes (non Stop) (or) Run 3.5 (non Stop)	Total wk _____ # days run this wk _____ total days run _____
22 -warm up Jog 1 mi. easy then Run 4 x 1/2 mile hard w/ 1 lap walk each or 4 x(2 laps) hard w/ 4 min. rest/walk one mile c/d	23 -warm up Run 4 miles easy	24 -warm up Run 1 mi. (non stop) Sprint 8 x 100 meter (uphill) - Jog back down 2 mile c/d	25 -warm up 20 minute run (easy day)	26 (Run 1/2 mile w/u) Run 1 mile hard (walk 5 min.) Run 8 x half lap hard with 1/2 lap walk after each one Jog c/d mi. - stretch	27 Run 3 miles hard	28 -warm up Walk and stretch 10 minutes Run 40 minutes (non Stop) (or) Run 5 laps (non Stop)	Total wk _____ # days run this wk _____ total days run _____
29 -warm up Run the ladder Run 1 lap, Run 2 laps Run 3 laps, Run 4 laps Run 3 laps, Run 2 laps Run 1 lap, Walk 1/2 to 1 lap after each	30 -warm up Run 5 miles easy						Total wk _____ # days run this wk _____ total days run _____

