

# ***LIBERTY BOYS SOCCER***

# ***SUMMER CONDITIONING PROGRAM***

## **SOCCER-SPECIFIC CARDIOVASCULAR TRAINING**

**This conditioning program is designed to prepare an athlete for the soccer season. Overall, base cardiovascular conditioning, soccer specific long distance, soccer specific short distance, fartlick/interval training, directional speed, individual attacking skills, and cross training are all included in the program. On fitness days it would be a good idea to have a ball at your feet before and or after your running workout.**

**WHAT YOU DO TODAY WILL DETERMINE HOW YOU PERFORM IN NOVEMBER!!!!!!!!!!!!!!!!!!!!!!**





**Make sure that proper warm ups and cool downs are included!**

**WEEK 3 –**

- MONDAY**            1/4MILE JOG WARM UP  
1/4 MILE JOG – WITH HIGH KNEES, HEEL KICK, KARIOKE, ETC.  
1/4 MILE RUN AT 70% OF MAX – 1:00 RECOVERY  
1/4 MILE RUN AT 75% OF MAX – 1:00 RECOVERY  
1/4 MILE RUN AT 75% OF MAX – 1:00 RECOVERY  
1/4 MILE AT 75% OF MAX – 1:15 RECOVERY  
1/4 MILE AT 80% OF MAX – 1:15 RECOVERY  
1/4 MILE COOL DOWN JOG
- TUESDAY**            5-120 yard runs (full soccer pitch) under 32 seconds with a 46 second jog back  
5- 120 YARD RUNS UNDER 30 SECONDS WITH A 44 SECOND REST  
Rest for 33 seconds between sets
- WEDNESDAY**        2 MILE RUN TIMED
- THURSDAY**         3 MINUTE JOG WITHOUT BALL  
3 MINUTE JOG WITH BALL – INSIDE/OUTSIDE, A TOUCH WITH EVERY STEP

**INDIVIDUAL ATTACKING MOVES**

13. CHANGE OF PACE
  14. FEINT RIGHT
  15. FEINT LEFT
  16. SCISSORS RIGHT
  17. SCISSORS LEFT
  18. CRUYF TURNS
  19. STEP OVER TURNS
  20. INSIDE-INSIDE DOUBLE TOUCH
  21. INSIDE-OUTSIDE RIGHT
  22. INSIDE-OUTSIDE LEFT
  23. CUT TURN
  24. CHOP TURN
- 5 MINUTE JOG WITHOUT BALL COOL DOWN

- FRIDAY**            5 MINUTE JOG WARM UP
- |   |                              |
|---|------------------------------|
| 5 | 10 YARD SPRINTS WITHOUT BALL |
| 5 | 10 YARD SPRINTS WITH BALL    |
| 3 | 20 YARD SPRINTS WITHOUT BALL |
| 3 | 20 YARD SPRINTS WITH BALL    |
| 2 | 40 YARD SPRINTS WITHOUT BALL |
| 2 | 40 YARD SPRINTS WITH BALL    |
| 1 | 50 YARD SPRINT WITHOUT BALL  |
| 1 | 50 YARD SPRINT WITH BALL     |
| 1 | 100 YARD SPRINT WITHOUT BALL |
| 1 | 100 YARD SPRINT WITH BALL    |
- JOG BACK AFTER EACH SPRINT AND 1:00 RECOVERY AFTER 5, 10, 13, 16, 18, 20, 21, 22, 23, 24
- SATURDAY**        20 MINUTE JOG, BIKE, SWIM, JUMP ROPE ROUTINE
- SUNDAY**            REST DAY

**TAKE CARE OF THE LITTLE THINGS AND THE BIG THINGS  
WILL TAKE CARE OF THEMSELVES!!!!!!!!!!!!**

**Make sure that proper warm ups and cool downs are included!**

**WEEK 4 –**

**MONDAY**

1/4MILE JOG WARM UP  
¼ MILE JOG – WITH HIGH KNEES, HEEL KICK, KARIOKE, ETC.  
¼ MILE RUN AT 80% OF MAX – 1:00 RECOVERY  
¼ MILE RUN AT 80% OF MAX – 1:00 RECOVERY  
¼ MILE RUN AT 85% OF MAX – 1:00 RECOVERY  
¼ MILE AT 85% OF MAX – 1:15 RECOVERY  
¼ MILE COOL DOWN JOG

**TUESDAY**

5-120 yard runs (full soccer pitch) under 41 seconds with a 45 second jog back  
5- 120 YARD RUNS UNDER 29 SECONDS WITH A 43 SECOND REST  
Rest for 33 seconds between sets

**WEDNESDAY**

35 MINUTE JOG

**THURSDAY**

3 MINUTE JOG WITHOUT BALL  
3 MINUTE JOG WITH BALL – INSIDE/OUTSIDE, A TOUCH WITH EVERY STEP

**INDIVIDUAL ATTACKING MOVES**

25. CHANGE OF PACE
  26. FEINT RIGHT
  27. FEINT LEFT
  28. SCISSORS RIGHT
  29. SCISSORS LEFT
  30. CRUYF TURNS
  31. STEP OVER TURNS
  32. INSIDE-INSIDE DOUBLE TOUCH
  33. INSIDE-OUTSIDE RIGHT
  34. INSIDE-OUTSIDE LEFT
  35. CUT TURN
  36. CHOP TURN
- 5 MINUTE JOG WITHOUT BALL COOL DOWN

**FRIDAY**

5 MINUTE JOG  
10 20 YARD SPRINTS – 1:00 AFTER 10<sup>TH</sup> REP/ JOG BACK AFTER EACH REP  
5 40 YARD SPRINTS – JOG BACK AFTER EACH 1:10 RECOVERY AFTER REP 5  
3 50 YARD SPRINTS – JOG BACK AFTER EACH 1:20 RECOVERY AFTER REP 3  
2 100 YARD SPRINTS – JOG BACK 1:30 RECOVERY AFTER REP 2

**SATURDAY**

20 MINUTE JOG, BIKE, SWIM, JUMP ROPE ROUTINE

**SUNDAY**

REST DAY

**TAKE CARE OF THE LITTLE THINGS AND THE BIG THINGS  
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## **WEEK 6 –**

**MONDAY**            1/4MILE JOG WARM UP  
                         ¼ MILE JOG – WITH HIGH KNEES, HEEL KICK, KARIOKE, ETC.  
                         ½ MILE RUN at 75% of pace  
                         1/4 MILE COOLDOWN  
                         1/2 mile run at 80% of pace  
                         ¼ mile cool down

**TUESDAY**            2-120 yard runs (full soccer pitch) under 30 seconds with a 42 second jog back  
                         6- 120 YARD RUNS UNDER 38 SECONDS WITH A 46 SECOND REST  
                         2- 120 yard runs at 30 seconds with a 42 second jog back  
                         Rest for 33 seconds between sets

**WEDNESDAY**        26 MINUTE INTERVAL TRAINING  
                         2:00 JOG FOLLOWED BY :30 SECOND RUN

**THURSDAY**         3 MINUTE JOG WITHOUT BALL  
                         3 MINUTE JOG WITH BALL – INSIDE/OUTSIDE, A TOUCH WITH EVERY STEP  
                         INDIVIDUAL ATTACKING MOVES FROM WEEK #1- 5

**FRIDAY**             5 MINUTE JOG  
                         5            10 YARD AND BACK SPRINTS            :50 RECOVERY AFTER REP 5  
                         4            20 YARD AND BACK SPRINT            1:05 RECOVERY AFTER REP 4  
                         3            40 YARD AND BACK SPRINTS            1:20 RECOVERY AFTER REP 3  
                         2            50 YARD AND BACK SPRINTS            1:35 RECOVERY AFTER REP 2  
                         1            100 YARD AND BACK SPRINT            1:50 RECOVERY  
                         5 MINUTE COOLDOWN JOG

**SATURDAY**         2 MILE TIMED RUN under 12:55

**SUNDAY**            20 MINUTE JOG, BIKE, SWIM, JUMP ROPE ROUTINE

**TAKE CARE OF THE LITTLE THINGS AND THE BIG THINGS  
WILL TAKE CARE OF THEMSELVES!!!!!!!!!!!!**

**If you want more weeks to this workout please let me know. I have four  
more weeks to this workout if you complete the first six weeks.**