

**Franklin Towne
Soccer Summer
Workout Schedule**

Below is a complete workout schedule to get each of you physically fit for the start of the 2014 season. These workouts do not include any exercises or drills with a soccer ball. It is very important that you touch a soccer ball as much as you can (juggle or kick around with a friend or against a wall) in addition to the workout below.

if you cannot get to a soccer field to complete a workout, you should just do workout B for the level you are on

I will be at the gym two days a week throughout the summer doing workouts with free weights. If you want to gain muscle strength, I would recommend making it to the gym for these workouts. If you come for one of these workouts, it would replace the workout for that day on the schedule.

I will also be holding pick up soccer Sunday nights, open to current players and alumni. This is not mandatory but again, I recommend you playing as much as you can over the summer.

Warm Up/Stretch:

Allow yourself 20 minutes to warm up and stretch. Choose one of the following activities to do prior to stretching. Once you feel stretched, begin your workout.

1. Juggling for 10 minutes or until you break your personal record, whichever comes first.
2. Light jog for 8-10 minutes dribbling a ball, alternating touches with your left and right feet.

Workouts

Level 1

- A. Run ten 100 yard sprints, resting 30 seconds between each sprint
 - Rest 2 minutes
 - Run eight 80 yard sprints, resting 25 seconds between each sprint
 - Rest 1:30 minutes
 - Run six 60 yard sprints, resting 20 seconds between each sprint

- Rest 1 minute
- Run four 40 yard sprints, resting 10 seconds between each sprint
- Rest 30 seconds
- Run two 20 yard sprints, resting 5 seconds between each sprint
- Rest 15 seconds
- Run a 10 yard sprint

B. Timed 1.5 Mile Run

C. Pyramid (x2)

- Sprint to 18 and back, rest 5 seconds
- Sprint to 18 and back twice, rest 10 seconds
- Sprint to 18 and back three times, rest 15 seconds
- Sprint to 18 and back four times, rest 25 seconds
- Sprint to 18 and back three times, rest 15 seconds
- Sprint to 18 and back twice, rest 10 seconds
- Sprint to 18 and back
- Rest 3 minutes and repeat

D. 5 min. warm-up pace

- 1 min. quick pace followed by 2 min. relaxed pace X5
- 10min. cool down pace

(This is a 30min. run and approximately 3 miles)

Level 2

A. Declining Pyramid

- Sprint 60 yards 6 times, resting 15 seconds between each sprint
- Rest 1 minute
- Sprint 40 yards 6 times, resting 10 seconds between each sprint
- Rest 45 seconds
- Sprint 20 yards 6 times, resting 8 seconds between each sprint
- Rest 30 seconds
- Sprint 10 yards 6 times, resting 4 seconds between each sprint

B. Timed 2 mile run

C. 120's

- Sprint 120 yards (full field) in 20 seconds; get back to start in the remaining 40 sec.
- Three repetitions, 2 minute break, Three repetitions

D. 5 min. warm-up pace

- 1 min. jog > 30 sec. sprint > 30 sec. walk x 10
- 10 min. cool down

Level 3

A. Short Pyramid

- Sprint 25 yards and back
- Rest 5 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back three times
- Rest 15 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back

B. Timed 2.5 mile run

C. 40's x 2

- Start at the half. Sprint to one end line > Sprint to opposite end line> Sprint back to half
- Complete this sprint (totals two field lengths) in 40 seconds.
- Rest for 1 min and 30 seconds before starting the second one

D. Mean 6

- The outer perimeter of the field is divided into 6 sections (2 end lines, corner – half, half – opp. corner) Start in one corner and run the following progression consecutively concluding once you have done a full sprint around the entire perimeter of the field.
- Jog 1 section - Sprint 1 section
- Jog 1 section – Sprint 2 sections
- Jog 1 section – Sprint 3 sections
- Jog 1 section – Sprint 4 sections
- Jog 1 section – Sprint 5 sections
- Jog 1 section – Sprint 6 sections

Body Weight Circuits

Always do the exercises in order. Do not rest for more than one minute between groups.

(Circuit 1/Week 1 Example: Start with group 1, do burpee x10, Dips x10, reverse crunch x10, rest 30 seconds, repeat group 1 twice, rest 2 minutes, move on to group 2...group 3)

Circuit #1

Group 1: Burpee, Dip, Reverse Crunch w/ Hip Lift

Group 2: Body Squat, Pushups, Supermans

Group 3: Split Squat Jump, Calf Raise, Wide Push-up, X Crunch

Circuit #2

Group 1: Mountain Climber, Pushups, Flutter Kick

Group 2: Squat Jump, Wide Pushup , Jump KC, Leg Raise

Group 3: Jump KC, Calf Raise, Dips, Side to Side

Circuit #3

Group 1: Lunge, calf raise, Wide Pushup, Side Bridge

Group 2: Burpee, Dips, Superman

Group 3: Split Squat, Mountain climber, Push-up, Anchor Holds

Core Workouts

Do 2 sets of 25 of each of the exercises. Do not rest more than 30 seconds in between two sets.

Core Workout #1

1. Full Sit Up
2. X-Crunch
3. Hip Rock n Raise
4. Superman

Core Workout #2

1. Scoop Abs
2. Plank
3. Jackknife
4. Full Sit-up

Core Workout #3

1. Fifer Scissors
2. X Crunch

3. Hip Rock n Raise

4. Plank

Penalty area shuttle run x 3 (72 yds x 5)

- Start on the goal line.
- Sprint to the goal-area line and back (12 yds total)
- Then to the penalty spot and back (36 yards total)
- Then to the 18 and back (72 yards totady total)
- Rest 45 seconds then repeat four more times
- Be sure to run in a straight line back and forth

Glossary

If you do not understand any description, use YouTube or Google to find a video demonstration

Legs

Body Squat

Stand straight up with your hands clasped together behind your neck and feet shoulder width apart. Squat as if you were going to sit in a chair while keeping your back straight and chest out. Stop at the point where the top of your thighs are parallel to the ground and then return to the starting position.

Burpee

Begin in a normal standing position with your arms by your side. Squat and place both hands on the ground outside of your legs. Shift your weight to your hands as

you kick both feet back, extending the legs fully. Complete on push-up and then quickly bring both legs back under your body to the squat position with weight remaining on your hands. Then jump from the squat position as high as you can pretending to head a ball.

Calf Raise

From a standing position and hands clasped together behind your head, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground

Jumping Knees to Chest (Jump KC)

From a standing position, hop twice and then jump while flexing the knees and bringing them as near to the chest as possible at the top of your jump. Hop twice and repeat.

Lunge

From a standing position, with hands touching the hips or behind the head, stride as far as possible with one leg, then flex the knee of that leg while keeping the other foot in place. Gradually shift your weight to the flexed leg until it is fully flexed. Push off with the flexed leg to return that leg to starting position, and then repeat with the other leg.

Split Squat

Begin with one foot forward and one foot back and place both hands clasped together behind your head. Squat down until the knee of your back leg is close (not touching) to the ground and the knee of your front leg is flexed at 90 degrees. Complete the required repetitions, then switch legs and repeat.

Split Squat Jump

From a split squat position, squat down and jump into the air while bringing one leg forward and the other back (like scissors). You will land in a split squat position. Continue jumping while reversing the position of each leg. Jump as high as possible.

Squat Jump

This is similar to the squat, except that when you squat down, you then jump as high as possible, land in the squat position and jump again.

Mountain Climber

Start from a wide push up position. Bring your right knee up under your body to the chest while keeping the left leg in the extended position, both hands on the ground and your head up. Return to starting position and then repeat with the left leg. This should be done rapidly like running in place with your hands on the ground.

Arms

Dips

Use a chair and place both hands on the edge of the seat with body facing away from chair. Legs are extended out and away with weight mostly on heels. Dip your weight down until your Triceps are parallel with the seat of the chair and the extend arms back to starting position

Push-up

Lay flat on your stomach with hands placed on the floor just outside of your chest. While keeping your entire body straight, push up off the floor with the hands lifting the body off the ground until both arms are extended and feet are still touching the floor. Flex your arms, keep your entire body straight and stop when your chest is about 4 inches from the floor, then return to the extended position. Your entire body should move off the floor at the same rate.

Wide Push-up

This is similar to the normal push up with the exception that your hands should be placed as far apart as possible.

Core

Anchor Holds

Sit on the ground with legs extended. Simultaneously raise legs and arms so that you are balanced on your bottom with knees locked out and legs fully extended in air. Raise them as high as you can maintain balance.

Crossover Crunch (X-Crunch)

Lay flat on your back with hands clasped together behind your neck, legs straight and feet off the ground. To begin the exercise, lift your head off the ground also. Simultaneously flex your knees and raise your upper body off the ground, flexing at the waist. Twist your upper body and touch your right elbow to your left knee and then return to starting position. The next time, raise up, twist and touch your left elbow to your right knee. This is one rep. Do not allow your feet or head to touch the ground during the exercise.

Flutter Kick

Lay flat on your back with your arms by your side. Begin with your feet six inches off the ground. Keeping your legs straight, kick your feet up and down at a steady pace. Do not allow your feet to touch the ground during the exercise. The count for this exercise is: 123=1; 123=2; 123=3...etc. Your counting should keep the rhythm with your kicks.

Superman

Lie face down, with your legs and arms stretched out. In one smooth movement, lift your arms and legs up into the "Superman" position. Your arms, head, and feet should be as high off the ground as possible with your back arched. Hold, then return to the start position.

Jackknife

Lay flat on your back with arms extended overhead on the floor. Legs should also be extended on the floor. Flex at the waist and simultaneously bring your legs up without flexing at the knees to meet your upper body halfway. Your goal is to touch your chest to your legs without flexing at the knee. Arms should remain away from the body extended outside of the legs.

Russian Twists

Sit on ground with knees bent, feet off the ground and balanced on your bottom (leaning back 45 degrees). Keep back straight and rotate arms from right to left touching the ground each time. Add a medicine ball or dumbbell weight for added difficulty.

Reverse Crunch with Hip Lift

Lay flat on your back with arms folded across your chest. Elbows should be touching chest and hands should be touching your chest. Your legs should be extended with your heels about 2 inches off the ground. Flex your knees until they touch your chest and then extend them up toward the ceiling until your hips leave the ground and then return to starting position. It is important to bring legs all the way up so that your hips leave the ground.

Side to Side

Sit in an "L" position with your legs extended in front of you. Touch your toe with your fingers and then fall back diagonally to the right, extending your arms back over your head. Then lift yourself up again, touch your toes, and down diagonally to the left.

V-twist

Sit on the floor, keep feet together and lift them about 4 inches off the floor. Knees can be slightly flexed. Extend both arms straight ahead with hands close to the knees. Twist your body at the waist, swinging both feet as far as possible to your left while swinging both arms as far as possible in the opposite direction. Your upper body should be twisting in the opposite direction as the lower body. Feet should not touch the ground during exercise

Scoop Abs

Start in anchor hold position (lean back 45 degrees with legs up, and knees locked out). Pretend your feet are the tip of a shovel and scoop them down along the ground until legs are fully extended again and return to starting position.

Hip Rock n Raise

Lay on your back with your legs in a butterfly position. Lift your hips and legs up off the ground. Keep your legs in the butterfly position. Then bring your lower body back to the floor.

Plank

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.

Fifer Scissors

Extend one leg as straight as possible slightly above the floor, and the other leg straight up to point to the ceiling. With each second bring legs down so that each one will take the position of the other leg. So there will always be one leg that is straight to the ceiling, one leg straight, and parallel to the floor.

Side Bridge

This is a side plank. Balance on forearm and edge of feet . Make sure your elbow is directly under your shoulder joint. Make a straight downward line from your shoulders > hips>knees> ankles.