

EAST SOCCER

Summer WORKOUT SCHEDULE

Each week you should be doing **some distance miles** working up to a pace of two miles in 12 minutes by the beginning of try-outs. This is the goal of the varsity team and other teams should seek to get to this point.

Weight training for upper body and hamstring development will certainly help you as well. A good website for workouts is www.stack.com

Finally, I have adapted an anaerobic training schedule that is brief, but effective.

SPRINT ALL OUT ON EVERY SPRINT - do not pace yourself.

TAKE THE FULL REST PERIOD (not less)

WEEK 6/3	WEEK 6/3	WEEK 6/10
10 X 20 YDS	12 X 20 YDS	14 X 20 YDS
10 X 40 YDS	12 X 40 YDS	14 X 40 YDS
8 X 60 YDS	10 X 60 YDS	12 X 60 YDS
7 X 80 YDS	8 X 80 YDS	10 X 80 YDS
5 X 100 YDS	6 X 100 YDS	6 X 100 YDS
1 TIME PER WEEK	1 TIME PER WEEK	1 TIME PER WEEK
WEEK 6/17 & 6/24	WEEK 7/1 & 7/8	WEEK 7/15-8/4
15 X 20 YDS	18 X 20 YDS	20 X 20 YDS
15 X 40 YDS	18 X 40 YDS	20 X 40 YDS
13 X 60 YDS	14 X 60 YDS	15 X 60 YDS
11 X 80 YDS	12 X 80 YDS	12 X 80 YDS
6 X 100 YDS	8 X 100 YDS	8 X 100 YDS
2 TIMES PER WEEK	2 TIMES PER WEEK	2 TIMES PER WEEK

REST PERIOD WEEKS	REST PERIOD WEEKS
6/3 THRU 6/17	6/24 THRU TRYOUTS
30 SECONDS FOR 20'S	20 SECONDS FOR 20'S
45 SECONDS FOR 40'S	30S SECONDS FOR 40'S
60 SECONDS FOR 60'S	45 SECONDS FOR 60'S
75 SECONDS FOR 80'S	60 SECONDS FOR 80'S
90 SECONDS FOR 100'S	75 SECONDS FOR 100'S

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After week 2 of sprints and distance work begin adding one day a week of 30-30 Workouts. This workout is simple and will be a large part of getting in great shape for tryouts.

30-30 WORKOUT

Run as fast as you can for 30 seconds and follow immediately with a 30 second slow jog to get your heartrate down. Do this four times and take a 120 second slow jog to recover after the 4th sprint. Repeat this for a total of 4 sets and a total of 16, thirty second sprints. Do not worry how you are doing this whether in a straight line in an open area or in an oval in a smaller area.

30 second sprint	30 second slow jog
30 second sprint	30 second slow jog
30 second sprint	30 second slow jog
30 second sprint	120 second slow jog
Repeat this set for a total of 4 times, which will add up to 16 sprints and 16 slow jogs. This entire workout lasts just 22 minutes.	

Make sure that you have a good warm up and dynamic stretching before and after each workout.

Work with a ball at least 4 days a week and have a written plan that will encompass a 20 to 30 minute skill development workout.

Remember "practice does not make perfect, perfect practice makes perfect."

Do your best after you have created a plan to make a team. This workout is geared towards the varsity level so if you do not get to the levels above and are hoping to make a lower level team, just do your best. The goal here is to help you be as prepared as possible for tryouts.