

WG Boys' Soccer 2014 Preseason Schedule and Preparation Fitness/Conditioning Plan

10	11	12	13	14	15	16
REST	Jog/Stretch 1 Mile Run 20 push-ups X3 25 Sit-ups X3 10 sec leg lifts X3	Jog/Stretch 1.5 Mile Run 20 yd sprint X5 30 sec tuck-jump X3 15 sec push up pos. X3	Jog/Stretch 2 Mile Run 25 push-ups X4 30 Sit-ups X4 15 sec leg lifts X4	Jog/Stretch 2.5 Mile Run 30 yd sprint X5 45 sec tuck-jump X4 30 sec push up pos. X4	Jog/Stretch 2 Mile Run 25 push-ups X4 25 Sit-ups X4 30 yd sprint X5 15 sec leg lifts X4 30 sec tuck-jump X3 15 sec push up pos. X3	Jog/Stretch 3 Mile Run REST
17	18	19	20	21	22	23
REST and <u>HYDRATE</u>	8-10 CMS 12-1 HS Track 5-7 CMS	8-10 CMS 12-1 HS Grass** 5-7 CMS	8-10 CMS V/JV Team Selection (V) 3-5 CMS (JV)3-5 WGMS	(V) 8-10 CMS (JV) 8-10 WGMS (V) 5-7 CMS (JV)5-7 WGMS	(V) 8-10 CMS (JV) 8-10 WGMS (V) 3-5 CMS (JV) 5-7 WGMS	(V) 8-10 CMS (JV) 9-10:30 WGMS

ALL sessions subject to change