

Summer Workout Strengthening



As with all workouts, if you are feeling pain that is sudden or steadily increasing,
STOP immediately and contact your Doctor or Trainer.

Be certain to have someone spotting you when using free weights!!

Schedule

Day 1 Back / Bicep Exercises (Back / Bi)
Day 2 Pectoral / Tricep Exercises (Pec / Tri)
Day 3 Legs / Abs
Repeat

Activities

Find 6-8 Exercises for each muscle group
Find 6-8 Exercises for each muscle group
Find 3-5 Exercises for Legs

Process (Be Sure to Record Your Progress!!)

Use 75% of your Max

- During the first round (1st 3 days), find your max on each exercise, multiply by .75.

Complete 3 Sets of 10 Repetitions for Each Exercise

:30 between Sets 1:00 between Exercises

- Every 2 weeks, increase weight for each exercise by 5 pounds.

- You may find, at a certain point, increasing by 5 pounds every two weeks is too much.

If this is the case, take another week at your current level and try to increase again later.

By logging your progress, you may be able to add 5 pounds to some exercises, but remain at the current level for others.

Exercises

You can use exercises you know, ask a Certified Trainer for suggestions on common / safe exercises or research exercises at reputable sites like www.bodybuilding.com.

Sample Exercises (Red Type Indicates this Machine is in The CRC)

Back

- Lat Pull
- Dual Axis Row / Rear Delt
- Deadlift (Bar)
- Seated Cable Row
- Single Arm Row (Dumbbell)

Bicep

- Arm Curl
- Bicep Curl (Bar)
- Bicep Curl (Dumbbell)
- Hammer Curl
- Incline Hammer Curl (Dumbbell)
- Concentration Curl

Pectoral

- Fly
- Chest Press
- Bench Press (Bar)
- Incline Bench Press (Bar)
- Bench Press (Dumbbell)
- Incline Dumbbell Press
- Incline Fly (Dumbbell)

Tricep

- Arm Extension
- Overhead Press
- Tricep Dip Machine
- Close Grip Bench Press
- Cable Overhead Extension (Rope)
- Cable Push Down

Legs

- Leg Extension
- Seated Leg Curl
- Seated Leg Press
- Squat
- Dumbbell Lunge

Abs

* Use this period to complete your favorite Ab Exercises Routine(s).

Summer Workout - Running

Long Distance Repetition



As with all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.

Schedule

We'd like you to run 3 Running Workouts a week. If you want to focus on Long Distance Endurance, run one of these workouts 3x / week. If you're balancing short / long distance endurance and SAQ, combine these with activities from other pages. **Record Your Progress!!**

Warm-Up

Be sure to warm-up before getting into a Short Distance Repetition Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Squats (3 Sets of 10), Shuffles (Left over 10 yards, Right over 10 yards, . . . twice each), etc.

Exercises

For the exercises in this section, . . . when you can no longer finish the run in the allotted time, the activity is done. Record the number of repetitions completed. The next time you run, try to increase that number.



120's

Run 120 Yards in 18 Seconds, use the remainder of the minute to return to the original start line and rest. Repetitions begin at the start of every minute (example: Run 18 seconds, jog back and rest for 42 seconds, . . . start next rep). The goal is 10 repetitions.

Man U.

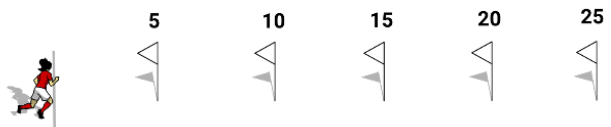
Run 100 Yards in 25 Seconds, use the remainder of the minute to return to the original start line and rest. Repetitions begin at the start of every minute. This is done for 10 Repetitions. On repetition 11, the time decreases to 24 seconds. On repetition 12, the time decreases to 23 seconds and so on until the 20th (final) repetition, where you have to run the 100 yards in 15 seconds.

Between Two Cones

Place two markers 10 yards apart. Every minute add a run (over the 10 yards), . . . rest the remainder of the minute. 1st Minute: Run 10 yards. 2nd Minute: There and back. 3rd Minute: There, back, there. 4th Minute: There, back, there and back. 5th Minute: There, back, there, back and there. Continue adding a run until you can no longer finish the repetitions within a minute. Remember, each new set begins at the beginning of the next minute. The goal is 16.

Shuttle

You have 42 seconds to run to and from each marker completing the entire 150 yard run. Rest 60 seconds between repetitions. Complete 12 repetitions.



Summer Workout - Running

Short Distance Repetition



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Schedule

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Warm-Up

Be sure to warm-up before getting into a Short Distance Repetition Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Squats (3 Sets of 10), Shuffles (Left over 10 yards, Right over 10 yards, . . . twice each), etc.

Exercises

For the exercises in this section, . . . when you can no longer finish the run in the allotted time, the activity is done. Record the number of repetitions completed. The next time you run, try to increase that number.

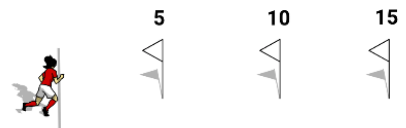


60's

Run 60 Yards in 9 Seconds, use the remainder of 30 seconds to return to the original start line and rest. Repetitions begin every 30 seconds (example: Run 9 seconds, jog back and rest for 21 seconds, . . . start next rep). Complete 14 repetitions.

Short Shuttle

You have 20 seconds to run to and from each marker competing the entire 60 yard run. Rest 20 seconds between repetitions. Complete 14 repetitions.



Pyramid

- 10 Sprints at 20 yards (:10 between runs)
- 8 Sprints at 40 yards (:15 between runs)
- 6 Sprints at 60 yards (:20 between runs)
- 4 Sprints at 80 yards (:25 between runs)
- 2 Sprints at 100 yards (:30 between runs)

* Complete this activity as is during June and August.

* In July, complete this activity, rest two minutes and work your way backward through each level to return at (and complete) 10 Sprints at 20 yards (:10 between runs).



Summer Workout - Running SAQ (Speed, Agility, Quickness)

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Schedule

We'd like you to run 3 Running Workouts a week. If you want to focus on Long Distance Sprint Endurance, run one of these workouts 3x / week. If you're balancing short / long distance endurance, combine these with activities from other running pages. **Record Your Progress!!**

Warm-Up

Be sure to warm-up before starting an SAQ Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Shuffles (Left over 10 yards, Right over 10 yards, ... twice each), etc.

Exercises

For the exercises in this section, record the duration and number of repetitions completed. The next time you run, try to increase that number or complete the same reps in less time. Exercises are easy to create and you can find plenty online. **Be Sure to Practice Before Doing Exercises at Game Pace!!**

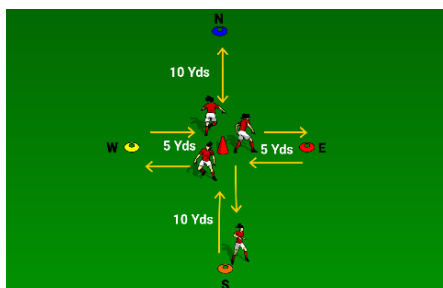


T-Drill Exercises

*10 Yards between orange and blue discs. 5 yards between blue and yellow as well as 5 yards between blue and red.

- (A) Sprint orange to blue, shuffle blue to yellow, shuffle yellow to red, shuffle red to blue, backpedal to orange.
- (B) Same as "A", but turn at blue / sprint to orange to finish.
- (C) Sprint the entire course.

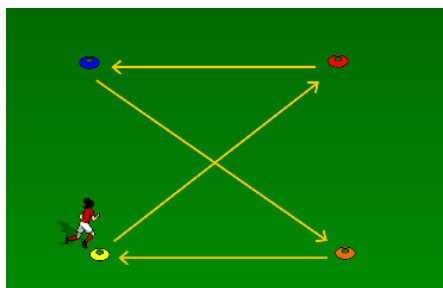
*Use variations to complete 12 runs with :20 between each.



NSEW Shuttle

*10 Yards between orange(S) and center cone, as well as blue (N) and center cone. 5 yards between yellow (W) and center cone, as well as red (E) and center cone.

Starting at orange (S) - backpedal to center cone. Shuffle to yellow (W) and back to center cone. Turn and sprint to blue (N). Backpedal to center cone. Shuffle to red (E) and back to center cone. Turn and sprint to orange (S) disc.



X Shuttle

*Follow the pattern to sprint, shuffle, backward sprint, shuffle back to the start.

- (A) Five runs at 5 yards between each disc.
- (B) Five runs at 10 yards between each disc .
- (C) Five runs at 5 yards between each disc, but turning and sprinting (no shuffling) going side to side.
- (D) Five runs at 10 yards between each disc, but turning and sprinting (no shuffling) going side to side.

Summer Workout - Individual Skills

Receiving, Passing, Dribbling, Finishing, Goalkeeping, etc.



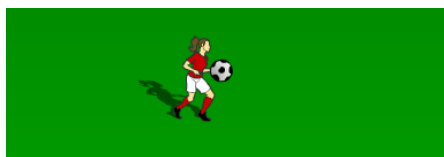
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Schedule

We'd like you to get touches on the ball (at least) 3-5 times a week (increasing repetitions as you get closer to the start of our season). This should be in addition to any "Open Field" you might attend. **Be Sure to Create a Goal for Each Session!!**

Exercises

Be creative and consider what you do in your specific position, then recreate those actions to repeat them (at game pace) and improve.



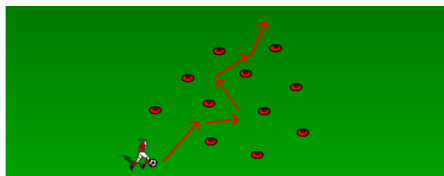
Juggling Exercises

* Familiarize yourself with each of these variations:
(A) Standard (B) Seated (C) Each Touch Above Your Head
(D) Each Touch Below Knees (E) Moving While Juggling
(F) Creative Lifts (G) Use Less Common Surfaces (Outside of Feet, Shoulder, etc.)



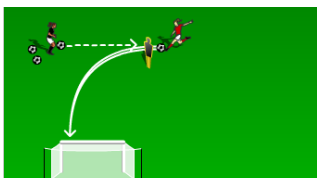
Rebounder Exercises

* We now have two large Rebounders in the Stadium.
Consider using them to improve:
(A) Passing (B) Receiving (C) Turning (D) Goalkeeping Skills, etc. Be creative and let us know if you come up with interesting exercises we can use in training.



Dribbling Exercises

* You can use discs at Memorial Stadium, your own or any obstacle(s) you'd like (ex: water bottles, your dog, etc.) to improve:
(A) Change of Pace (B) Change of Direction (C) Taking a Touch Away from Pressure, etc.



Finishing Exercises

* Focus on receiving the ball and finishing, moving to a point where you commonly finish (and finishing), striking a moving ball, etc.



Partner Exercises

* Share with a teammate the things you'd like to work on and recreate those actions to improve:
(A) Passing (B) Receiving (C) Turning (D) Goalkeeping Skills, etc. (E) 1v1 Attacking and Defending (F) Combo Play, etc.