



Otterbein Women's Soccer Summer Conditioning 2022

Stop right away if you start to feel pain and contact your doctor

Be smart with what you're doing but work hard!!

*The information provided below is simply a guide. This may help spark ideas for other conditioning drills. But remember, this is a simple guide to help you towards your summer conditioning goals.

*Try to get as many touches on the ball throughout the summer as you can. Feel free to look back at other workouts for examples and drills for soccer specific training.

*PLEASE contact Priscilla if you have any questions about the summer conditioning program provided below. Whether it is a question about an exercise is, a question on the schedule, etc. PLEASE ASK! (Text, call, or email is great!)

*Good luck this summer and we cannot wait to see you in August!

Sample Schedule for June through August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Long Run (being at 2 miles)	*Lifting – LEGS	*SAQ Lifting – BACK/BI	*Moderate Distance Run *Lifting – SHOULDERS/ CORE	*Lifting – LEGS	*Moderate Distance Run *Lifting – CHEST/ TRI	REST DAY

Moderate Distance Running Exercises

#1 – Pyramid Run

5-minute warm-up

- 5-minute run
 - o 90 second walking recovery
 - 4-minute run
 - o 90 second walking recover
 - 3-minute run
 - o 90 second walking recovery
 - 2-minute run
 - o 90 second walking recovery
 - 1 minute run
 - o 90 second walking recovery
- ➔ from here, take 2 to 4 minutes to recover
- ➔ Once recovered, work your way back up the pyramid

How to Track Progress:

1. Intensity should increase as time decreases
2. Write down your total distance and time it takes you to complete the Pyramid Run
3. Goal: Each time you perform the Pyramid Run, try to increase the distance, and decrease the time it takes to complete this activity

#2 – Track Workout (1)

5-minute warm-up

- 400m Run (2 minutes or less)
 - 300m Run x 3
 - 200m Run x 4
 - 100m Run x 5
 - 400m Run Sprint (run as quickly as you can)
- ➔ Rest anywhere from 30 seconds to 90 seconds in between each run

How to Track Progress:

1. Track how long each run takes you – try to get the same time or better when you run the same distance again
2. Track how long the total workout takes you
3. Goal: Each time this workout is completed, try to complete it in a shorter time than the last time

#3 – Shuttle Run

5-minute warm-up

- Place 1 cone at a starting point, then 10 yards, 20 yards, and 30 yards away from starting point
- Complete shuttle, returning to the starting point each time
 - o You will be done when you hit 30 yards and sprint back
- Repeat shuttle 5-10 times
- ➔ Recover 1-2 minutes between each shuttle run

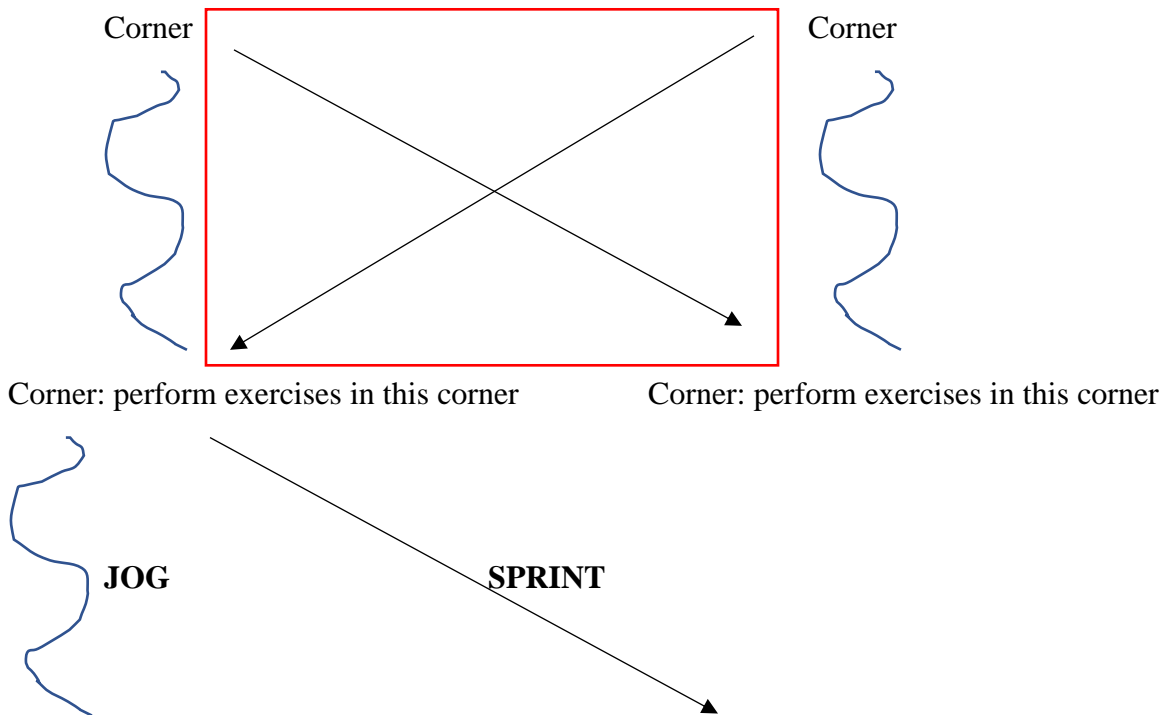
How to Track Progress:

1. Goal: Record first shuttle time and try to get the same time or better for the next shuttles

#4 – X-Sprint

5-minute warm-up

- Use a soccer field
 - o No field? No problem – grab cones and set up a box
 - o 20x20, 40x40, 60x60 – you can choose the size you'd like to use for that day
- Start in 1 corner and sprint to the opposite corner
- Once you are in the opposite corner, perform an exercise of your choice (body weight options will be provided below, with a recommended repetition count)
 - o Can stay with the same exercise or alternate between 2 exercises
- After exercise is completed, jog the Goal line, and repeat from corner to opposite corner
- Repeat until 10 total sprints are ran \
- The image below should help represent the X-Sprint activity



How to Track Progress:

1. Time the workout and see how long it takes you
2. Goal: Perform the workout in less time than recorded before

Exercise and Repetition Count Recommendations:

- Repetitions – stay within 10 to 20 reps for each exercise
 - Squats
 - Reverse Lunges
 - Lateral Lunges
 - Step-Out Squats
 - Push-ups
 - Superman
 - Alternating Superman
 - Crunches
 - Sit-ups
 - Flutter Kicks
 - Penguins
- ➔ Feel free to complete a different body weight exercise of your choice, if not seen on this list

#5 – Track Workout (2)

5-minute warm-up

- 800m run (3.5 minutes or less)
 - 2-minute walking recovery
 - 400m run (90 seconds or less)
 - 90 second walking recovery
 - 800m run (3.5 minutes or less)
 - Repeat 3-5 times
- ➔ Rest 2 to 4 minutes in between each round

How to Track Progress:

1. Make sure to walk the recoveries – KEEP MOVING!
2. Time the length of the workout
3. Goal: add more rounds each time workout is completed
4. Goal: try to complete workout in a short timeframe next time

Long Run

- Sundays will be your day for Long Runs
 - Start at 2 miles for your first Long Run
 - To track progress, time yourself for each Long Run you complete
 - Once you run a better time for your 2-mile run than last time, add .5 miles to your distance
 - Example: Week 1: 2-mile run = completed in 18 minutes
2-mile run = complete in 18.5 minutes
2-mile run = completed in 17.5 minutes
- ➔ from here, this is where you will add on .5 miles to your Long Run and will continue to repeat the process**

Ladder / SAQ Exercises

- *Choose any 5 exercises
- *30 seconds on, 30 seconds off
- *3-5 rounds each exercise
- *Focus on being quick and hitting every box
- 1 foot
- 2 feet
- 2 feet lateral
- Icky shuffle
- Skiers
- In-out
- In-in-out-out
- Single Leg in-out
- Single Leg hop
- Backwards icky shuffle
- Backwards skiers
- Hopscotch
- 1-foot zigzag
- Lateral in-in-out-out
- 2 feet hop
- Up 2, back 1
- Step-overs
- Can opener

Lifting Outline

- 2 Phases
 - o June = Muscular Strength
 - o July and August = Muscular Endurance
- June Outline – Beginning of June
 - o 1 Compound Movement
 - o 3 Superset Accessory Lifts (6 exercises total)
 - o 3 sets, 8-10 reps for EACH exercise (heavier weight)
- June Outline – End of June
 - o Compound Movement = 5 sets, 3-5 reps
 - o Accessory Lifts = 3 sets, 8-10 reps
- July and August Outline
 - o 1 Compound Movement
 - o 3 to 4 Superset Accessory Lifts (6 to 8 exercises total)
 - o 3-5 sets, 12-15 reps for EACH exercise (lighter weight)
- Below will be exercises that you can choose from and use in your lifts
 - o They will be sectioned off by Muscle Group

Key:

* = compound movement

BB = barbell

BW = body weight

DB = dumbbell

Quads

- Back Squat (BB)*
- Front Squat (BB)*
- Bulgarian Squat (BW or DB)
- Leg Press*
- Goblet Squat
- Sumo Squat (DB or BB)
- Box Jumps
- Step-ups (BW or DB)
- Reverse Lunge*
- Lateral Lunge
- Front Lunge*

Hamstrings

- Deadlift (BB or DB)*
- Leg Curl
- Good Morning

- Kettlebell (or DB) Swing
- RDL (BB or DB)*
- Single Leg RDL
- Sumo Deadlift

Other Leg Exercises

- Calf Raises (3 ways)
- Curtsy Lunge
- Clamshell
- Cable Kickback
- Fire Hydrants
- Donkey Kicks
- Step-Out Squat
- Jump Squat
- Squat Jack
- Jump Lunge

Back

- Low Row (DB or BB)
- Single Arm Row
- Seated Cable Row
- TRX Low Row
- High Row (TRX or DB)
- Renegade Row
- Reverse Fly
- Upright Row
- Pullover
- Pull-up

Chest

- Chest Press (DB or BB)*
- Single Arm Chest Press
- Chest Fly
- TRX Chest Press
- Push-up
- Close Grip Chest Press
- Incline Chest Press*
- Decline Push-up
- Incline Push-up
- Floor Chest Press

Bicep

- Bicep Curl

- Eccentric Curl
- Hammer Curl
- Cross-body Curl
- Wide Curl
- Concentric Curl
- Cable Curl
- Kneeling Curl
- Seated Curl
- Single Arm Curl (hammer or normal)
- TRX Bicep Curl

Triceps

- Overhead Triceps Extension
- Triceps Kickback
- TRX Triceps Extension
- Triceps Dips
- Skull Crushers
- Lying Triceps Extension
- Cable Triceps Pushdowns
- Diamond Push-up

Shoulders

- Arnold Press
- Shoulder Press*
- Close Grip Shoulder Press
- Single Arm Shoulder Press
- TRX I, Y, and T Raises
- Front Raise
- Lateral Raise
- Seated Shoulder Press
- Kneeling Shoulder Press
- Push Press
- Military Press
- Shoulder Shrug
- Plank Shoulder Taps

Core

- Sit-up
- Crunches
- Flutter Kicks
- Straight-Leg Sit-Up
- Mountain Climbers
- Dead Bug

- Penguins
- Plank
- Side Plank
- Plank Jacks
- V-ups
- Plank Up-downs
- Bear Plank
- Bear Plank Walk
- Russian Twist
- Hip Dips
- Side Plank Hip Dips
- Single Leg Jackknife
- Leg Raise
- Reverse Crunch
- Toe Touch
- Bicycles
- Straight-arm Crunches
- Bird Dog
- Side Plank Leg Raise
- Knee Tuck

Total Body Compound Movements

- Squat to Press*
- Squat to Bicep Curl*
- Reverse Lunge to Bicep Curl*
- RDL to Upright Row*
- Row to Triceps Kickback*
- Clean to Press*

Lifting Outline – Example

Beginning of June Lifting Example: Leg Focus

- 1a. Back Squat – 3 x 10 (compound movement)
- 2a. Goblet Squat – 3 x 10 (accessory movement)
- 2b. Leg Curl – 3 x 10 (accessory movement)
- 3a. Box Jumps – 3 x 10 (accessory movement)
- 3b. Good Morning – 3 x 10 (accessory movement)
- 4a. Jump Lunge – 3 x 10 each (accessory movement)
- 4b. Cable Kickback – 3 x 10 (accessory movement)

End of June Lifting Example: Chest/ Tri Focus

- 1a. Barbell Chest Press – 5 x 5 (compound movement)
- 2a. Chest Fly – 3 x 5 (accessory movement)
- 2b. Close Grip Chest Press – 3 x 10 (accessory movement)
- 3a. Overhead Tricep Extension – 3 x 10 (accessory movement)
- 3b. Lying Tricep Extension – 3 x 10 (accessory movement)
- 4a. Push-up – 3 x 10 (accessory movement)
- 4b. Tricep Dips – 3 x 10 (accessory movement)

July/ August Lifting Example: Shoulder/ Core Focus

- 1a. Squat to Press – 4 x 12 (compound movement)
- 2a. Arnold Press – 3 x 15 (accessory movement)
- 2b. Mountain Climbers – 3 x 15 (accessory movement)
- 3a. Seated Shoulder Press – 4 x 10 (accessory movement)
- 3b. Reverse Crunch – 4 x 10 (accessory movement)
- 4a. Front Raise – 3 x 15 (accessory movement)
- 4b. Plank Up-downs – 3 x 15 (accessory movement)
- 5a. TRX Y Raise – 4 x 10 (accessory movement)
- 5b. Penguins – 4 x 10 (accessory movement)

