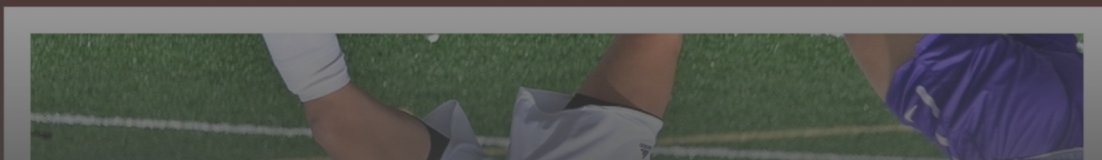


OTTERBEIN UNIVERSITY WOMENS SOCCER

2015 SUMMER FITNESS PROGRAM



JUNE - AUGUST

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COME INTO CAMP IN THE BEST SHAPE OF YOUR LIFE!

COMPETITION FOR EVERY ROLE ON THE TEAM, FROM STARTERS TO SECURING A ROSTER SPOT, WILL BE VERY STRONG. DO WHAT YOU CAN TO PREPARE YOURSELF AND COME INTO CAMP IN THE BEST SHAPE OF YOUR LIFE.

YOUR PERSONALIZED ROUTINE

IN THIS PACKET, YOU WILL FIND A VARIETY OF WORKOUTS TO ADDRESS YOUR INDIVIDUAL FITNESS GOALS AND CREATE A PERSONALIZED SIX-WEEK PLAN FOR YOU. IN THE FOLLOWING PAGES, YOU WILL SEE THREE STRENGTHENING ROUTINES AND THREE CONDITIONING ROUTINES DESCRIBED IN DETAIL. YOU CAN READ THROUGH ALL OF THEM AND CHOOSE ONE OF EACH TO CREATE YOUR SUMMER ROUTINE. THIS IS NOT A MANDATORY PROGRAM. IF YOU HAVE ANOTHER FITNESS PLAN OR WORK WITH A PERSONAL TRAINER, FEEL FREE TO DO WHATEVER YOU THINK WILL HELP YOU GET IN THE BEST SHAPE OF YOUR LIFE. KEEP IN MIND THAT WE WILL EXPECT YOU TO BE FIT AND READY TO GO ON THE FIRST DAY OF CAMP.



1,000 TOUCHES A DAY – PLAY AS MUCH AS YOU CAN

IT IS VERY IMPORTANT THAT YOU COME INTO CAMP READY TO PLAY. DON'T WAIT UNTIL PRESEASON CAMP TO GET COMFORTABLE WITH THE BALL AGAIN. USE THE SUMMER TO IMPROVE IN AREAS THAT YOU STRUGGLE WITH AND MAKE IT YOUR GOAL TO GET (AT LEAST) ONE THOUSAND TOUCHES ON THE BALL A DAY. IF YOU GET THE OPPORTUNITY TO PLAY IN A MATCH, SUBSTITUTE IT FOR ONE OF YOUR CONDITIONING DAYS. THE MORE YOU CAN PLAY THE GAME, ASSUMING YOU ARE FIT AND HEALTHY, THE MORE PREPARED YOU'LL BE.

CHOOSING YOUR SUMMER FITNESS PROGRAM

WHERE TO BEGIN

IN THE FOLLOWING PAGES, YOU WILL FIND SIX DIFFERENT WORKOUT ROUTINES: THREE ARE AIMED AT STRENGTHENING YOUR MUSCLES AND THREE ARE AIMED AT CARDIOVASCULAR CONDITIONING. PICK ONE OF THE CONDITIONING ROUTINES AND ONE OF THE STRENGTHENING ROUTINES TO MAKE YOUR CUSTOM FITNESS PROGRAM FOR THE SUMMER. EACH PROGRAM WILL ADDRESS A DIFFERENT FITNESS GOAL, SO TAKE THE TIME TO READ THROUGH EACH ONE AND PICK THE TWO THAT ARE BEST FOR YOU.

****SEE PAGES 29-30 FOR A DESCRIPTION OF THE EXERCISES****

CHOOSE ONE OF THESE 3 CONDITIONING PLANS:

IMPROVE
SPEED
AND
AGILITY

IMPROVE
ENDURANCE

ALL
AROUND
CONDITIONING



CHOOSE ONE OF THESE 3 STRENGTHENING PLANS:

IMPROVE
MAX
STRENGTH

IMPROVE
MUSCULAR
ENDURANCE

ALL
AROUND
STRENGTH



**YOUR CUSTOM STRENGTH AND
CONDITIONING PROGRAM**

IMPROVE SPEED AND AGILITY

THIS PROGRAM IS FOR THOSE OF YOU LOOKING TO GET QUICKER, BECOME MORE AGILE AND MAINTAIN YOUR ENDURANCE LEVEL. THIS IS A GREAT CONDITIONING ROUTINE FOR GOALKEEPERS AND FOR PLAYERS WHO ARE COMFORTABLE WITH THEIR ENDURANCE ABILITIES AND LOOKING TO MAINTAIN THEM WHILE INCREASING THEIR SPEED AND CHANGE OF PACE. ****SEE PAGES 29-30 FOR A DESCRIPTION OF THE EXERCISES****

WEEKS 1 & 2

DAYS 1 & 2

****BE SURE TO REST 1 MINUTE AFTER EVERY SET OF THE FOLLOWING EXERCISES****

EXERCISE:

BOX DROPS X 8
 BOX DROPS W/ HURDLE X 8
 SPEED SKATERS X 2
 SPEED SKATER SPRINTS X 8
 CROSSOVERS X 2
 CROSSOVER SPRINTS X 8
 SCISSOR JUMPS X 6
 SCISSOR JUMP SPRINTS X 6

DAY 3

QUARTER MILE SPRINTS -SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 3 TIMES FOR A TOTAL OF 4 LAPS. BE SURE TO RECORD ALL 4 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----

WEEKS 3 & 4

DAYS 1 & 2

****BE SURE TO REST 1 MINUTE AFTER EVERY SET OF THE FOLLOWING EXERCISES****

EXERCISE:

BOX DROPS X 9
 BOX DROPS W/ HURDLE X 9

DISTANCE:

DROP, SPRINT 15 YDS
 DROP, JUMP, SPRINT 15 YDS

SPEED SKATERS X 3
 SPEED SKATER SPRINTS X 9
 CROSSOVERS X 3
 CROSSOVER SPRINTS X 9
 SCISSOR JUMPS X 6
 SCISSOR JUMP SPRINTS X 7

SPEED SKATERS OVER 15 YDS
 SPEED SKATER, SPRINT 15 YDS
 CROSSOVERS OVER 15 YDS
 CROSSOVER, SPRINT 15 YDS
 SCISSOR JUMPS IN PLACE
 SCISSOR JUMP, SPRINT 15 YDS

DAY 3

QUARTER MILE SPRINTS -SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 4 TIMES FOR A TOTAL OF 5 LAPS. BE SURE TO RECORD ALL 5 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----

WEEKS 5 & 6

DAYS 1 & 2

****BE SURE TO REST 1 MINUTE AFTER EVERY SET OF THE FOLLOWING EXERCISES****

EXERCISE:
 BOX DROPS X 10
 BOX DROPS W/ HURDLE X 10
 SPEED SKATERS X 4
 SPEED SKATER SPRINTS X 10
 CROSSOVERS X 4
 CROSSOVER SPRINTS X 10
 SCISSOR JUMPS X 6
 SCISSOR JUMP SPRINTS X 8

DISTANCE:
 DROP, SPRINT 20 YDS
 DROP, JUMP, SPRINT 20 YDS
 SPEED SKATERS OVER 20 YDS
 SPEED SKATER,SPRINT 20 YDS
 CROSSOVERS OVER 20 YDS
 CROSSOVER, SPRINT 20 YDS
 SCISSOR JUMPS IN PLACE
 SCISSOR JUMP,SPRINT 20 YDS

DAY 3

QUARTER MILE SPRINTS -SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 5 TIMES FOR A TOTAL OF 6 LAPS. BE SURE TO RECORD ALL 6 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----

SOURCE:
 FOR A DETAILED DESCRIPTION OF HOW TO DO THE EXERCISES ABOVE, GO TO THIS WEBSITE:
[HTTP://WWW.STACK.COM/2005/05/01/MULTIDIRECTIONAL-SPEED-DRILLS-FROM-DUKE-SOCCER/](http://www.stack.com/2005/05/01/multidirectional-speed-drills-from-duke-soccer/)

FROM: *MULTIDIRECTIONAL SPEED DRILLS FROM DUKE SOCCER* BY JOSH STAPH INTERVIEWING SPEED AND AGILITY COACH, JEFF HOWSER, IN THE MAY 2005 ISSUE OF STACK MAGAZINE.

IMPROVE ENDURANCE

THIS PROGRAM IS FOR THOSE OF YOU LOOKING TO INCREASE THE DISTANCE AND/OR IMPROVE UPON THE AMOUNT OF TIME YOU ARE ABLE TO RUN. THIS IS A GREAT CONDITIONING ROUTINE FOR OUTSIDE MIDFIELDERS AND PLAYERS WHO ARE COMFORTABLE WITH THEIR SPEED BUT WOULD LIKE TO BE ABLE TO RUN FURTHER AND FOR A LONGER DURATION.

WEEK 1

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 20 SECONDS AND THEN WALK FOR 10 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 3 TIMES FOR A TOTAL OF 4 LAPS. BE SURE TO RECORD ALL 4 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 30 MINUTES. RECORD YOUR DISTANCE.

WEEK 2

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 25 SECONDS AND THEN WALK FOR 5 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 4 TIMES FOR A TOTAL OF 5 LAPS. BE SURE TO RECORD ALL 5 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 30 MINUTES, TRYING TO BEAT DISTANCE FROM WEEK 1. RECORD YOUR DISTANCE.

WEEK 3

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 20 SECONDS AND THEN WALK FOR 10 SECONDS AT THE 3RD, 6TH, 9TH, 12TH, 15TH, 18TH, 21ST, 24TH, AND 27TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 5 TIMES FOR A TOTAL OF 6 LAPS. BE SURE TO RECORD ALL 6 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 35 MINUTES, TRYING TO BEAT DISTANCE FROM WEEK 2. RECORD YOUR DISTANCE.

WEEK 4

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 20 SECONDS AND THEN WALK FOR 10 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 3 TIMES FOR A TOTAL OF 4 LAPS. BE SURE TO RECORD ALL 4 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 40 MINUTES, TRYING TO BEAT DISTANCE FROM WEEK 3. RECORD YOUR DISTANCE.

WEEK 5

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 25 SECONDS AND THEN WALK FOR 5 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 4 TIMES FOR A TOTAL OF 5 LAPS. BE SURE TO RECORD ALL 5 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 45 MINUTES, TRYING TO BEAT DISTANCE FROM WEEK 4. RECORD YOUR DISTANCE.

WEEK 6

DAY 1

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 20 SECONDS AND THEN WALK FOR 10 SECONDS AT THE 3RD, 6TH, 9TH, 12TH, 15TH, 18TH, 21ST, 24TH, AND 27TH MINUTES.

DAY 2

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 5 TIMES FOR A TOTAL OF 6 LAPS. BE SURE TO RECORD ALL 6 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----

DAY 3

LONG-DISTANCE RUN - RUN 50 MINUTES, TRYING TO BEAT DISTANCE FROM WEEK 5. RECORD YOUR TIME.

ALL AROUND CONDITIONING

THIS PROGRAM IS FOR THOSE OF YOU WHO ARE LOOKING TO GRADUALLY INCREASE SPEED, AGILITY, AND ENDURANCE, WITH NO FOCUS ON ONE AREA OVER THE OTHERS. THIS IS A GOOD PROGRAM FOR THOSE OF YOU JUST BEGINNING A SIX-DAY A WEEK FITNESS ROUTINE OR THOSE OF YOU WHO ARE COMFORTABLE WITH YOUR SPEED AND ENDURANCE LEVELS, AND ARE LOOKING FOR A SMALL IMPROVEMENT IN BOTH. KEEP IN MIND THAT ALL THREE PLANS WILL ADDRESS SPEED, AGILITY, AND ENDURANCE.

SEE PAGES 29-30 FOR A DESCRIPTION OF THE EXERCISES

WEEKS 1 & 2

DAY 1

BE SURE TO REST 1 MINUTE AFTER EVERY REP OF THE FOLLOWING EXERCISES

EXERCISE:

- BOX DROPS X 8
- BOX DROPS W/ HURDLE X 8
- SPEED SKATERS X 2
- SPEED SKATER SPRINTS X 8
- CROSSOVERS X 2
- CROSSOVER SPRINTS X 8
- SCISSOR JUMPS X 6
- SCISSOR JUMP SPRINTS X 6

DISTANCE:

- DROP, SPRINT 10 YDS
- DROP, JUMP, SPRINT 10 YDS
- SPEED SKATERS OVER 10 YDS
- SPEED SKATER, SPRINT 10 YDS
- CROSSOVERS OVER 10 YDS
- CROSSOVER, SPRINT 10 YDS
- SCISSOR JUMPS IN PLACE
- SCISSOR JUMP, SPRINT 10 YDS

DAY 2

INTERVAL RUN - USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 20 SECONDS AND THEN WALK FOR 10 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 3

QUARTER MILE SPRINTS - SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 5 TIMES FOR A TOTAL OF 6 LAPS. BE SURE TO RECORD ALL 6 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

----- / ----- / ----- / ----- / ----- / -----

WEEKS 3 & 4

DAY 1

****BE SURE TO REST 1 MINUTE AFTER EVERY REP OF THE FOLLOWING EXERCISES****

EXERCISE:

BOX DROPS X 9
 BOX DROPS W/ HURDLE X 9
 SPEED SKATERS X 3
 SPEED SKATER SPRINTS X 9
 CROSSOVERS X 3
 CROSSOVER SPRINTS X 9
 SCISSOR JUMPS X 6
 SCISSOR JUMP SPRINTS X 7

DISTANCE:

DROP, SPRINT 15 YDS
 DROP, JUMP, SPRINT 15 YDS
 SPEED SKATERS OVER 15 YDS
 SPEED SKATER, SPRINT 15 YDS
 CROSSOVERS OVER 15 YDS
 CROSSOVER, SPRINT 15 YDS
 SCISSOR JUMPS IN PLACE
 SCISSOR JUMP, SPRINT 15 YDS

DAY 2

INTERVAL RUN -USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 25 SECONDS AND THEN WALK FOR 5 SECONDS AT THE 4TH, 8TH, 12TH, 16TH, 20TH, 24TH, AND 28TH MINUTES.

DAY 3

QUARTER MILE SPRINTS -SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 6 TIMES FOR A TOTAL OF 7 LAPS. BE SURE TO RECORD ALL 7 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

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WEEKS 5 & 6

DAY 1

****BE SURE TO REST 1 MINUTE AFTER EVERY REP OF THE FOLLOWING EXERCISES****

EXERCISE:

BOX DROPS X 10
 BOX DROPS W/ HURDLE X 10
 SPEED SKATERS X 4
 SPEED SKATER SPRINTS X 10
 CROSSOVERS X 4
 CROSSOVER SPRINTS X 10
 SCISSOR JUMPS X 6
 SCISSOR JUMP SPRINTS X 8

DISTANCE:

DROP, SPRINT 20 YDS
 DROP, JUMP, SPRINT 20 YDS
 SPEED SKATERS OVER 20 YDS
 SPEED SKATER,SPRINT 20 YDS
 CROSSOVERS OVER 20 YDS
 CROSSOVER, SPRINT 20 YDS
 SCISSOR JUMPS IN PLACE
 SCISSOR JUMP,SPRINT 20 YDS

DAY 2

INTERVAL RUN -USE A STOPWATCH TO TIME A 30 MINUTE RUN; SPRINT 25 SECONDS AND THEN WALK FOR 5 SECONDS AT THE 3RD, 6TH, 9TH, 12TH, 15TH, 18TH, 21ST, 24TH, AND 27TH MINUTES.

DAY 3

QUARTER MILE SPRINTS -SPRINT 400M (1/4 OF A MILE OR ONE LAP ON A TRACK), RECORD YOUR TIME, AND REST FOR 60 SECONDS. REPEAT 7 TIMES FOR A TOTAL OF 8 LAPS. BE SURE TO RECORD ALL 8 TIMES, SO THAT YOU KNOW WHAT TO BEAT THE NEXT TIME YOU DO IT.

-----/-----/-----/-----/-----/-----/-----/-----

IMPROVE MAX STRENGTH

THIS PROGRAM IS FOR THOSE OF YOU LOOKING TO IMPROVE STRENGTH THROUGH INCREASING THE AMOUNT OF WEIGHT YOU ARE ABLE TO LIFT. THIS IS A GREAT STRENGTHENING ROUTINE FOR THOSE PLAYERS LOOKING TO BE STRONGER IN CHALLENGES, HOLD OFF OPPONENTS, JUMP HIGHER, KICK/THROW FURTHER, ETC. MAKE SURE TO KEEP TRACK OF THE WEIGHTS USED BY WRITING DOWN HOW MUCH YOU LIFT EACH DAY ON THE FOLLOWING PAGES. ALSO, BE SURE TO TAKE THE TIME TO REST IN BETWEEN EACH EXERCISE UNTIL YOU HAVE FULLY RECOVERED FROM THE LAST LIFT.

****SEE PAGES 25 & 30-31 FOR A DESCRIPTION OF THE 5-MINUTE ABS EXERCISES****

WEEKS 1 & 2

****ADD 3-5 POUNDS EACH WEEK TO WHAT YOU LIFTED THE WEEK BEFORE****

****WRITE DOWN HOW MUCH WEIGHT YOU ARE LIFTING FOR EACH EXERCISE****

EXERCISE (SETS X REPS):

WEIGHT (WEEK 1/WEEK 2):

DAY 1

DB STEP-UP (4 X 6 PER LEG)	/	
DB SINGLE LEG SQUAT (4 X 6 PER LEG)	/	
GOOD MORNINGS (3 X 8)	/	
DB BENCH PRESS (4 X 8)	/	
BARBELL ROW (4 X 8)	/	
5 MINUTE AB CIRCUIT		

DAY 2

BACK SQUAT (4 X 8)	/	
DB FORWARD LUNGE (4 X 6 PER LEG)	/	
DEADLIFT (4 X 8)	/	
DB OVERHEAD PRESS (3 X 8)	/	
LAT PULLDOWN (3 X 8)	/	

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 3 TIMES)

****REST 1 MINUTE BETWEEN SETS****

****REST 15 SECONDS BETWEEN EXERCISES****

- 1) MOUNTAIN CLIMBERS X 15
- 2) SPRINT 20 YDS & BACK
- 3) BURPEES X 10
- 4) SPRINT 20 YDS & BACK, 15 YDS & BACK
- 5) SQUAT JUMPS X 10
- 6) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK
- 7) SIDE-TO-SIDE AND/OR FRONT-TO-BACK CONE HOPS
- 8) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK, 5 YDS & BACK
- 9) SCISSOR LUNGES X 10
- 10) SPRINT 20 YDS & BACK X 3

WEEKS 3 & 4

EXERCISE (SETS X REPS):

WEIGHT (WEEK 3/WEEK 4):

DAY 1

LEG PRESS (3 X 6)	-----/-----
DB REVERSE LUNGE (3 X 5 PER LEG)	-----/-----
DEADLIFT (3 X 8)	-----/-----
DB BENCH PRESS (4 X 8)	-----/-----
LOW ROW (3 X 8)	-----/-----
5 MINUTE AB CIRCUIT	

DAY 2

BACK SQUAT (4 X 8)	-----/-----
DB SINGLE LEG SQUAT (4 X 6 PER LEG)	-----/-----
GOOD MORNINGS (4 X 8)	-----/-----
OVERHEAD PRESS (3 X 8)	-----/-----
LAT PULLDOWN (3 X 8)	-----/-----
CALF RAISES (3 X 8)	-----/-----

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 4 TIMES)

****REST 1 MINUTE BETWEEN SETS****

**** REST 10 SECONDS BETWEEN EXERCISES****

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING THREE (3) REPS TO EVERY NON-SPRINTING EXERCISE. (15 + 3 = 18 MOUNTAIN CLIMBERS, 10 + 3 = 13 BURPEES, ETC.)

WEEKS 5 & 6

EXERCISE (SETS X REPS):

WEIGHT (WEEK 5/WEEK 6):

DAY 1

LUNGING BICEP CURL (4 X 6 PER LEG)	-----/-----
DB SINGLE LEG SQUAT (4 X 6 PER LEG)	-----/-----
BICEP CURLS (3 X 8)	-----/-----
DB BENCH PRESS (4 X 8)	-----/-----
SQUAT ROW (4 X 8)	-----/-----
5 MINUTE AB CIRCUIT	

DAY 2

BACK SQUAT (4 X 8)	-----/-----
DB SNEAKY LUNGES (4 X 6 PER LEG)	-----/-----
DEADLIFT (4 X 8)	-----/-----
DB TRICEP DIPS (3 X 8)	-----/-----
HAMMER CURLS (3 X 8 PER ARM)	-----/-----
CALF RAISES (3 X 8)	-----/-----

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 5 TIMES)

REST 5-10 SECONDS BETWEEN EXERCISES
REST 1 MINUTE BETWEEN SETS

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING SIX (6) REPS TO EVERY NON-SPRINTING EXERCISE. (21 MOUNTAIN CLIMBERS, 16 BURPEES, ETC.)

IMPROVE MUSCULAR ENDURANCE

THIS PROGRAM IS FOR THOSE OF YOU WISHING TO INCREASE THE AMOUNT OF REPETITIONS OR TIME YOU ARE ABLE TO USE YOUR STRENGTH. THIS IS A GREAT ROUTINE FOR CENTRAL PLAYERS WHO FIND THEMSELVES NEEDING TO BATTLE THROUGH A LOT OF 50/50'S AND THOSE OF YOU WHO ARE COMFORTABLE WITH YOUR ABILITY TO HANDLE CHALLENGES, JUMP HIGHER THAN OPPONENTS, ETC., BUT WISH TO BE ABLE TO DO IT FOR LONGER PERIODS OF TIME. BE SURE TO REST FOR NO LONGER THAN 30 SECONDS IN BETWEEN EXERCISES.

****SEE PAGES 25 & 30-31 FOR A DESCRIPTION OF THE 5-MINUTE ABS EXERCISES****

WEEKS 1 & 2

****WRITE DOWN HOW MUCH WEIGHT YOU ARE LIFTING FOR EACH EXERCISE****

EXERCISE (SETS X REPS):

WEIGHT (WEEK 1/WEEK 2):

DAY 1

DB STEP-UP (4 X 8 PER LEG)	-----/-----
DB SINGLE LEG SQUAT (4 X 8 PER LEG)	-----/-----
GOOD MORNINGS (3 X 10)	-----/-----
DB BENCH PRESS (4 X 10)	-----/-----
BARBELL ROW (4 X 10)	-----/-----
5 MINUTE AB CIRCUIT	

DAY 2

BACK SQUAT (4 X 10)	-----/-----
DB FORWARD LUNGE (4 X 8 PER LEG)	-----/-----
DEADLIFT (4 X 10)	-----/-----
DB OVERHEAD PRESS (3 X 10)	-----/-----
LAT PULLDOWN (3 X 10)	-----/-----

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 3 TIMES)

****REST 1 MINUTE BETWEEN SETS****

****REST 15 SECONDS BETWEEN EXERCISES****

- 1) MOUNTAIN CLIMBERS X 15
- 2) SPRINT 20 YDS & BACK
- 3) BURPEES X 10
- 4) SPRINT 20 YDS & BACK, 15 YDS & BACK
- 5) SQUAT JUMPS X 10
- 6) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK
- 7) SIDE-TO-SIDE AND/OR FRONT-TO-BACK CONE HOPS
- 8) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK, 5 YDS & BACK
- 9) SCISSOR LUNGES X 10
- 10) SPRINT 20 YDS & BACK X 3

WEEKS 3 & 4

EXERCISE (SETS X REPS):

WEIGHT (WEEK 3/WEEK 4):

DAY 1

LEG PRESS (3 X 10)	/	
DB REVERSE LUNGE (3 X 10 PER LEG)	/	
DEADLIFT (3 X 12)	/	
DB BENCH PRESS (4 X 12)	/	
LOW ROW (3 X 10)	/	
5 MINUTE AB CIRCUIT		

DAY 2

BACK SQUAT (4 X 12)	/	
DB SINGLE LEG SQUAT (4 X 10 PER LEG)	/	
GOOD MORNINGS (4 X 12)	/	
OVERHEAD PRESS (3 X 12)	/	
LAT PULLDOWN (3 X 12)	/	
CALF RAISES (3 X 12)	/	

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 4 TIMES)

REST 1 MINUTE BETWEEN SETS

REST 10 SECONDS BETWEEN EXERCISES

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING THREE (3) REPS TO EVERY NON-SPRINTING EXERCISE. (15 + 3 = 18 MOUNTAIN CLIMBERS, 10 + 3 = 13 BURPEES, ETC.)

WEEKS 5 & 6

EXERCISE (SETS X REPS):

WEIGHT (WEEK 5/WEEK 6):

DAY 1

DB STEP-UP (4 X 12 PER LEG) ----- / -----
 DB SINGLE LEG SQUAT (4 X 12 PER LEG) ----- / -----
 BICEP CURLS (3 X 12 PER ARM) ----- / -----
 DB BENCH PRESS (4 X 15) ----- / -----
 SQUAT ROW (4 X 15) ----- / -----
 5 MINUTE AB CIRCUIT

DAY 2

BACK SQUAT (4 X 15) ----- / -----
 DB SNEAKY LUNGES (4 X 12 PER LEG) ----- / -----
 DEADLIFT (4 X 15) ----- / -----
 DB TRICEP DIPS (3 X 12) ----- / -----
 HAMMER CURLS (3 X 12 PER ARM) ----- / -----
 CALF RAISES (3 X 15) ----- / -----

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 5 TIMES)

****REST 5-10 SECONDS BETWEEN EXERCISES****

****REST 1 MINUTE BETWEEN SETS****

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING SIX (6) REPS TO EVERY NON-SPRINTING EXERCISE. (21 MOUNTAIN CLIMBERS, 16 BURPEES, ETC.)

ALL AROUND STRENGTH

THIS PROGRAM IS FOR THOSE OF YOU WHO ARE LOOKING TO GRADUALLY INCREASE MAX STRENGTH AND MUSCULAR ENDURANCE, WITH NO FOCUS ON ONE AREA OVER THE OTHERS. THIS IS A GOOD PROGRAM FOR THOSE OF YOU JUST BEGINNING A SIX-DAY A WEEK FITNESS ROUTINE OR THOSE OF YOU WHO ARE COMFORTABLE WITH YOUR STRENGTH, AND ARE LOOKING FOR A SMALL IMPROVEMENT IN BOTH. KEEP IN MIND THAT ALL THREE PLANS WILL ADDRESS BOTH MUSCULAR ENDURANCE AND MAXIMUM STRENGTH. BE SURE TO REST ANYWHERE FROM 30 SECONDS TO ONE MINUTE IN BETWEEN EACH EXERCISE.

****SEE PAGES 25 & 30-31 FOR A DESCRIPTION OF THE 5-MINUTE ABS EXERCISES****

WEEKS 1 & 2

****ADD 1-3 POUNDS EACH WEEK TO WHAT YOU LIFTED THE WEEK BEFORE****

EXERCISE (SETS X REPS):

WEIGHT (WEEK 1/WEEK 2):

DAY 1

DB STEP-UP (4 X 8 PER LEG)	/	
DB SINGLE LEG SQUAT (4 X 8 PER LEG)	/	
GOOD MORNINGS (3 X 10)	/	
DB BENCH PRESS (4 X 8)	/	
BARBELL ROW (4 X 8)	/	
5 MINUTE AB CIRCUIT	/	

DAY 2

BACK SQUAT (4 X 10)	/	
DB FORWARD LUNGE (4 X 8 PER LEG)	/	
DEADLIFT (4 X 10)	/	
DB OVERHEAD PRESS (3 X 8)	/	
LAT PULLDOWN (3 X 8)	/	

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 3 TIMES)

****REST 1 MINUTE BETWEEN SETS****

****REST 15 SECONDS BETWEEN EXERCISES****

- 1) MOUNTAIN CLIMBERS X 15
- 2) SPRINT 20 YARDS & BACK
- 3) BURPEES X 10
- 4) SPRINT 20 YDS & BACK, 15 YDS & BACK
- 5) SQUAT JUMPS X 10
- 6) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK
- 7) SIDE-TO-SIDE AND/OR FRONT-TO-BACK CONE HOPS
- 8) SPRINT 20 YDS & BACK, 15 YDS & BACK, 10 YDS & BACK, 5 YDS & BACK
- 9) SCISSOR LUNGES X 10
- 10) SPRINT 20 YDS & BACK X 3

WEEKS 3 & 4

EXERCISE (SETS X REPS):

WEIGHT (WEEK 3/WEEK 4):

DAY 1

LEG PRESS (3 X 10)	/	
DB REVERSE LUNGE (3 X 10 PER LEG)	/	
DEADLIFT (3 X 12)	/	
DB BENCH PRESS (4 X 10)	/	
LOW ROW (3 X 10)	/	
5 MINUTE AB CIRCUIT		

DAY 2

BACK SQUAT (4 X 12)	/	
DB SINGLE LEG SQUAT (4 X 10 PER LEG)	/	
GOOD MORNINGS (4 X 12)	/	
OVERHEAD PRESS (3 X 10)	/	
LAT PULLDOWN (3 X 10)	/	
CALF RAISES (3 X 12)	/	

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 4 TIMES)

REST 1 MINUTE BETWEEN SETS

REST 10 SECONDS BETWEEN EXERCISES

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING THREE (3) REPS TO EVERY NON-SPRINTING EXERCISE. (15 + 3 = 18 MOUNTAIN CLIMBERS, 10 + 3 = 13 BURPEES, ETC.)

WEEKS 5 & 6

EXERCISE (SETS X REPS):

WEIGHT (WEEK 5/WEEK 6):

DAY 1

DB STEP-UP (4 X 10 PER LEG) ----- / -----
 DB SINGLE LEG SQUAT (4 X 10 PER LEG) ----- / -----
 BICEP CURLS (3 X 10) ----- / -----
 DB BENCH PRESS (4 X 12) ----- / -----
 SQUAT ROW (4 X 12) ----- / -----
 5 MINUTE AB CIRCUIT

DAY 2

BACK SQUAT (4 X 12) ----- / -----
 DB SNEAKY LUNGES (4 X 12 PER LEG) ----- / -----
 DEADLIFT (4 X 12) ----- / -----
 DB TRICEP DIPS (3 X 10) ----- / -----
 HAMMER CURLS (3 X 12 PER ARM) ----- / -----
 CALF RAISES (3 X 15) ----- / -----

DAY 3

CIRCUIT TRAINING (COMPLETE THE CIRCUIT 5 TIMES)

****REST 5-10 SECONDS BETWEEN EXERCISES****

****REST 1 MINUTE BETWEEN SETS****

COMPLETE THE CIRCUIT WRITTEN ON DAY 3 OF WEEKS 1 & 2, ADDING SIX (6) REPS TO EVERY NON-SPRINTING EXERCISE. (21 MOUNTAIN CLIMBERS, 16 BURPEES, ETC.)

HELPFUL HOW TO'S

HOW TO CALCULATE YOUR STARTING WEIGHT

THE BEST WAY TO FIGURE OUT HOW MUCH WEIGHT YOU SHOULD LIFT IN THE BEGINNING IS THROUGH TRIAL AND ERROR. TO GIVE YOU A GOOD STARTING POINT, TAKE 75% OF THE MAX WEIGHT YOU CAN LIFT FOR EACH EXERCISE.

HOW TO KNOW IF YOU'RE DOING THE RIGHT AMOUNT OF REPETITIONS

THE LAST THREE REPETITIONS THAT YOU COMPLETE SHOULD BE TIRING. MAKE SURE THAT YOU ARE TIRING OUT AT THE NUMBER OF REPETITIONS THAT IS WRITTEN IN THE PLAN YOU HAVE CHOSEN TO FOLLOW. IF YOU ARE SUPPOSED TO COMPLETE 12 REPS, BUT ARE NOT TIRED AT 10, 11, AND 12, INCREASE THE AMOUNT OF WEIGHT YOU ARE LIFTING.

HOW TO DO THE EXERCISES

INCLUDED IN YOUR SUMMER PACKET IS A DVD DEMONSTRATING HOW TO COMPLETE ALL OF THE EXERCISES. ALSO, LOOKING UP THE EXERCISES ON YOUTUBE WILL PROVIDE YOU WITH DETAILED DESCRIPTIONS AND VIDEOS.

HAVING ACCESS TO A TRACK AND WEIGHT ROOM WOULD BE VERY HELPFUL, BUT IT IS NOT NECESSARY. YOU COULD STILL DO ALL OF THE EXERCISES WITH TWO SETS OF DUMBBELLS AND/OR RESISTANCE BANDS AND A STOPWATCH.

HOW TO PERFORM YOUR BEST AT PRESEASON CAMP

YOU WILL NOTICE THAT WE GIVE YOU THE ENTIRE WEEK BEFORE CAMP OFF TO RECOVER; PLEASE USE THE ACTIVE REST ACTIVITIES DURING THIS TIME. REST IS A VERY IMPORTANT COMPONENT OF YOUR TRAINING FOR THE 2015 SOCCER SEASON, AS IT WILL HELP YOU PLAY AND BE YOUR BEST DURING PRESEASON CAMP, NOT TO MENTION PREVENT INJURIES. **SEE PAGE 26 FOR A LIST OF ACTIVE REST ACTIVITIES.**

ACL & CONCUSSION PREVENTION WARM-UP & COOL-DOWN

ACL INJURIES AND CONCUSSIONS ARE A BIG CONCERN FOR FEMALE SOCCER PLAYERS AND HAVE AFFECTED A NUMBER OF OUR PLAYERS IN THE PAST. THE FOLLOWING IS A WARM-UP THAT YOU SHOULD USE BEFORE EACH WORKOUT THAT WILL HELP STRENGTHEN THE MUSCLES AROUND YOUR KNEES AND NECK TO REDUCE THE LIKELIHOOD OF THESE INJURIES. THE FOLLOWING WARM-UP HAS BEEN ADAPTED FROM SANTA MONICA UNIVERSITY'S RESEARCH.

WARM UP BEFORE EACH WORKOUT

WARM-UP

SET TWO CONES 50 YDS AWAY FROM EACH OTHER

1. JOG - DOWN AND BACK X 2
2. SHUFFLE - DOWN AND BACK
3. RUN BACKWARDS - DOWN AND BACK

STRENGTHENING

1. WALKING LUNGES - 20 (10 PER LEG) REPS X 2 SETS
2. STANDING SQUATS - 10 REPS X 3 SETS
3. SINGLE LEG CALF RAISES - 30 REPS PER LEG X 2 SETS
4. LATERAL NECK RESISTANCE - ATHLETE PLACES HER RIGHT HAND ON THE RIGHT SIDE OF HER HEAD. SHE SHOULD PUSH RIGHT EAR DOWNWARDS TOWARDS THE RIGHT SHOULDER WHILE PROVIDING RESISTANCE BY PUSHING RIGHT HAND AGAINST HER HEAD, BUT, BECAUSE THE ATHLETE IS RESISTING THE ACTION, HER HEAD DOESN'T ACTUALLY MOVE. THE ATHLETE SHOULD HOLD THIS POSITION IN ACTIVE RESISTANCE FOR ABOUT 5 TO 10 SECONDS.
5. ROTATIONAL NECK RESISTANCE - ATHLETE PLACES HER HAND AGAINST THE SIDE OF THE FOREHEAD AND THEN ATTEMPTS TO ROTATE HER HEAD TOWARDS THE RIGHT OR THE LEFT, KEEPING HER EYES AT THE SAME LEVEL. HER HAND RESISTS THIS ACTION SO THERE IS NO ACTUAL MOVEMENT OF THE HEAD. AGAIN, THE ATHLETE SHOULD HOLD THE POSITION IN ACTIVE RESISTANCE FOR ABOUT 5 TO 10 SECONDS AND THEN REPEAT IN THE OPPOSITE DIRECTION.

PLYOMETRICS

1. SIDE-TO-SIDE CONE HOPS - 20 REPS
2. FORWARD-AND-BACK CONE HOPS - 20 REPS
3. SINGLE LEG CONE HOPS - 10 REPS PER LEG

4. VERTICAL JUMPS WITH HEADERS - 20 REPS
5. SCISSOR LUNGES - 20 REPS – START IN A LUNGE, WITH YOUR RIGHT LEG FORWARD AND LEFT LEG EXTENDED BACK. IN A SINGLE JUMPING MOTION, SWITCH THE PLACEMENT OF YOUR FEET SO THAT YOUR LEFT LEG IS NOW FORWARD, AND YOUR RIGHT LEG IS EXTENDED BACK.

AGILITIES

1. SHIFTING SHUTTLE RUN X 2 - WITH NO BREAKS AND USING SHORT, CHOPPY STEPS TO MAKE QUICK TRANSITIONS, SPRINT 15 YDS, RUN BACKWARDS 15 YDS, AND SPRINT 15 YDS.
2. ZIGZAG RUN X 2 - OVER THE COURSE OF A 20-YD LANE OR TUNNEL, SPRINT DIAGONALLY, BACK-AND-FORTH, USING SHORT CHOPPY STEPS TO QUICKLY CHANGE DIRECTION.
3. BOUNDING RUN X 2 – SOMETIMES CALLED A SLOW-MOTION RUN. USING EXAGGERATED MOTIONS, RUN 20 YDS FORWARD AND THEN 20 YDS BACKWARD.

COOL DOWN AFTER EACH WORKOUT

COOL DOWN

SET TWO CONES 50 YDS AWAY FROM EACH OTHER

1. JOG - DOWN AND BACK X 2
2. SHUFFLE - DOWN AND BACK
3. RUN BACKWARDS - DOWN AND BACK

STRETCHING

STRETCH AND HOLD FOR 30 SECONDS, X 2 PER EXERCISE

1. CALF STRETCH
2. QUADRICEP STRETCH
3. HAMSTRING STRETCH
4. SEATED BACK STRETCH
5. HIP FLEXOR STRETCH
6. INNER THIGH STRETCH

5-MINUTE AB WORKOUT

HERE IS THE 5-MINUTE AB CIRCUIT THAT YOU SEE IN THE STRENGTHENING ROUTINES ABOVE.

****SEE PAGES 30-31 FOR A DESCRIPTION OF THE EXERCISES****

COMPLETE THE FOLLOWING EXERCISES FOR 30 SECONDS EACH, WITH NO BREAKS IN BETWEEN, SO THAT YOU ARE WORKING YOUR CORE FOR 5 MINUTES STRAIGHT.

- 1) BRIDGE WITH ALTERNATING LEG RAISE
- 2) CRUNCHES, WITH LEGS LIFTED AT 90 DEGREES
- 3) CRUNCHES, ON RIGHT SIDE
- 4) CRUNCHES, ON LEFT SIDE
- 5) LIFTED TOE TOUCHES
- 6) STRAIGHT LEG CRUNCHES
- 7) RUSSIAN TWISTS
- 8) FRONT PLANK
- 9) RIGHT PLANK
- 10) LEFT PLANK

NUTRITION AND REST

FOLLOWING THIS OR ANY OTHER INTENSE WORKOUT PROGRAM DESIGNED FOR ATHLETES WILL BE EXTREMELY PHYSICALLY DEMANDING. MAKE SURE YOU ARE EATING THE PROPER FOODS AND INGESTING THE RIGHT AMOUNT OF CALORIES TO GIVE YOU THE ENERGY YOU NEED TO COMPLETE THESE EXERCISES AND IMPROVE PERFORMANCE. INCLUDED IN THIS BOOKLET, YOU WILL FIND A NUTRITION INSERT FILLED WITH INFORMATION SPECIFIC TO ATHLETES.

YOU WILL NOTICE THAT THIS WORKOUT PROGRAM INCORPORATES ONE REST DAY EACH WEEK, DO NOT SKIP IT. GIVING YOUR BODY TIME TO RECOVER IS JUST AS IMPORTANT AS EVERY OTHER TRAINING DAY. BELOW YOU WILL FIND ACTIVE REST ACTIVITIES FOR THOSE OF YOU WHO FIND IT DIFFICULT TO TAKE AN OFF DAY.

ACTIVE REST ACTIVITIES

YOGA

PILATES

HIKING

BIKING

WALKING

SWIMMING

ULTIMATE FRISBEE

SAND VOLLEYBALL

GOLF

BASKETBALL

BADMINTON

FLAG/TOUCH FOOTBALL

TENNIS

RACQUETBALL

BASEBALL/SOFTBALL

STRETCHING

****LISTEN TO YOUR BODY! MAKE SURE YOU ARE TAKING IT EASY AND NOT PUSHING YOURSELF DURING THESE ACTIVITIES. THE FOLLOWING ACTIVITIES SHOULD BE DONE RECREATIONALLY AS OPPOSED TO PUSHING YOURSELF TO EXHAUSTION.****

SUMMER TRAINING CALENDAR

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21	22	23	24	25	26	27
WEEK 1 28	29	30				
REST DAY	CONDITION DAY 1	STRENGTH DAY 1				

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			CONDITION DAY 2	STRENGTH DAY 2	CONDITION DAY 3	STRENGTH DAY 3
WEEK 2 5	6	7	8	9	10	11
REST DAY	CONDITION DAY 1	STRENGTH DAY 1	CONDITION DAY 2	STRENGTH DAY 2	CONDITION DAY 3	STRENGTH DAY 3
WEEK 3 12	13	14	15	16	17	18
REST DAY	CONDITION DAY 1	STRENGTH DAY 1	CONDITION DAY 2	STRENGTH DAY 2	CONDITION DAY 3	STRENGTH DAY 3
WEEK 4 19	20	21	22	23	24	25
REST DAY	CONDITION DAY 1	STRENGTH DAY 1	CONDITION DAY 2	STRENGTH DAY 2	CONDITION DAY 3	STRENGTH DAY 3
WEEK 5 26	27	28	29	30	31	
REST DAY	CONDITION DAY 1	STRENGTH DAY 1	CONDITION DAY 2	STRENGTH DAY 2	CONDITION DAY 3	

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 STRENGTH DAY 3
WEEK 6 2 REST DAY	3 CONDITION DAY 1	4 STRENGTH DAY 1	5 CONDITION DAY 2	6 STRENGTH DAY 2	7 CONDITION DAY 3	8 STRENGTH DAY 3
9 REST DAY	10 REST DAY	11 REST DAY	12 REST DAY	13 REST DAY	14 REST DAY	15 REST DAY
16 REST DAY	17 FIRST DAY OF CAMP	18 PRESEASON CAMP	19 PRESEASON CAMP	20 PRESEASON CAMP	21 PRESEASON CAMP	22 PRESEASON CAMP
23 PRESEASON CAMP	24 FIRST DAY OF CLASSES	25 PRACTICE 4:15-5:45	26 PRACTICE 4:15-5:45	27 PRACTICE 4:15-5:45	28 PRACTICE 4:15-5:45	29 ALUMNI GAME - 6:30

THE CALENDAR ABOVE GIVES YOU THE SCHEDULE THAT WE WOULD LIKE YOU TO FOLLOW FOR YOUR SUMMER TRAINING ROUTINE. HOWEVER, PLEASE KEEP IN MIND THAT YOU CAN PUT YOUR REST DAY WHEREVER YOU'D LIKE DURING THE WEEK.

ON THESE CALENDARS, WE'VE ALSO INCLUDED SOME IMPORTANT DATES TO REMEMBER. TO KEEP UP TO DATE ON ALL EVENTS GOING ON WITH THE PROGRAM, BE SURE TO FOLLOW US ON TWITTER @CARDINALWSOCCER, LIKE US ON FACEBOOK (OTTERBEIN UNIVERSITY WOMEN'S SOCCER) AND CHECK OUT OUR PINTEREST PAGE FOR INFORMATION ABOUT THE PROGRAM AND UPCOMING EVENTS.

FOR ADDITIONAL OR SUPPLEMENTAL WORKOUTS, FEEL FREE TO EMAIL RACHEL AT RACHEL.DENZ@OTTERBEIN.EDU.

IF YOU EVER HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CALL ANY OF US. OUR CONTACT INFORMATION IS ON THE COVER OF THIS PACKET.

EXERCISE DESCRIPTIONS

- **BOX DROPS**
STAND ON 2 FT. BOX OR BENCH, DROP LANDING WITH BOTH FEET AT THE SAME TIME, ROTATE 90* AND SPRINT 10 YDS.
- **BOX DROPS W/ HURDLE**
BOX DROP, BUT AFTER LANDING ON THE GROUND, JUMP OVER A SMALL HURDLE BEFORE SPRINTING TO THE RIGHT OR LEFT.
- **CROSSOVERS**
SIMILAR TO SPEED SKATERS, BUT YOU WILL ROTATE AT YOUR HIPS AND LAND ON YOUR LEFT FOOT WHEN LEAPING TO THE RIGHT AND VICE VERSA, ACROSS 10 YDS.
- **CROSSOVER SPRINTS**
SAME AS SPEED SKATER SPRINTS, EXCEPT YOU PERFORM THE CROSSOVER VARIATION BEFORE SPRINTING THE 10 YARDS.
- **SCISSOR JUMPS**
START IN A LUNGE WITH YOUR RIGHT LEG FORWARD AND YOUR LEFT LEG EXTENDED BACK. FROM THIS POSITION, JUMP AND SWITCH THE PLACEMENT OF YOUR FEET IN MID-AIR SO THAT WHEN YOU LAND YOUR LEFT LEG IS NOW FORWARD AND YOUR RIGHT LEG IS EXTENDED BACK. THIS COUNTS AS ONE REP.
- **SCISSOR JUMP SPRINTS**
STARTING IN A LUNGE, SCISSOR JUMP UNTIL YOU ARE BACK TO THE STARTING POSITION AND THEN IMMEDIATELY TAKE OFF INTO A SPRINT OVER 10 YARDS.
- **SPEED SKATERS**
WITH ALL OF YOUR WEIGHT BALANCED ON ONE FOOT, LEAP Laterally TO THE SIDE AND LAND ON THE OPPOSITE FOOT, REGAINING YOUR BALANCE FULLY BEFORE REPEATING, BACK AND FORTH, ACROSS 10 YARDS
- **SPEED SKATER SPRINTS**
START BY JUMPING TOWARDS YOUR LEFT, THEN TO

YOUR RIGHT, LANDING ON THE RIGHT FOOT THEN TAKE OFF AND SPRINT 10 YDS TO YOUR LEFT, REPEAT ON THE OPPOSITE SIDE.

5-MINUTE ABS

- **BRIDGE WITH ALTERNATING LEG RAISE**
LIE DOWN ON YOUR BACK AND BEND YOUR LEGS SO THAT YOUR FEET ARE FLAT ON THE FLOOR ABOUT ONE FOOT AWAY FROM YOUR HIPS AND YOUR KNEES ARE PARALLEL AND POINTED TOWARDS THE CEILING. LIFT YOUR HIPS TO THE SKY SO THAT THERE IS A STRAIGHT, DIAGONAL LINE BEING MADE FROM YOUR KNEES TO YOUR SHOULDERS. KEEPING YOUR CORE ENGAGED, LIFT AND STRAIGHTEN YOUR RIGHT LEG SO THAT IT STAYS IN LINE WITH YOUR SHOULDERS AND HIPS, THEN SLOWLY BRING IT BACK TO THE STARTING POSITION. ALTERNATE FEET AND REPEAT FOR 30 SECONDS.
- **CRUNCHES, WITH LEGS LIFTED AT 90 DEGREES**
LIE DOWN ON YOUR BACK AND LIFT YOUR FEET SO THAT THERE IS A 90* ANGLE BEING MADE AT YOUR KNEES. YOUR LOWER LEG AND FEET WILL FORM A LINE PARALLEL TO THE GROUND. CRUNCH FOR 30 SECONDS.
- **CRUNCHES, ON RIGHT SIDE**
LIE ON YOUR RIGHT SIDE, SO THAT THE OUTSIDE OF YOUR RIGHT LEG IS ON THE GROUND AND THE LEFT LEG STACKS ON TOP, KEEPING YOUR KNEES BENT AT 90*. KEEP BOTH SHOULDERS FLAT ON THE GROUND AND CRUNCH OVER THE STACKED LEGS FOR 30 SECONDS.
- **CRUNCHES, ON LEFT SIDE**
LIE ON YOUR LEFT SIDE, SO THAT THE OUTSIDE OF YOUR LEFT LEG IS ON THE GROUND AND THE RIGHT LEG STACKS ON TOP, KEEPING YOUR KNEES BENT AT 90*. KEEP BOTH SHOULDERS FLAT ON THE GROUND AND CRUNCH OVER THE STACKED LEGS FOR 30 SECONDS.
- **LIFTED TOE TOUCHES**
LIE DOWN ON YOUR BACK, BUT LIFT YOUR LEGS TAKING THE SOLES OF YOUR FLEXED FEET TO THE CEILING. YOUR BODY SHOULD MAKE A 90* ANGLE AT YOUR HIPS. LIFT BOTH HANDS AND POINT THEM TOWARDS THE CEILING. CRUNCH FOR 30 SECONDS, LIFTING HANDS AS CLOSE TO YOUR TOES AS YOU CAN.

- **STRAIGHT LEG CRUNCHES**
LIE DOWN ON YOUR BACK WITH YOUR LEGS COMPLETELY FLAT ON THE FLOOR. CRUNCH FOR 30 SECONDS WITH STRAIGHT FLEXED LEGS ON THE GROUND.
- **RUSSIAN TWISTS**
SIT DOWN ON THE GROUND WITH STRAIGHT BACK, AND LIFT YOUR FEET UP OFF THE GROUND AND BEND YOUR KNEES, UNTIL YOUR KNEES AND FEET MAKE A PARALLEL LINE WITH THE GROUND. TAKE BOTH HANDS TOGETHER AND ROTATE BACK AND FORTH TOUCHING THE GROUND ON EITHER SIDE OF YOU FOR 30 SECONDS.
- **FRONT PLANK**
HOLD YOURSELF IN A PUSH UP POSITION FOR 30 SECONDS.
- **RIGHT PLANK**
HOLD YOURSELF IN A SIDE PUSH UP POSITION, BALANCING ON YOUR RIGHT HAND/FOREARM AND THE OUTSIDE OF YOUR RIGHT FOOT FOR 30 SECONDS.
- **LEFT PLANK**
HOLD YOURSELF IN A SIDE PUSH UP POSITION, BALANCING ON YOUR LEFT HAND/FOREARM AND THE OUTSIDE OF YOUR LEFT FOOT FOR 30 SECONDS.