

## OFF-SEASON CONDITIONING PROGRAM

### *Helpful hints to stay in shape during the your time off.*

- Give up soft drinks
- EAT HEALTHY – Avoid fast food restaurants!
- Drink lots of water
- Stay active
- Stretch
- Have fun

The following is a six-week program to help you stay fit during the your soccer break and to assist in your preparation for the next season.

#### ***Week 1:***

- ❑ *Day 1:* 2 mile run – Stretch
- ❑ *Day 2:* Off – Stretch
- ❑ *Day 3:* 10x 200 yards, ball touches (5 minutes, 30 seconds, 10 second rest), Lunges (6x 25 yards) – Stretch
- ❑ *Day 4:* 4 mile run, sit ups (5 minutes), jump rope (2.5 minutes) – Stretch
- ❑ *Day 5:* Off – Stretch
- ❑ *Day 6:* 1.5 length of field (start at touch line – run length of the field, turn and go to the center, take 20 second break, go to touch line, turn and go length of the field, repeat 10x), sit ups (5 minutes) – Stretch
- ❑ *Day 7:* Gauntlet (1 mile, minute off, ½ mile, 1 minute off, ¼ mile, 1 minute off, 1/8 mile, 10x 40 yards) – Stretch

#### ***Week 2:***

- ❑ *Day 8:* Off – Stretch
- ❑ *Day 9:* One legged squats (3x each leg for 1 minute each), 3 mile run (25 minutes or less), sit ups (6 minutes) – Stretch
- ❑ *Day 10:* Explosive intervals (sprint 30 seconds, jog 1 minute; 20x), ball touches (2 minutes straight) – Stretch
- ❑ *Day 11:* Off – Stretch
- ❑ *Day 12:* 6x 400 yard sprint, wall sits (2 minutes), lunges (6x 25 yards) – Stretch
- ❑ *Day 13:* Jump rope (5 minutes), wind sprints (length of field 10x, start at 0, 60 seconds start next, etc) – Stretch
- ❑ *Day 14:* Off – Stretch

### **Week 3:**

- ❑ *Day 15:* 2 mile run (under 12 minutes), wall sits (2 minutes) – Stretch
- ❑ *Day 16:* Ladders-100 yards to 1 mile (sprint 100 yards, jog 100 yards, sprint 200 yards, jog 200 yards, sprint 400 yards, jog 400 yards, sprint 800 yards, jog 800 yards, sprint 1 mile, jog 1 mile, back down 800, 400, 200, 100) – Stretch
- ❑ *Day 17:* Off – Stretch
- ❑ *Day 18:* Standing Squats (no weight 3x for three minutes), 4x 800 yards sprint (3:1) – Stretch
- ❑ *Day 19:* 20x 100 yard sprints (3:1), sit ups (8 minutes), lunges (6x 50 yards) – Stretch
- ❑ *Day 20:* Off – Stretch
- ❑ *Day 21:* 4 mile run (under 36 minutes) – Stretch

### **Week 4:**

- ❑ *Day 22:* Gauntlet – Stretch
- ❑ *Day 23:* Off – Stretch
- ❑ *Day 24:* Sit ups (8 minutes), jump rope (7.5 minutes), Spring width of the field (job backwards the width, 5x), Stadiums/steps (45 seconds up, 60 seconds down, 10x) - Stretch
- ❑ *Day 25:* Lunges (8x 50 yards), 5 mile run (under 40 minutes) – Stretch
- ❑ *Day 26:* Off – Stretch
- ❑ *Day 27:* Sit ups (10 minutes), ball touches (3x 1 minute), 2 mile run (under 12 minutes) – Stretch
- ❑ *Day 28:* 1 legged squats (4x each leg for 1 minute), Ladders – Stretch

### **Week 5:**

- ❑ *Day 29:* Off – Stretch
- ❑ *Day 30:* Sit ups (8 minutes), suicides (5 cones – width of the field, 10x), 1 mile sprint – Stretch
- ❑ *Day 31:* 6 mile jog (60 minutes at the most) – Stretch
- ❑ *Day 32:* Off – Stretch
- ❑ *Day 33:* 2 mile run (within 12 minutes), jump rope (10 minutes) – Stretch
- ❑ *Day 34:* Lunges (25 yards, 5x), intervals (sprint 30 seconds, jog 15 seconds, 15x) – Stretch
- ❑ *Day 35:* Off – Stretch

**Week 6:**

- ❑ *Day 36:* Standing squat (no weight; for 3 minutes, 3x), sit ups (10 minutes), long, slow run (at least 5 miles or 45 minutes) – Stretch
- ❑ *Day 37:* Stadiums/steps (45 seconds up, 60 seconds down, 15x) – Stretch
- ❑ *Day 38:* Off – Stretch
- ❑ *Day 39:* 4 mile run (should not take longer than 35 minutes; 8:40 minute mile) – Stretch
- ❑ *Day 40:* 10x 100 yard sprints, ball touches (5 minutes, 30 sec: 10 sec☺, sit ups (5 minutes) – Stretch
- ❑ *Day 41:* Off – Stretch
- ❑ *Day 42:* Long, slow jog (to loosen up muscles) – Stretch

**Week 7:**

- ❑ *Day 43:* Begin back at the week one program if your break is longer than six weeks.

**NEXT SEASON BEGINS!**