

STACK

Soccer Summer Running Workout

Week 1 : M, T, TH, F

Week 1: Monday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Star Drill	/2				
50-Yard Shuttle	/2				
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/24 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 4 times with no rest

Week 1: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Heel Flick	/25 yards	/25 yards			
Squat Jumps	/6	/6			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/8				Sprint for 20 sec. each rep; rest for 1.6 min. between reps

Week 1: Thursday					Notes
Anaerobic Speed					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/12				Sprint for 6 sec. each rep; rest for 39 sec. between reps
Aerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Broken Arrow	/6				Each direction
T-Drill	/2				One in each direction

Week 1: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Skater Jumps	/6	/6			Each leg
Power Skips	/25 yards	/25 yards			Aim for height
Straight-Leg Run	/30 yards	/30 yards			
Aerobic High-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/25 min.				Run hard for 4 min., then jog for 1 min.; repeat cycle 5 times with no rest

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Week 2: M, T, TH, F

Week 2: Monday					Notes
Anaerobic Speed					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/12				Sprint for 8 sec. each rep; rest for 52 sec. between reps
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
30-Yard Shuttle	/4				Each direction
3-Cone Wheel	/2	/2			Each direction

Week 2: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Jump Split Squat	/6	/6			
Power Skips	/25 yards	/25 yards			Aim for distance
Straight-Leg Run	/30 yards	/30 yards			
Aerobic High-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Run	/27 min.				Run hard for 2 min., then jog for 1 min.; repeat cycle 9 times with no rest

Week 2: Thursday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
5x10x5	/4				
Alpine Drill	/6				Opposite directions
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/30 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 5 times with no rest

Week 2: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Heel Flick	/25 yards	/25 yards			
Single-Leg Tuck Jump	/5	/5			Each leg
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/10				Sprint for 30 sec. each rep; rest for 2.5 min. between reps

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Week 3: M, T, TH, F

Week 3: Monday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Star Drill	/4				
50-Yard Shuttle	/4				
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/36 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 6 times with no rest

Week 3: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Power Skips	/35 yards	/35 yards			Aim for height
Power Skips	/35 yards	/35 yards			Aim for distance
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Speed					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/12				Sprint for 10 sec. each rep; rest for 50 sec. in between reps

Week 3: Thursday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Square Drill	/5	/5			Opposite direction
3-Sided Square Drill	/5	/5			Opposite direction
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Jog-to-Stride Run	/10 min.	/10 min.			Jog for 30 sec., then stride for 30 sec., repeat; rest for 3 min. between sets

Week 3: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Lateral Bounding	/25 yards	/25 yards			
Jump Split Squat	/8	/8			
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/10				Sprint for 40 sec. each rep; rest for 3.2 min. between reps

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Soccer Summer Running Workout

Week 4: M, T, TH, F

Week 4: Monday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Triangle Drill	/4				
Slalom	/6				
Aerobic High-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Run	/30 min.				Run hard for 4 min., then jog for 1 min.; repeat cycle 6 times with no rest

Week 4: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Bounding	/35 yards	/35 yards			
Tuck Jump	/8	/8			
Straight-Leg Run	/30 yards	/30 yards			
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/30 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 5 times with no rest

Week 4: Thursday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Broken Arrow	/6				Two of each
T-Drill	/2	/2			Opposite direction
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/15				Sprint for 6 sec. each rep; rest for 39 sec. in between reps

Week 4: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Jump Squat	/10	/10	/10		
Jump Split Squat	/8	/8			
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/10				Sprint for 20 sec. each rep; rest for 1.6 min. in between reps

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Soccer Summer Running Workout

Week 5: M, T, TH, F

Week 5: Monday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Star Drill	/3				
50-Yard Shuttle	/3				
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/36 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 6 times with no rest

Week 5: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Heel Flick	/35 yards	/35 yards			
Squat Jumps	/8	/8			
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/12				Sprint for 30 sec. each rep; rest for 2.5 min. in between reps

Week 5: Thursday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
60-Yard Shuttle	/4				
5-Cone Wheel	/4				Two each direction
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/15				Sprint for 8 sec. each rep; rest for 52 sec. in between reps

Week 5: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Skater Jumps	/8	/8			Each leg
Power Skips	/35 yards	/35 yards			Aim for height
Straight-Leg Run	/30 yards	/30 yards			
Aerobic High-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/27 min.				Run hard for 2 min., then jog for 1 min.; repeat cycle 9 times with no rest

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Soccer Summer Running Workout

Week 6: M, T, TH, F

Week 6: Monday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
5x10x5	/6				
Alpine Drill	/6	/6			Opposite directions
Anaerobic Speed					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/15				Sprint for 10 sec. each rep; rest for 50 sec. between reps

Week 6: Tuesday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Jump Split Squat	/8	/8			
Power Skip	/35 yards	/35 yards			Skip for distance
Straight-Leg Run	/30 yards	/30 yards			
Aerobic Low-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Change-of-Pace Run	/42 min.				Walk, jog and then run for 2 min. for each pace; repeat cycle 7 times with no rest

Week 6: Thursday					Notes
Agility					
Exercise	Set 1	Set 2	Set 3	Set 4	
Square Drill	/5	/5			Opposite directions
3-Sided Square Drill	/5	/5			Opposite directions
Aerobic High-Intensity					
Exercise	Set 1	Set 2	Set 3	Set 4	
Jog-to-Stride Run	/12 min.	/12 min.			Jog for 30 sec. and then stride for 30 sec., repeat; rest for 3 min. between sets

Week 6: Friday					Notes
Plyometrics					
Exercise	Set 1	Set 2	Set 3	Set 4	
Heel Flick	/35 yards	/35 yards			
Single-Leg Tuck Jump	/8	/8			Each leg
Straight-Leg Run	/30 yards	/30 yards			
Anaerobic Endurance					
Exercise	Set 1	Set 2	Set 3	Set 4	
Sprints	/12				Sprint for 40 sec. each rep; rest for 3.2 min. between reps