

DWU Women's Soccer Summer 2025

Pre-Season Workout Guide

This pre-season workout guide is designed with the following goals in mind:

- Achieving/maintaining a *baseline level* of cardiovascular fitness.
- Achieving/maintaining core strength.
- Building/maintaining “soccer fitness”. Soccer fitness is distinct from cardiovascular fitness, although related. Soccer fitness includes building and maintaining certain muscle groups, ligaments, tendons, etc. that are used in balance and support in ways that are unique to soccer and the movements that soccer requires. This is for injury prevention as well as play-preparedness.
- Building/maintaining comfortability with a ball at the foot (i.e. “touch”). I encourage all players to play as much soccer as possible this summer, in adult leagues or even pick-up games. While live play is the best way to improve touch and comfortability on the ball, we will also supplement with juggles and repetitious exercises.
- Reasonability in order to promote participation. I was a college athlete once, a long time ago. I remember receiving my “workout packet” from my coach early in the summer every summer, seeing an insurmountable amount of overly complicated exercises, drills, runs, and stretches, and “giving up” and doing my own thing/nothing at all. I DO NOT want that to happen. This workout packet is designed to be reasonable, understandable, and doable so that players will not be overwhelmed or burnt out, thereby increasing the likelihood of completing it.

Equipment required:

- Shoes (running shoes, as well as shoes you can juggle/touch the ball in)
- Soccer ball
- Cones (or everyday items that can be used as “cones”, e.g., socks, shoes, etc.)

Summer Strava Challenge

This summer, we're introducing a fun and competitive way to stay in shape and hold each other accountable: the *2025 DWU WSOC Summer Workout Challenge* on the Strava Running App! Each player must join our Strava club before workouts begin on **Monday, May 26th**. Weekly competitions will be held for **most miles ran** and **best time**, with the top three runners recognized and first-place winners receiving prizes like gift cards and extra gear from Coach John. Stats reset each week, so there's always a new chance to win! More importantly, your runs will be visible to the whole team—if you're skipping workouts, we'll all know, and that's not the kind of attention you want. Remember, the runs listed in your summer workout packet are the **minimum** required and must be tracked in Strava each week. For example, if week one lists three 10-minute runs, you must log at least **30 minutes total** in the app to meet expectations. Even if you're not driven by prizes, meeting the weekly minimum is non-negotiable. You can also use Strava to track other workouts and sync it with your fitness watch or phone's health app. Let's use this tool to support each other, stay motivated, and come into preseason ready to dominate the GPAC!

If you have any questions about the app or the competition, reach out to Sydney Pike, or your captains, Abbie Colgrove, and Anni Enevoldsen

Lifting

While the weekly summer workout packet doesn't include specific lifting workouts, you are **strongly encouraged** to incorporate strength training into your routine. Lifting not only helps build overall strength and endurance, but it also plays a key role in **injury prevention**—which is crucial for staying healthy all season. If you're unsure what kind of lifts to do, don't hesitate to reach out to a returner or your captains for guidance. Lifting isn't mandatory, but it's a great way to take your fitness to the next level and come into preseason even more prepared!

Week 1 (Monday May 26 – Friday May 30)

Monday May 26:

- 10 minute run followed by 5 minute walk. Be sure to stretch after. You may also need to stretch during the run.
- 250 juggles (they do NOT need to be consecutive. Continue juggling and counting even after you drop the ball. For example, you may drop the ball at 20 juggles. Secure the ball, and start juggling again, starting from 21, and so forth until you have 250 juggles)
- 4 30-second planks (2 minutes total) (planks beyond thirty seconds have diminishing returns. Do a 30-second plank, using your phone as a timer, take a 30 second break, then do another 30-second plank, for a total of 4 planks)
- 10 burpees

Tuesday May 27:

- 10 30-yard interval sprints (walk off 30 yards by taking 30 big steps, use your cones/items to mark off the distance. Do your sprints consecutively, taking 5- to 10-second breaks in between (walking back to the cone where you started is usually the perfect amount of break). Full speed every sprint)
- 250 juggles
- 2 sets of “140’s”. The “140s” involve the following touches on a soccer ball: 20 stationary toe-taps, 20 “tick-tocks” or “foundations”, 20 push-and-pulls, 20 “shimmies”, 20 thigh juggles, 20 regular juggles, 20 header juggles. Reach out to one of the girls currently on the team for help with or questions about any of these exercises.

Wednesday May 28:

- 10 minute run & 5 minute walk (stretch after, and during if necessary).
- 250 juggles
- 20 pushups (4 sets of 5 push-ups)

Thursday May 29:

- 10 15-yard progressive sprints
- 250 juggles
- 2 sets of “140’s”
- 40 Russian Twists (talk to a returning player if you don’t know that a Russian Twist is)

Friday May 30:

- 10 minute run & 5 minute walk (stretch after, and during if necessary).
- 250 juggles
- 4 30-second planks
- 30 Leg Lifts (2 sets of 15)

WEEKEND: See “optional weekend workouts”

Week 2 (Monday June 2 – Friday June 6)

Monday June 2:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 300 juggles
- 4 30-second planks
- 20 pushups (4 sets of 5 push-ups)

Tuesday June 3:

- 15 20-yard progressive sprints
- 300 juggles
- 2 sets of “140’s”.
- 12 burpees

Wednesday June 4:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 300 juggles
- 15 Dead Bugs (talk to a returning player if you don’t know what this is)
- 3 push up-to-planks (5 second plank)

Thursday June 5:

- 15 20-yard progressive sprints
- 300 juggles
- 2 sets of “140’s”.
- 40 lunges (2 sets of 20), or 40 scissor jumps (4 sets of 10 or 2 sets of 20)

Friday June 6:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 300 juggles
- 4 30-second planks
- 20 pushups (4 sets of 5)

WEEKEND: See “optional weekend workouts”

Week 3 (Monday June 9 – Friday June 13)

Monday June 9:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 350 juggles
- 4 30-second planks
- 20 pushups (4 sets of 5 or 2 sets of 10)

Tuesday June 10:

- 15 25-yard progressive sprints
- 350 juggles
- 2 sets of “140’s”.
- 15 burpees

Wednesday June 11:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 350 juggles
- 30 full sit-ups (2 sets of 15)
- 40 lunges (2 sets of 20), or 40 scissor jumps (4 sets of 10 or 2 sets of 20)

Thursday June 12:

- 50 “shuffle and touch” (Take two cones and pace out 5 yards with 3 big steps. Stand between the cones, with your left foot near the cone to the left. “Shuffle” to the right cone, bending the knees and bringing your feet together, bend down and “touch” the right cone. That is 1. Do the same thing back to the left cone. Do this 25 times, take a small 30-second break, repeat for another 25 times. Be sure to have knees bent, touch the cone each time)
- 350 juggles
- 2 sets of “140’s”.
- 15 Dead Bugs

Friday June 13:

- 15 minute run & 5 minute walk (stretch after, and during if necessary).
- 350 juggles
- 4 30-second planks
- 20 pushups (4 sets of 5 or 2 sets of 10)

WEEKEND: See “optional weekend workouts”

Week 4 (Monday June 16 – Friday June 20)

Monday June 16:

- 18 minute run & 5 minute walk (stretch after, and during if necessary).
- 400 juggles
- 4 30-second planks
- 20 pushups (2 sets of 10)

Tuesday June 17:

- 10 25-yard progressive sprints.
- 400 juggles
- 2 sets of “140’s”.
- 50 “shuffle and touch”
- 15 burpees

Wednesday June 18:

- 18 minute run & 5 minute (stretch after, and during if necessary)
- 400 juggles
- 30 full sit-ups
- 40 lunges (2 sets of 20), or 40 scissor jumps (4 sets of 10 or 2 sets of 20)

Thursday June 19:

- 10 25-yard progressive sprints.
- 400 juggles
- 2 sets of “140’s”.
- 50 “shuffle and touch”
- 10 burpees

Friday June 20:

- 18 minute run & 5 minute walk (stretch after, and during if necessary).
- 400 juggles
- 40 Russian twists (2 sets of 20)
- 20 pushups (4 sets of 5 or 2 sets of 10)

WEEKEND: See “optional weekend workouts”

Week 5 (Monday June 23 – Friday June 27)

Monday June 23:

- 20 minute run & 8 minute walk (stretch after, and during if necessary).
- 450 juggles
- 4 x 30-second planks
- 24 push ups (2 sets of 12)

Tuesday June 24:

- 10 25-yard progressive sprints.
- 450 juggles
- 10 5x5 grid soccer ball exercises (you will need 4 cones or items to make a 5 yard by 5 yard “grid”. Starting from outside the bottom left corner of the grid, going clockwise, you will do forward toe-taps up the outside left side of the grid, left-footed rollovers across the top outside of the grid, backwards toe-taps down the outside of the right side of the grid, then right-footed rollovers across the outside of the bottom of the grid. Repeat 10 times.)
- 15 burpees

Wednesday June 25:

- 20 minute run & 8 minute walk (stretch after, and during if necessary).
- 450 juggles
- 4 x 30-second planks
- 50 Russian twists (2 sets of 25)

Thursday June 26:

- 10 25-yard progressive sprints.
- 450 juggles
- 50 “shuffle and touch”
- 10 5x5 grid soccer ball exercises
- 30 Dead Bugs (3 sets of 10)

Friday June 27:

- 20 minute run & 8 minute (stretch after, and during if necessary).
- 450 juggles
- 25 push-ups
- 50 Russian twists (2 sets of 25)

WEEKEND: See “optional weekend workouts”

Week 6 (Monday June 30 – Friday July 4)

Monday June 30:

- 24 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 28 pushups

Tuesday July 1:

- 12 25-yard progressive sprints.
- 500 juggles
- 12 5x5 grid soccer ball exercises.
- 50 “shuffle and touch”
- 15 burpees

Wednesday July 2:

- 24 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 50 Russian twists (2 sets of 25)

Thursday July 3:

- 12 25-yard progressive sprints.
- 500 juggles
- 12 5x5 grid soccer ball exercises.
- 50 “shuffle and touch”
- 30 Dead Bugs (3 sets of 10 or 2 sets of 15).

Friday July 4:

- Happy fourth of July! Take the day off, play pickup soccer at your 4th of July parties!

WEEKEND: See “optional weekend workouts”

Week 7 (Monday July 7 – Friday July 11)

Monday July 7:

- 26 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 30 push-ups

Tuesday July 8:

- 10 25-yard progressive sprints.
- 500 juggles
- 2 sets of “140’s”
- 50 “shuffle and touch”
- 20 burpees

Wednesday July 9:

- 26 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 35 Dead Bugs

Thursday July 10:

- 500 juggles
- 10 25-yard progressive sprints
- 10 5x5 grid soccer ball exercises
- 50 “shuffle and touch”
- 15 burpees

Friday July 11:

- 26 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 50 lunges (2 sets of 25), or 50 scissor jumps (5 sets of 10 or 2 sets of 25)

WEEKEND: See “optional weekend workouts”

Week 8 (Monday July 15 through Friday July 19)

Monday July 12:

- 30 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 2 sets of “140s”
- 4 30-second planks
- 15 burpees

Tuesday July 13:

- 10 25-yard progressive sprints.
- 500 juggles
- 12 5x5 grid soccer ball exercises
- 50 “shuffle and touch”
- 30 push-ups (3 sets of 10 or 2 sets of 15).

Wednesday July 14:

- 30 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 2 sets of “140’s”
- 4 30-second planks
- 50 lunges (2 sets of 25), or 50 scissor jumps (5 sets of 10 or 2 sets of 25)

Thursday July 15:

- 10 25-yard progressive sprints.
- 500 juggles
- 10 5x5 grid soccer ball exercises
- 2 sets of “140s”
- 50 “shuffle and touch”

Friday July 16:

- 30 minute run & 8 minute walk (stretch after, and during if necessary).
- 500 juggles
- 20 push up-to-planks
- 35 Dead Bugs

WEEKEND: See “optional weekend workouts”

Week 9 (Monday July 21 – Friday July 25)

Monday July 21:

- 32 minute run & 10 minute walk (stretch after, and during if necessary)
- 500 juggles
- 10 5x5 grid soccer ball exercises
- 50 lunges (2 sets of 25), or 50 scissor jumps (5 sets of 10 or 2 sets of 25)
- 4 30-second planks

Tuesday July 22:

- 10 25-yard progressive sprints.
- 500 juggles
- 2 sets of “140’s”
- 50 “shuffle and touch”
- 35 Dead Bugs

Wednesday July 23:

- 32 minute run & 10 minute walk (stretch after, and during if necessary).
- 500 juggles
- 4 30-second planks
- 30 push-ups (3 sets of 10)

Thursday July 24:

- 10 25-yard progressive sprints
- 500 juggles
- 10 5x5 grid soccer ball exercises
- 50 “shuffle and touch”
- 50 Russian Twists

Friday July 25:

- 32 minute run & 10 minute walk (stretch after, and during if necessary).
- 500 juggles
- 2 sets of “140’s”
- 30 push-ups
- 50 lunges (2 sets of 25), or 50 scissor jumps (5 sets of 10 or 2 sets of 25)

WEEKEND: See “optional weekend workouts”

Week 10 (Monday July 28 – Friday Aug 1)

Monday July 28:

- 35 minute run & 10 minute walk (stretch after, and during if necessary)
- 500 juggles
- 4 30-second planks
- 2 sets of “140s”

Tuesday July 29:

- 10 25-yard progressive sprints
- 500 juggles
- 10 5x5 grid soccer ball exercises
- 50 “shuffle and touch”
- 60 Russian Twists (2 sets of 30)

Wednesday July 30:

- 35 minute run & 10 minute walk (stretch after, and during if necessary).
- 500 juggles
- 35 Dead Bugs
- 4 30-second planks

Thursday July 31:

- 10 25-yard progressive sprints
- 500 juggles
- 2 sets of “140s”
- 30 push-ups (3 sets of 10)
- 50 lunges (2 sets of 25), or 50 scissor jumps (5 sets of 10 or 2 sets of 25)

Friday Aug 1:

- 35 minute run & 10 minute walk (stretch after, and during if necessary).
- 500 juggles
- 30 full sit-ups
- 60 leg lifts / scissor kicks

**WEEKEND: REST, RECOVER, HYDRATE!!! We will be moving in over the weekend!!
Training will begin on Sunday, Aug. 3rd!**

OPTIONAL WEEKEND WORKOUTS

Feel free to do some of these workouts on your own over the weekends, as indicated in the packet. You are also welcome to do your own workouts over the weekend. These are only ideas/recommendations:

- 15 minutes of hill sprints/ straight-line sprints . These can be at your own pace. Build up speed as time goes on, taking breaks as you need.
- Sumo Squats (3x20)
- Lunges & Scissor Jumps (20 each side/leg)
- Leg Lifts / Scissor Kicks (2x30)
- Russian Twists (2x50)
- Stretching & Mobility (you should always be working to build and maintain flexibility. Flexibility is directly related to athletic performance).