

WOMEN'S SOCCER SUMMER FITNESS PROGRAM

**“YOUR PREPARATION SHOULD
MATCH YOUR EXPECTATION!”**



“The only thing you ever have total control over is your fitness”

- ✓ We emphasize COMPETITION and CULTURE.
 - ✓ Accountability groups will check in weekly.
 - ✓ I’m available to support you, but I will not babysit you.
 - ✓ Your work in the summer sets the tone for the season.
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- **Besides this program, PLAY THE GAME and WATCH THE GAME!**
 - Play competitive matches
 - Work summer camps (club, high school, college)
 - Watch games: EPL, NWSL, MLS, WPSL, La Liga (YouTube is great!)

 - Training Plan Dates: Mid-May through July



FITNESS GUIDELINES

.**Before the Workout:**

- Always warm up properly.
- Stretch after every session.
- Log your workouts for accountability.

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During Training:

- Vary your workouts to avoid boredom.
- Don't train the same muscle groups back-to-back days.

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Mindset Tips:

- Push yourself—even on low-energy days.
- Listen to your body to avoid injury.
- Playing soccer is the BEST way to get soccer fit!



PRE-SEASON TESTING

- **Required Tests:**
- **Hoff Shuttle Test** (Complete 4 times)
 - – Date: Monday, August 4th
 - – Duration: 10 minutes per test
- **Beep Test** – Passing Score: Level 7.7
 - – Prerequisite to receive gear
 - – Link: https://youtu.be/e0U_yQITBks
- ⚠ If you stop during any test, jog until all players finish.
- 🔥 Setting records helps your team and yourself!



SUMMER FITNESS PLAN

- **Summer Training Schedule Begins:** Monday, May 19, 2025
- Each Week Should Include:
 - 2–3 Soccer-Specific Conditioning Sessions (Running/Intervals)
 - 2–3 Technical Training or Competitive Play Sessions
 - 1–2 Bodyweight Strength Routines
 - 1 Recovery Session (Yoga or Mobility)
- **Key Reminders:**
 - Always warm up and cool down
 - Prioritize recovery and hydration
 - Use the Heja app to send your run results



WARM-UP & COOL DOWN ROUTINES

Before Each Workout:**

- - Jog 1 Lap, Forward/Backward Skip, Knee Hugs, Quad Pulls
- - Open/Close Gate, High Knees, Butt Kicks, A/B Skips
- - Zig-Zag, Carioca, Sprint/Jog, Ankle Rolls, Leg Swings

- ****After Each Workout (Cool Down):****
- - Reverse warm-up movements
- - Add Static Stretching: Neck, Shoulders, Quads, Hamstrings, Calves

BODYWEIGHT STRENGTH TRAINING

- ****15-Station Circuit (2 Rounds, 30s Work / 30s Rest):****
- - Squat Jumps, Floor Bridges, Toe Touches, Dips
- - Fire Hydrants, Dead Bugs, Push-Ups, Walking Lunges
- - Glute Ham Raise, Bicycles, Calf Raises, Burpees

- ****Timed Circuit (45s Work / 20s Rest):****
- - Broad Jumps, High Knees, Mountain Climbers, Glute Raises
- - Push-Ups, Plank Hold, Bench Dips, Lunges, Bicycle Crunches

TECHNICAL TRAINING & RECOVERY

- ****Technical Work ****
- - Ball Mastery: <https://youtu.be/2JKRAQdR2Q>
- - Finishing: <https://youtu.be/tcoRi1OxFmo>
- - Passing/Receiving: <https://youtu.be/gedaCw79SIY>
- - Juggling: <https://youtu.be/Xqwuz0N8LeE?si=2beyKVuYbLyeqplV>

- ****Recovery / Yoga:****
- - Yoga 1: <https://youtu.be/Cf4x2uVocdY>
- - Yoga 2: <https://youtu.be/lviVpGL2zjQ>

-  Minimum: 1 recovery session/week to stay healthy

SUMMER FITNESS PLAN

PHASE 1: LONG DISTANCE RUNS

▶ ****Tempo Intervals****

- 3 x 8-minute runs at 80–85% max pace
- 2-minute jog recovery between reps

▶ ****Sprint Intervals****

- 15–20 rounds: 15 sec sprint / 45 sec walk

▶ ****Aerobic Shuttle Runs****

- 4 x 4-minute 20-yard shuttle sets
- 3-minute rest between each set

✓ These simulate real match movement, reduce injury risk, and build game fitness efficiently.



SUMMER FITNESS PLAN

PHASE 2: SPRINT CYCLES

Box to Box:

Start at End Line and jog to the end of 18 yd. box, then sprint to the other 18 yd. box. Decelerate and walk to the goal line. Once at goal line jog back to top of 18' then full sprint to other 18' this should be done in 15 seconds. No more than 20 seconds should elapse during the walk phase of the sprint. In essence 35 seconds for a run/rest cycle. 10 of these should be completed to reach basic requirements. Once you reach 10 successfully in time zone the goal should be to reach 20 while on pace. Once you successfully pass the 20 mark it is suggested that you progress to the 50-50's to add variety to your routine. They should not both be done in one session....it is either or.

OR 50-50's:

Starting at End Line player runs to the 50 yd line. You have 10 seconds to get to the 50 yard line. You now have ten seconds to return to the line ready to run a second 50 yd run returning to the goal line. The objective is to be able to get in 50 runs while maintaining pace.



SUMMER FITNESS PLAN

PHASE 2: SPRINT CYCLES

Shuttle Runs:

5 yards shuttle sprints to 25 yards.

Rest as needed.

This is a progression that adds to the training model.



NUTRITION

- Eat 4-7 meals per day (including snacks)
- Protein should be included in each meal. These are from healthy sources i.e. not fast food
- Fruit or Vegetables should be included with each meal
- Limit high sugar foods/drinks. Soda, Sunny-D, Cookies, Ice Cream, Starbucks, etc
- Water should be your main drink of choice. 80 oz a day minimum, closer to bodyweight in water if you are training.
- You need food BEFORE and AFTER your workouts. You need a protein/carbohydrate source within 30 minutes after finishing a workout. Your workout is not complete until you eat!



ACCOUNTABILITY PODS – SUMMER 2025-Top Person is the Leader

Pod 1
Victoria Hito
Addi Amrein
Avri Martino
Jayden Lolar

Pod 2
Ireland McKibbon
Emily Hernandez
Jade Flower
Yaneris Paz

Pod 3
Gigi Zwanziger
Aariana Valadez
Didi De La Garza
Mireya Alcalá
Yaheidy Montes De Oca

Pod 4
Grace Foutch
Eve Brassfield
Jenny Mendez
Lyli Perez

Pod 5
Ariel Sosa
Kallie Van Nest
Nakayla Mendoza
Laney Foutch

WEEKLY WORKOUT COMPLETION TRACKER

Use this tracker to count how many workouts you complete each week.

Name: _____ Position: _____

Write the number of workouts completed for each week (max of 6 per week):

Week 1: _____ Week 2: _____ Week 3: _____ Week 4: _____
Week 5: _____ Week 6: _____ Week 7: _____ Week 8: _____
Week 9: _____ Week 10: _____ Week 11: _____

Total Workouts Completed: _____

Notes or Reflections:

WEEK 1: May 19–25, 2025

- ****GOAL:**** Ease into summer with aerobic base + technical sharpness
- • Monday: 3 x 5-min tempo runs + 15 min Ball Mastery
- • Tuesday: Dynamic Stretch + 15 min Juggling & Cone Touches
- • Wednesday: 3 x 5-min tempo runs + 15 min Wall Passing
- • Thursday: Light Yoga or Stretching + 15 min First Touch Control
- • Friday: 3 x 5-min tempo runs + 15 min 1v1 Dribbling
- • Saturday: Optional Light Jog + 15 min Finishing Reps (cones or rebounder)
- • Sunday: Off or Recovery Yoga
-  Focus: Build fitness habits and technical confidence

WEEK 2: May 26–June 1, 2025

- ****GOAL:**** Add intensity + strengthen core skills
- • Monday: 15 Box-to-Box Runs + 15 min Ball Mastery
- • Tuesday: Bodyweight Strength Circuit + 10 min Juggling
- • Wednesday: 15 Box-to-Box Runs + 15 min Wall Passing
- • Thursday: Yoga or Recovery + 15 min First Touch on the move
- • Friday: 15 Box-to-Box Runs + 15 min Dribbling (moves under pressure)
- • Saturday: Optional Core & Glutes + 15 min Finishing Circuits
- • Sunday: Off or Light Stretch
-  Focus: Work under fatigue, stay sharp technically

WEEK 3: June 2–8, 2025

- ****GOAL:**** Build aerobic engine and repeat-sprint ability
- • Monday: 3 x 8-min tempo runs + 15 min First Touch & Ball Mastery
- • Tuesday: 20 Box-to-Box Runs + Strength Circuit + 10 min Wall Passing
- • Wednesday: Juggling + Cone Dribbling (20 mins total)
- • Thursday: 3 x 8-min tempo runs + 10 min 1v1 Dribbling
- • Friday: 20 Box-to-Box Runs + Strength Circuit + 15 min Finishing
- • Saturday: Optional Yoga + Recovery Ball Work (15 min)
- • Sunday: Off
-  Focus: Endurance, strength, and consistency on the ball

WEEK 4: June 9–15, 2025

- ****GOAL:**** Extend fitness duration and sharpen repetition under fatigue
- • Monday: 32 min straight run (moderate pace) + 15 min Dribbling Reps
- • Tuesday: 20 Box-to-Box Runs + Strength Circuit + 15 min First Touch
- • Wednesday: Light Stretch + 15 min Juggling + Short Cone Ball Mastery
- • Thursday: 32 min straight run + 10 min Wall Passing + 5 min Finishing
- • Friday: 20 Box-to-Box Runs + Strength Circuit + 15 min 1v1 Moves
- • Saturday: Optional Yoga + 15 min Recovery Ball Work (light touches)
- • Sunday: Off
-  Focus: Fatigue management + technical control

WEEK 5: June 16–22, 2025

- ****GOAL:**** Deload fitness while maintaining technical quality
- • Monday: 9 min tempo run + 15 min Ball Mastery & Turns
- • Tuesday: Light Recovery Stretch + 15 min Juggling + Passing Drill
- • Wednesday: Off or Optional Core + 20 min First Touch & Cone Weaving
- • Thursday: 9 min tempo run + 15 min 1v1 Moves (controlled pace)
- • Friday: Off
- • Saturday: Off or Optional Wall Work
- • Sunday: Off
-  Focus: Active recovery week — technical consistency without overload

WEEK 6: June 23–29, 2025

- ****GOAL:**** Add repeat-sprint conditioning + reintroduce strength base
- • Monday: 25 Box-to-Box Runs + 6 Shuttle Runs + 15 min Ball Mastery
- • Tuesday: 40 min straight run + 15 min Finishing Circuit
- • Wednesday: Yoga + 15 min Juggling & First Touch Wall Work
- • Thursday: 25 Box-to-Box Runs + Strength Circuit + 15 min 1v1 Moves
- • Friday: 40 min straight run + 10 min Ball Striking (Accuracy & Power)
- • Saturday: Optional Yoga + Light Foot Skills (15 min)
- • Sunday: Off
-  Focus: Conditioning under pressure + technical composure

WEEK 7: June 30–July 6, 2025

- ****GOAL:**** Push repeat sprint ability and refine technical sharpness
- • Monday: 30 Box-to-Box Runs + 6 Shuttle Runs + 15 min Dribbling Moves
- • Tuesday: 40 min run + 15 min Finishing (driven, curled, volleys)
- • Wednesday: Yoga + Juggling + 10 min First Touch
- • Thursday: 50/50 Runs (10 reps) + Strength Circuit + 15 min Ball Mastery
- • Friday: 40 min tempo run + 15 min Wall Passing (1/2 touch)
- • Saturday: Optional Technical Circuit (cone dribbling + passing combo)
- • Sunday: Off
- Focus: Top-end aerobic work + sharp decision-making on the ball

WEEK 8: July 7–13, 2025

- ****GOAL:**** Maintain intensity with balance — stay sharp but fresh
- • Monday: 30 Box-to-Box Runs + 6 Shuttle Runs + 10 min First Touch
- • Tuesday: 48 min straight run + 15 min Finishing (1-touch focus)
- • Wednesday: Yoga or Light Mobility + Juggling (15 min)
- • Thursday: 50/50 Runs (12 reps) + Strength Circuit + 15 min Wall Passing
- • Friday: 40 min tempo run + 10 min 1v1 Dribbling + Short Recovery Passes
- • Saturday: Optional Fitness & Touch Combo (6 x 30s run + cone touches)
- • Sunday: Off
-  Focus: Game-specific fitness + quick feet + control

WEEK 9: July 14–20, 2025

- ****GOAL:**** Final build before taper — volume + precision
- • Monday: 30 Box-to-Box Runs + 6 Shuttle Runs + 15 min Ball Mastery
- • Tuesday: 72 min broken tempo run (4 x 18 min with 2-min walk) + 15 min Wall Work
- • Wednesday: Light Yoga or Stretch + Juggling Challenge (10 mins min)
- • Thursday: 30 Box-to-Box Runs + Strength Circuit + 15 min First Touch
- • Friday: 40 min moderate run + 15 min Finishing & Ball Striking
- • Saturday: Optional Game Simulation (Small-Sided, 15–20 mins)
- • Sunday: Off
-  Focus: Game speed fitness + final polish

WEEK 10: July 21–27, 2025

- ****GOAL:**** Peak performance — high-quality reps, lighter volume
- • Monday: 30 Box-to-Box Runs + 6 Shuttle Runs + 10 min Ball Mastery
- • Tuesday: 72 min broken tempo run (4 x 18 min with 2-min walk) + 15 min Finishing
- • Wednesday: Yoga or Stretch + Juggling & Short Dribbling (20 min total)
- • Thursday: 20 Box-to-Box Runs + 10 Shuttle Sprints + 15 min First Touch Circuit
- • Friday: 30 min light tempo run + 15 min Wall Passing
- • Saturday: Optional Game Simulation (Small-Sided)
- • Sunday: Off
- Focus: Maximize quality without fatigue

WEEK 11: July 28–August 3, 2025

- ****GOAL:**** Taper week — keep rhythm, stay sharp
- • Monday: 20 Box-to-Box Runs + 10 Shuttle Sprints + 10 min Ball Mastery
- • Tuesday: 30 min light tempo run + 10 min Juggling
- • Wednesday: Light Strength Circuit + 10 min First Touch
- • Thursday: 20 min recovery jog + 10 min Finishing
- • Friday: Optional Short Ball Circuit (5 drills x 3 min)
- • Saturday: Off
- • Sunday: Off
- Focus: Rested, confident, technically ready

WEEK 12: August 4–10, 2025 (PRESEASON BEGINS)

- ****GOAL:**** Transition to team training & fitness testing
 - Monday (Aug 4): Hoff Test (4 rounds x 10 min) + Light Team Recovery
 - Tuesday (Aug 5): Beep Test + Technical Team Circuit (passing, dribbling)
 - Wednesday: Team Training (Light Tactical + 1v1s)
 - Thursday: Team Training + Juggling & Ball Striking Stations
 - Friday: Team Training + Set Piece Reps (Corners, Free Kicks)
 - Saturday: Team Training (Small-Sided + Fitness Touch Up)
 - Sunday: Recovery
-  Focus: Testing readiness, injury prevention, integration