

# Women's College Summer Fitness Packet

# SPORTSRECRUITINGUSA

THE WORLD'S LEADING U.S. COLLEGE SOCCER RECRUITING EXPERTS



This Summer Workout Program has been specifically designed for you as a member of the 2020 SRUSA Women's Soccer Program. If you can commit yourself to this program you will be prepared for what is asked of you come our August preseason.

This program highlights areas of physical strength and conditioning which should give you a solid foundation for the demands of our season. With such a short college preseason, it is extremely important that you report in top physical condition. During most pre-season college programs, the focus during the first two weeks of the season will be to improve upon the tactical aspects of their system and style of play. The goal will **NOT** be to raise any individual's fitness. If you are not in the proper physical shape you will find it very tough to see the field.

Please ensure that you take a professional approach towards maintaining your fitness this summer. Your goals of your team will be very high this upcoming season and it will take every member of the team to achieve these. Don't miss out on the opportunity to better yourself this summer.

This next season you have the opportunity, with your team, to do something that has never been done before. While you have the potential to be wildly successful, you **WILL NOT** be if you do not put in the work.

Don't expect great things to just happen. No team will give you anything in the fall.

If you show up unfit, if you don't do the work over the summer, then all your "potential" will stay as that and you will not reach your goals. **DO THE WORK! HOLD YOURSELF ACCOUNTABLE! SUCCEED!**

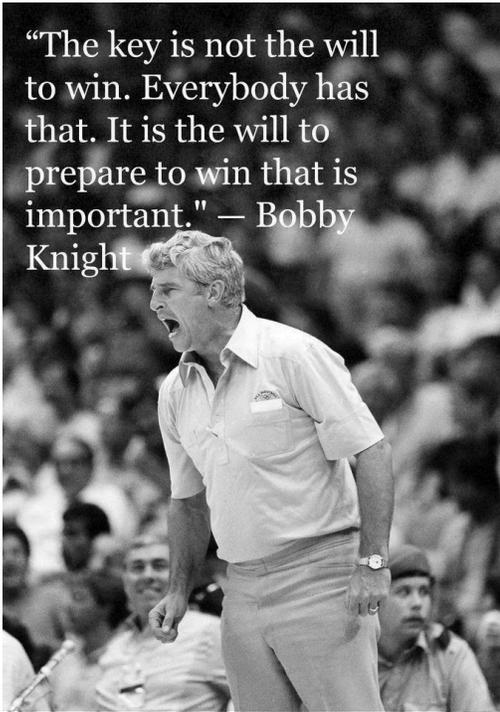
\* If you are participating on a team this summer, it will be extremely important that you really start listening to your body and begin immediately gauging your own fitness levels.

Do **NOT** rely solely on your summer team's training to ensure that you are at your peak

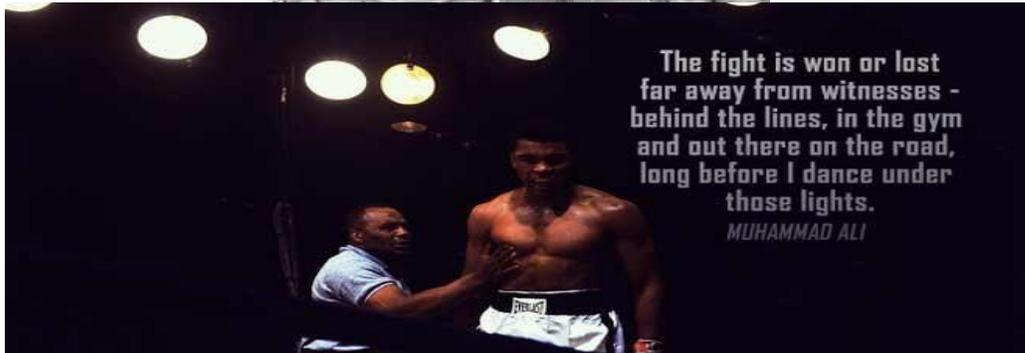
fitness level. You should attempt to combine this program with your team's training and game schedules in order to be in the best shape at the start of your college preseason.

## 2021 Summer Fitness Packet

"The key is not the will to win. Everybody has that. It is the will to prepare to win that is important." — Bobby Knight



The fight is won or lost far away from witnesses - behind the lines, in the gym and out there on the road, long before I dance under those lights.  
MUHAMMAD ALI



## Instructions

- Make sure you are taking the time to perform the FIFA FMarc 11 10-15 min warm up prior to each of your sessions.  
-See Chart
- These workouts are circuits using your body weight, gravity, and light weights as resistance.
- Use these previously listed calendars as guides to spacing out your workouts through the weeks.
- Use your phone's app store to find these **Tabata Timer, My Fitness Pal, & Team Bleep Test** programs.
- Interval Timer **Tabata** – Runloop Ltd 
- Team Bleep Test - Bitworks Desgin 
- Calorie counter by my fitness pal 

### Workout 1

Body weight circuit A

**60-10** (60 sec of work and 10 sec of rest)

- 1 Push ups
- 2 Alternating Lunge Hops
- 3 Single (Left) Leg Bridge
- 4 Single (Right) Leg Bridge
- 5 High Low Plank
- 6 Tuck Jumps
- 7 Pull ups
- 8 Burpee Broad Jump
- 9 Bench Dips
- 10 Pike ups

### Workout 3

Dumbbell Strength Circuit

**45-15** (45 sec of work and 15 sec of rest)

- 1 DB Bench
- 2 DB Lunge Left
- 3 DB Lunge Right
- 4 DB Russian Twists
- 5 DB Thrusters
- 6 DB Bear (3-pt) Row (Left)
- 7 DB Bear (3-pt) Row (Right)
- 8 Kneeling DB Curl to Press
- Jacks
- 9 DB RDL Left
- 10 DB RDL Right

### Workout 2

Body weight circuit B

**50-10** (50 sec of work and 10 sec of

- 1 Squat Jumps
- 2 Lunge Left Leg
- 3 Lunge Right Leg
- 4 Decline Push up (feet elevated)
- 5 Bear Crawl
- 6 Crab Walk
- 7 Lateral (Skater) Bounds
- 8 Burpee
- 9 Side Plank Left
- 10 Side Plank Right

### Workout 4

Speed and Power Circuit

**30-20** (30 sec of work and 20 sec of

- 1 Hang Clean Shrug
- 2 Box Jumps
- 3 Med Ball Slam
- 4 Toe Tappers
- 5 MB Push Press
- 6 Lateral (Skater) Bounds with Med Ball
- 7 Tuck Jumps
- 8 Push up

## **Workout 5**

Hill Circuit

- 30-10** (30 sec of work and 10 sec of rest)  
rest) 1 Sprint uphill  
2 Walking Lunge downhill  
3 Bear Crawl Downhill  
4 Burpee broad jump up  
5 Reverse walking lunge downhill  
curls 6 High skips uphill  
7 Jog downhill  
8 Lateral bound  
uphill 9 Push ups  
downhill 10 Crab walk  
downhill 11 Sprint  
uphill  
12 Shuffle left downhill  
13 Shuffle right downhill  
14 Lunge hops alternating uphill  
15 Push up jacks uphill

## **Workout 6**

Weight Room Circuit

- 45-20** (45 sec of work and 20 sec of  
1 Back squat  
2 Barbell push press  
3 Barbell double leg RDL  
4 Alternating DB halos  
5 DB walking lunges plus

## **Cardio Workouts**

- (A) 3 mile run
- (B) 5 mile run
- (C) Interval running
- (D) Mailbox run
- (E) Cooper test
- (F) 20, 40's
- (G) Hourglass run
- (H) Hourglass run (Half Field)
- (I) Cross field 50/50 Dribble/Sprint
- (J) 8 Balls Top of 18
- (K) 8 Balls
- (L) Field Segment Run
- (M) 30 yard shuttles
- (N) "7 Run" Challenge
- (O) Man U Training
- (P) 5 to 25 Yard Shuttle
- (Q) Beep Test
- (R) 25 Yard Fitness Test
- (S) 44 Yard Fitness Test

## **Core Exercises**

- (A) Pike-ups
- (B) Bicycle Crunch
- (C) Bear Plank Hold
- (D) Russian Twists
- (E) Superman Hold
- (F) Side Plank
- (G) V-Hold
- (H) High-Low Plank
- (I) Full Sit-ups
- (J) Lateral V-ups
- (K) Flutter Kicks
- (L) Alternating Supermans
- (M) Alternating V-ups
- (N) Single Leg Low Planks
- (O) Hollow Body Hold

(A) 3 Mile Run

(B) 5 Mile Run

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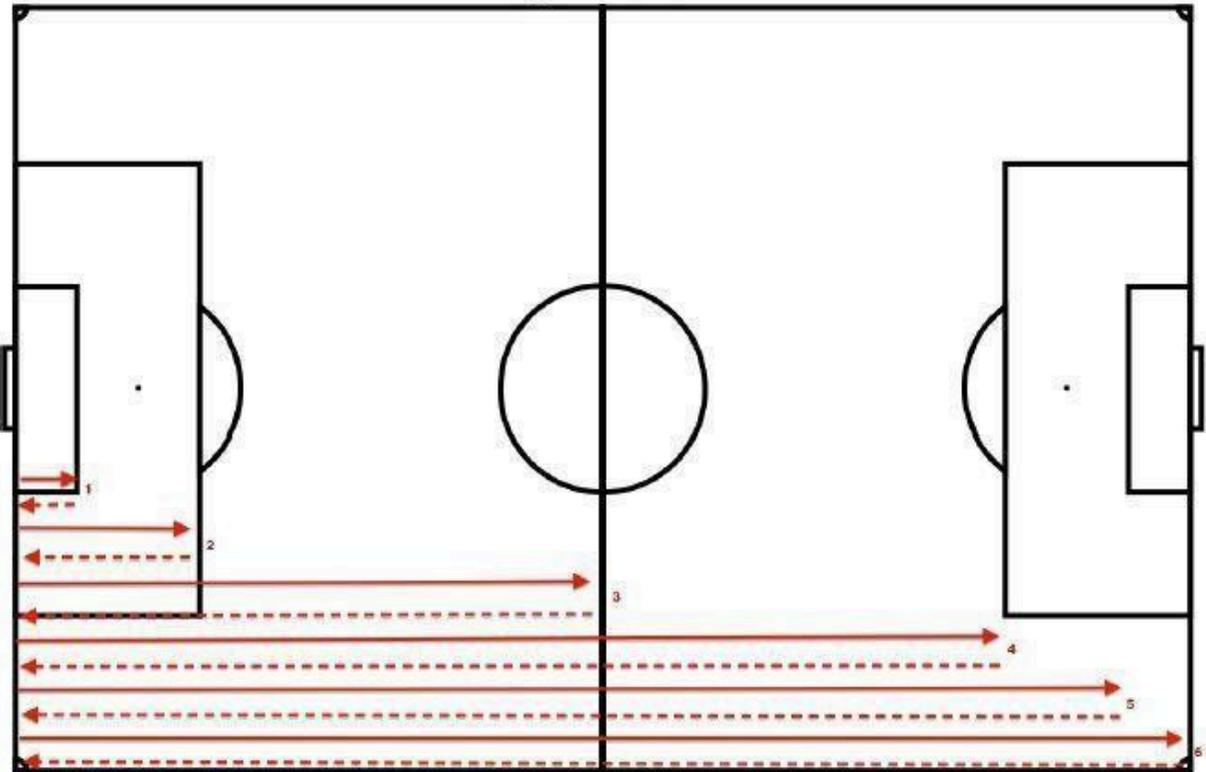
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### ( C ) INTERVAL RUNNING

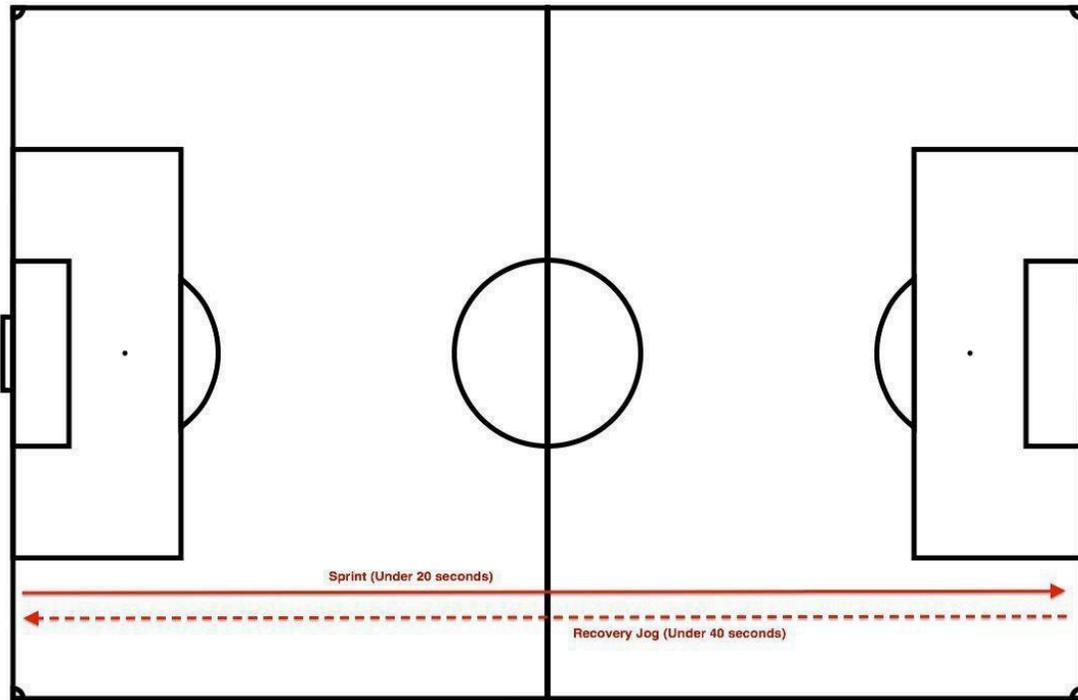
*1 cycle = 1 set*



This exercise is performed by spring to each of the horizontal lines on the soccer field (6yd, 18yd, half, 18yd, 6yd, endlines). Your recovery occurs after each spring when returning to the initial starting point which would be an endline. Completion of this cycle equals 1 set.



**X12 = 1 complete set**

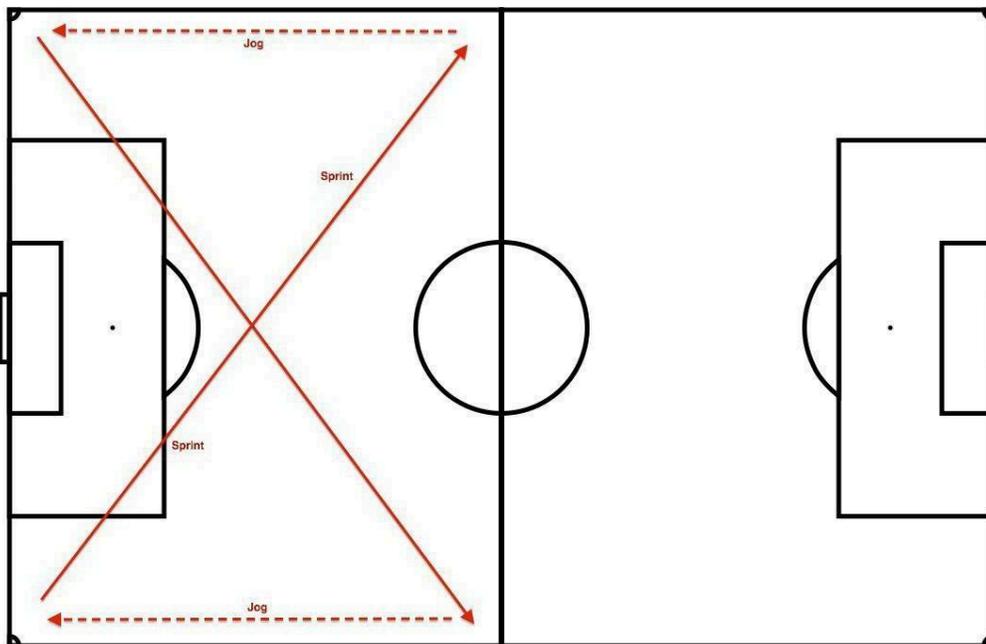


This exercise is performed by sprinting the full length (120 yards) of the soccer field under 20 seconds. Once completed you then have 30 seconds to jog back to the start. Next begins immediately at the end of 30 second recovery.

(G)

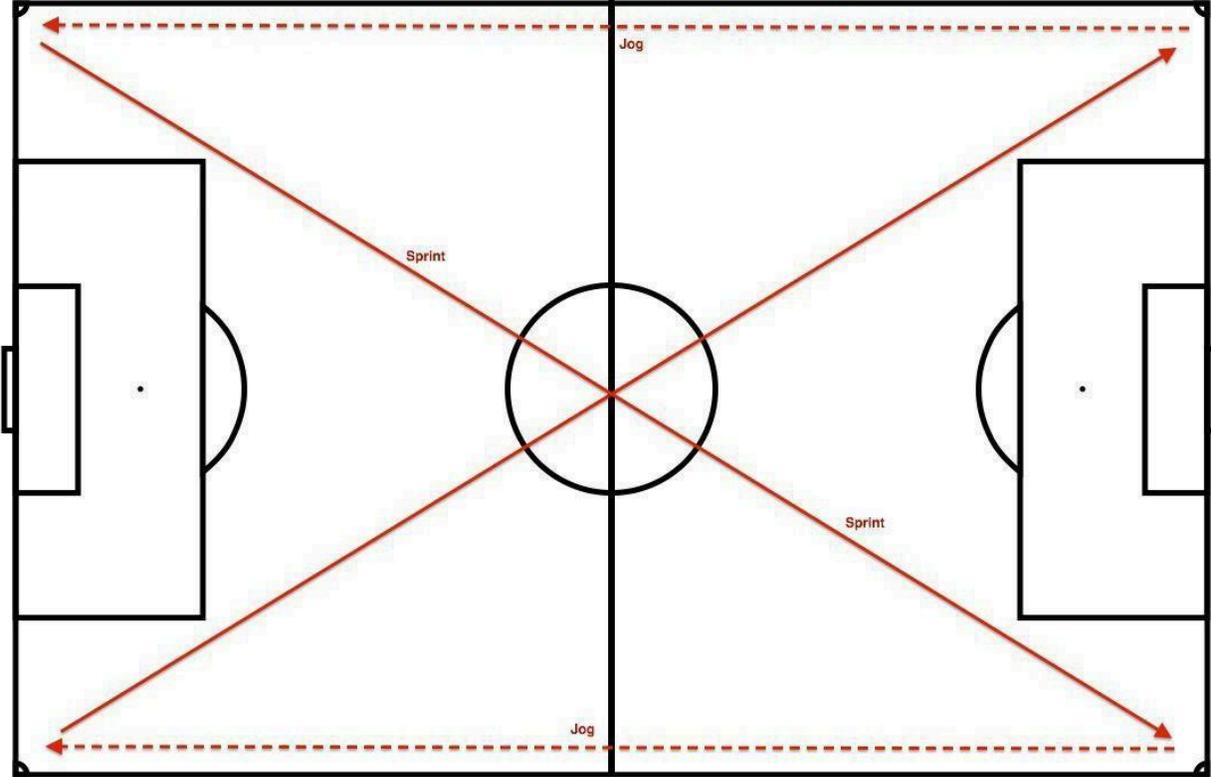
### Hourglass Runs (Half field)

**x10 = 1 complete set**



(H)

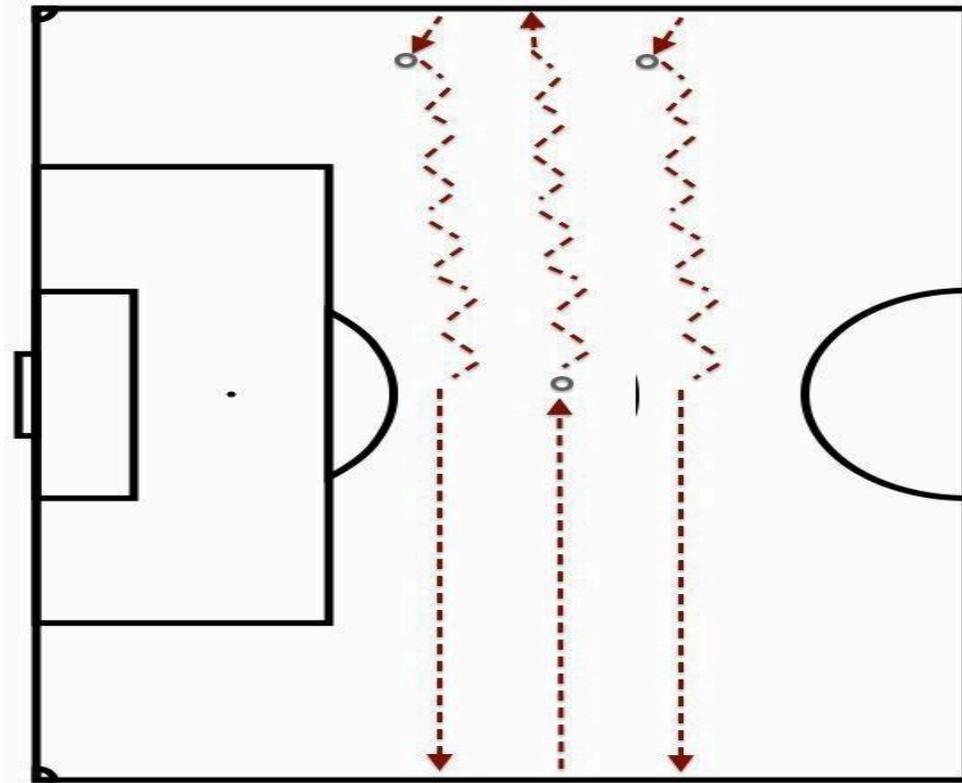
**Hourglass Runs (full field)**  
*x10 = 1 complete set*



(I)

### Crossfield 50/50 Dribble/Sprints

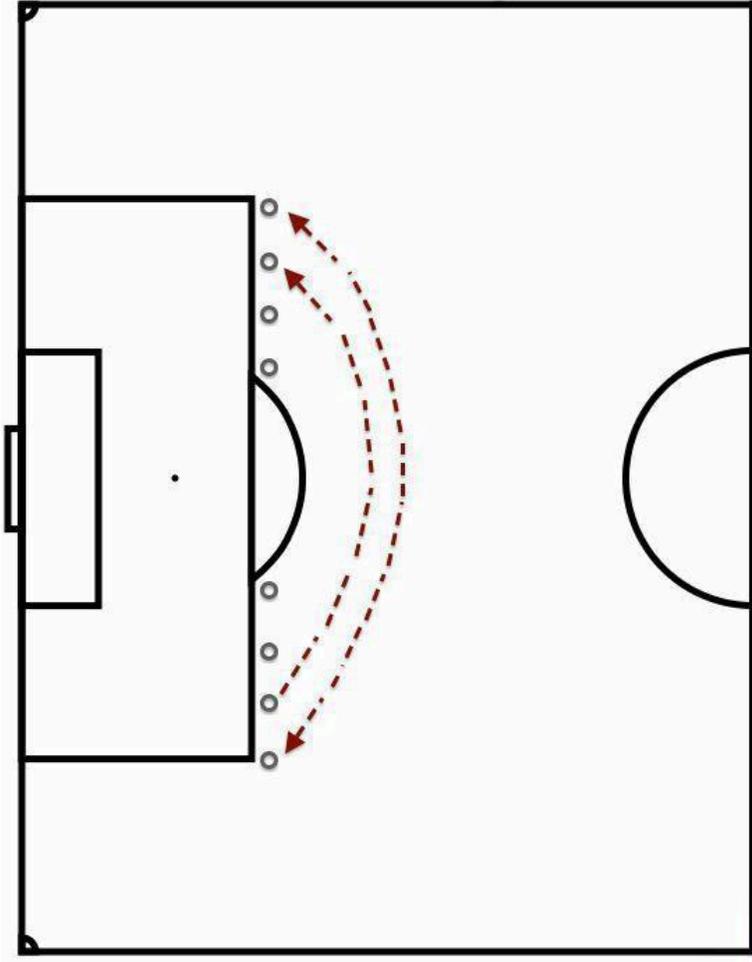
*x8 width runs = 1 complete set*



This exercise is performed with one soccer ball and an open space the width of a soccer field (65 yards). Objective is to sprint as quick as you can with the soccer ball to the midpoint (PK spot). You then leave the ball and sprint the remaining distance. The next time you'll sprint first, gather the ball halfway before dribbling the remainder. 1 trip across the field = 1 width run. You're to do this 8 times at maximal effort to complete 1 set.

(J)

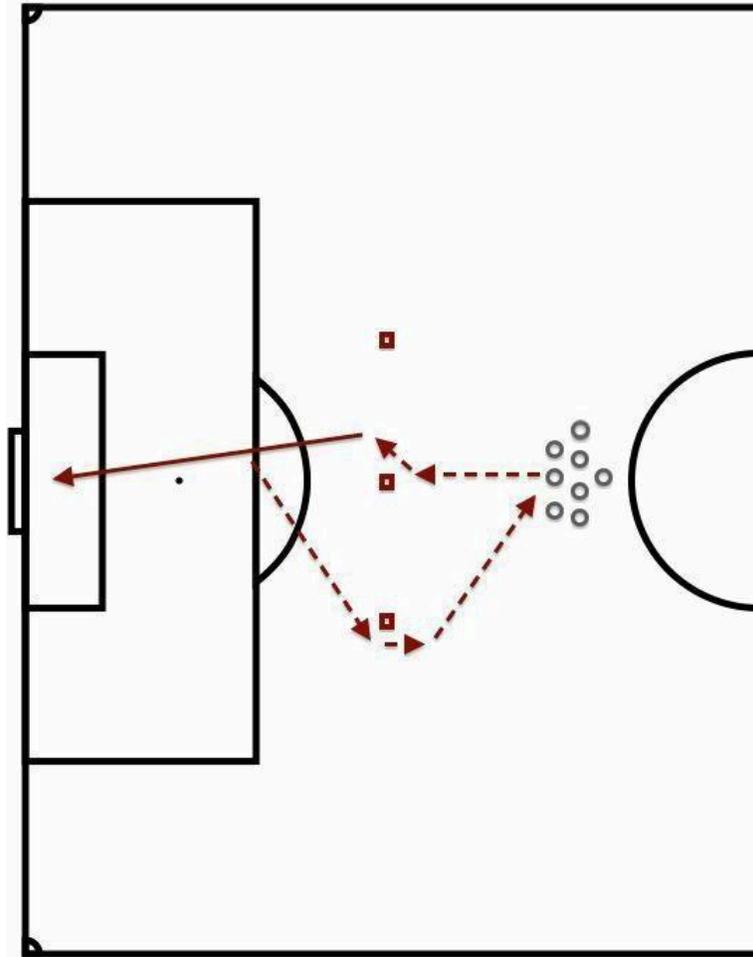
**8 Balls at Top of 18**  
*8 shots = 1 complete set*



This drill is performed on the field with 8 soccer balls placed 4 yards apart on either side of the "D". The objective is to shoot 8 balls going from right to left, farthest to nearest. Start at the top of the "D" and move to one of the outside balls to begin. Shooting all 8 soccer balls completes 1 set.

### (K) 8 Balls

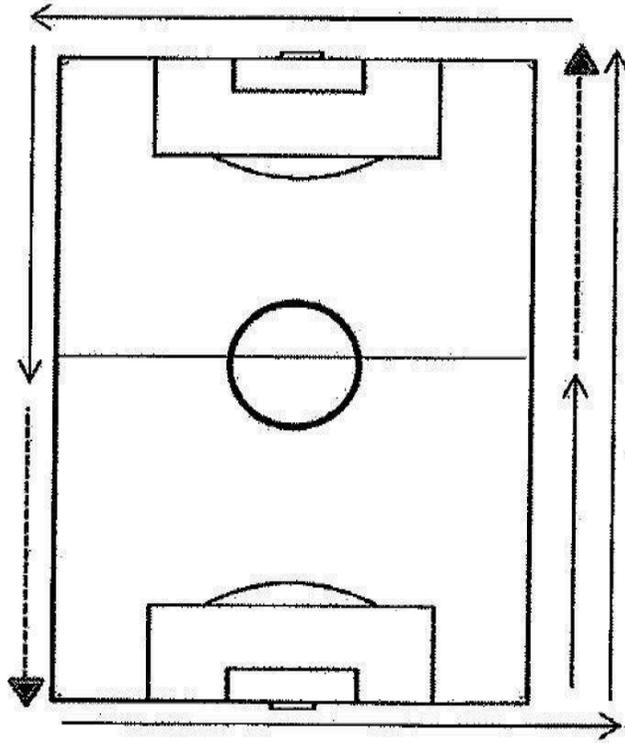
*8 shots = 1 complete set*



This exercise is performed at a soccer field with 8 soccer balls and 3 cones. The 3 cones should be placed 10 yards apart and 8 yards off the top of the 18-box. The 8 balls should be placed at the front of the center circle, you will be going to goal. The objective is to dribble at the middle cone, perform a quick move, shoot then get around one of the outside cones and return to the start. This needs to be done at maximal effort. 8 shots equals 1 complete set.

## (L) Field Segment Runs

Field is divided into 6 “segments”. Each corner flag to midfield is one segment (4 total) and each endline (corner flag to corner flag) is one segment (2 total).



- Sprint 1 segment of the field, jog 1 segment
- Sprint 2 segments of the field, jog 1 segment
- Sprint 3 segments of the field, jog 1 segment
- Sprint 4 segments of the field, jog 1 segment
- Sprint 5 segments of the field, jog 1 segment
- Sprint 6 segments of the field, jog 1 segment

=One Full Field Segment

3x3 Full Field Segments is One

Set

### (M) 30 yard Shuttle Workout

<u># of Shuttles</u>	<u>Start time of shuttle</u>	<u>End of shuttle</u>	<u>Time to make shuttle in</u>
1	0	:08	8 seconds
2	:12	:26	14 seconds
3	:36	:56	20 seconds
4	1:12	1:38	26 seconds
5	2:00	2:32	32 seconds
6	3:00	3:38	38 seconds
7	4:12	4:56	44 seconds
8	5:36	6:26	50 seconds
9	7:12	8:08	56 seconds
10	9:00	10:02	1:02 seconds

<u># of shuttles</u>	<u>start time of shuttle</u>	<u>End time of shuttle</u>	<u>Time to make shuttle in</u>
10	0	1:02	62 seconds
9	2:00	2:56	56 seconds
8	3:48	4:38	50 seconds
7	5:24	6:08	44 seconds
6	6:48	7:26	38 seconds
5	8:00	8:32	32 seconds
4	9:00	9:26	26 seconds
3	9:48	10:08	20 seconds
2	10:24	10:38	14 seconds
1	10:48	10:56	8 seconds

<u># of shuttles</u>	<u>Start time of shuttle</u>	<u>End time of shuttle</u>	<u>Time to make shuttle in</u>
10	0	1:02	62 seconds
1	2:00	2:08	8 seconds
9	2:12	3:08	56 seconds
2	4:00	4:14	14 seconds
8	4:24	5:14	50 seconds
3	6:00	6:20	20 seconds
7	6:36	7:20	44 seconds
4	8:00	8:26	26 seconds
6	8:48	9:26	38 seconds
5	10:00	10:02	32 seconds

**\*2 Minutes rest between each set applies to all shuttle sets!**

## **(N) "7 Runs" Challenge**

This is easiest to do on a track but if one is unavailable you can use a GPS tracking app

**1 mile** under 6:45  
3 min rest

**800 meters** under 3:20  
2 min rest

**800 meters** under 3:20  
2 min rest

**400 meters** under 1:30  
2 min rest

**TOTAL DISTANCE: 3 Miles**

(O)

### Man United Interval Training

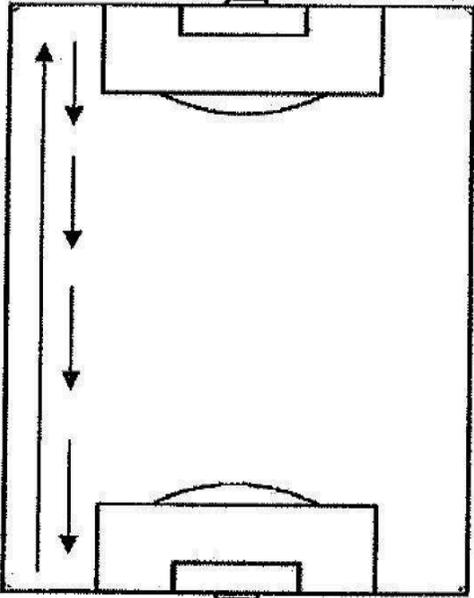
Use the length of a soccer field (100 yards)

Sprint the length of the field, jog back to the end line (active rest).

- 10 x 25 second sprints length of field / 35 second to return
- 1 x 24 seconds / 36 second return
- 1 x 23 seconds / 37 second return
- 1 x 22 seconds / 38 second return
- 1 x 21 seconds / 39 second return
- 1 x 20 seconds / 40 second return
- 1 x 19 seconds / 41 second return
- 1 x 18 seconds / 42 second return
- 1 x 17 seconds / 43 second return
- 1 x 16 seconds / 44 second return
- 1 x 15 seconds / 45 second return

\*The above runs total **20 minutes** from start to finish

Total Distance: 20 Min Test (4,800 yards or 2.72 miles)



(P)

**5 to 25 Yard Shuttle Workout**

Start a timer...

You have 45 seconds to:

Sprint 5 yards out and back  
Sprint 10 yards out and  
back Sprint 15 yards out  
and back Sprint 20 yards  
out and back Sprint 25  
yards out and back

Followed by 40 seconds of rest, that is 1

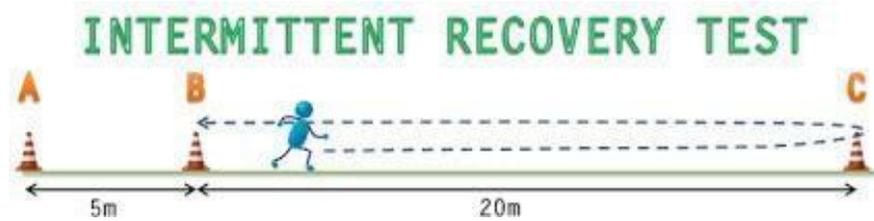
Repeat for a total of **10 sets**

Rest for 2:30 between sets

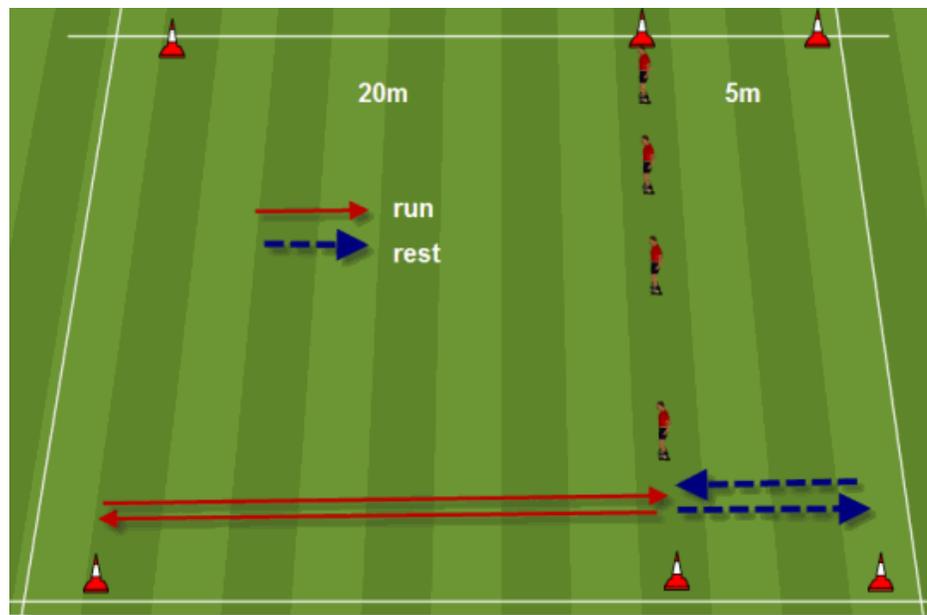
**Passing is making 9 out of 10 runs**

Regardless of pass/fail, complete the 10 runs

## (Q) Yo Yo Intermittent Recovery Test Level 2

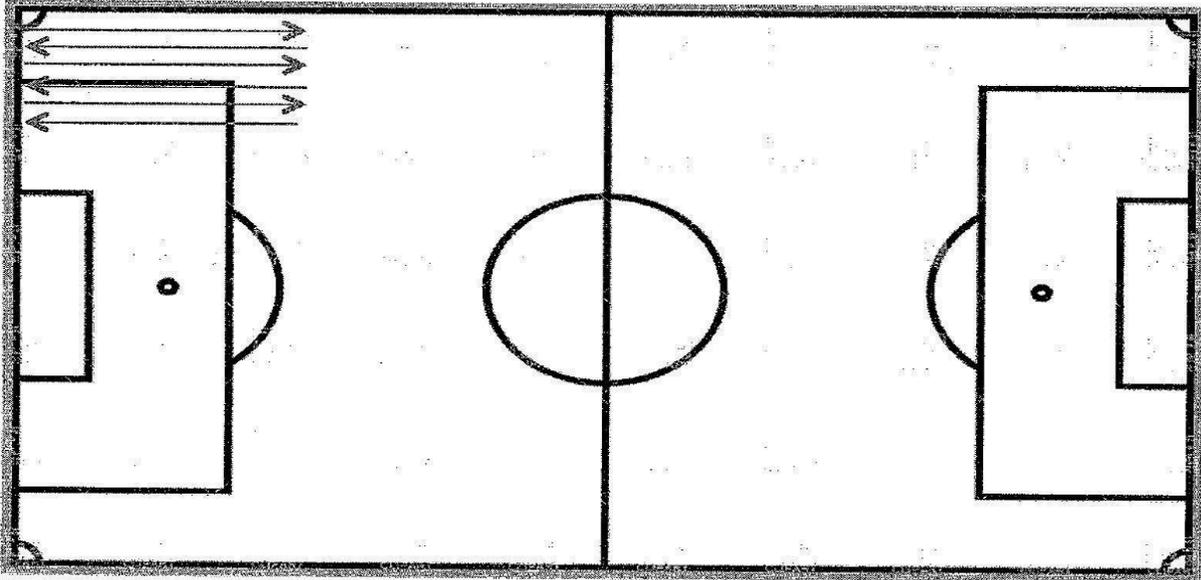


Also known as the Yo Yo Intermittent Recovery Test, beep or beep test. Having the right distance, times, and stages are essential to knowing an accurate score. This is a multi-stage fitness test to gauge an athlete's maximum oxygen uptake (VO<sub>2</sub> max). **A person has to runs between two marked lines 20m apart with a 5m recovery area and has to follow the recorded beeps.** Speed starts slow but gradually increases as some of you know. Your test is over and your score is determined when you can no longer keep up with the demanded beeps and fail to reach the lines two consecutive times.



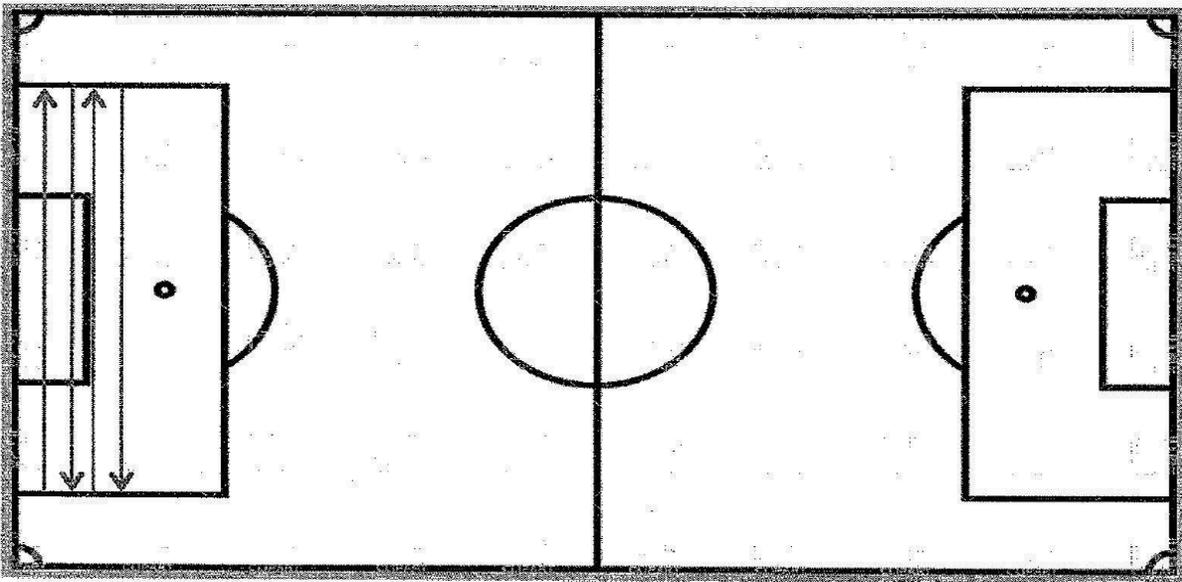
## (R) 25 Yard Fitness Test

- Set two cones 25 yards apart from one another
- Start at the first cone and sprint to the opposite cone and back 3 times
- You have 30 seconds to sprint (up/back, up/back, up/back) with 30 seconds rest between
- This equals 1 set
- Complete as many as possible



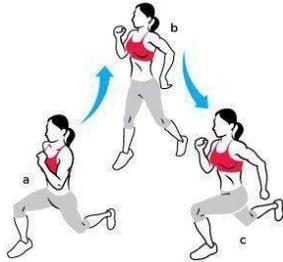
### (S) 44 Yard Fitness Test

- Set 2 cones 44 yards apart from one another, or the width of MOST 18 yard boxes
- Start at the first cone and sprint to opposite cone and back 2 times
- You have 35 seconds to sprint (up/back then up/back again) with 30 seconds rest in between
- This equals 1 set
- Complete 8 sets in a row and you pass
- Total run time = 4 minutes
- Total rest time = 4 minutes

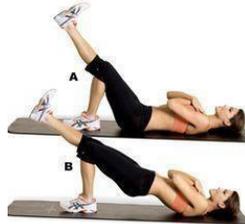


## Demonstrations of Specific Exercises

Lunge Hops



Single Leg Back Bridge



Push up Jacks



High-Low Planks



Broad Jump Burpee



Tuck Jumps

Squat Jumps



Pike Ups



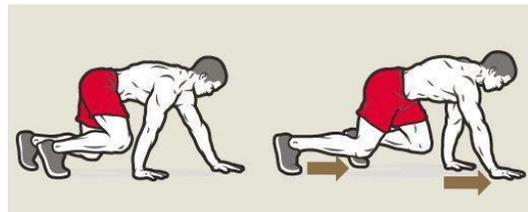
Bench Dips



Decline Push Up



Bear Crawl



Crab Walk

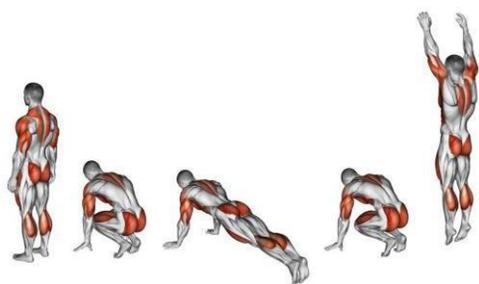


Lateral (Skater) Bound



Burpee

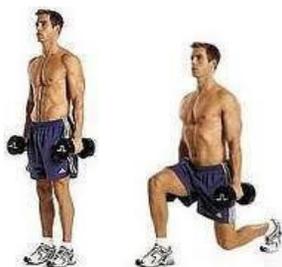
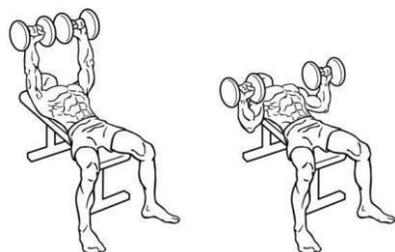
Side Plank



DB Bench Press

DB Lunge

DB Russian Twist



DB Thruster



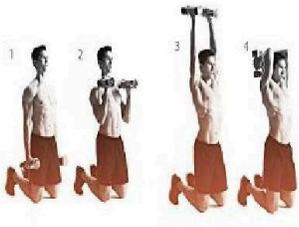
DB 3-pt Row



DB RDL



Kneeling Curl to Press



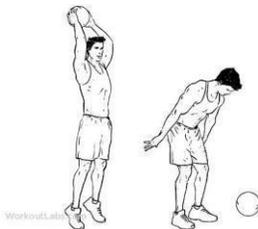
Power Shrug



Box Jump



Med Ball Slam



Box Toe Tappers



Med Ball Press



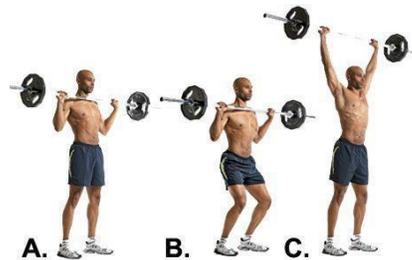
High Skips



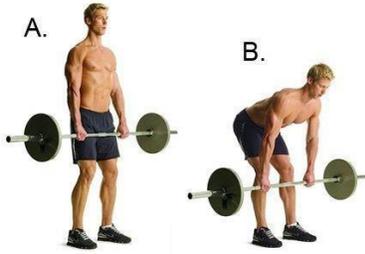
Front Squat



Barbell Push Press



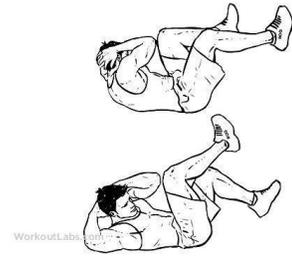
Barbell RDL



Halo's



Bicycle Crunch



Bear Plank



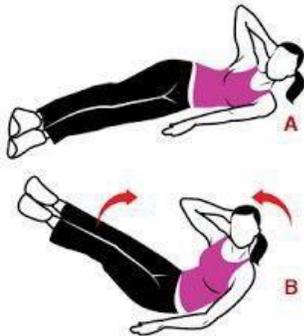
DB Lunge w/ Curl



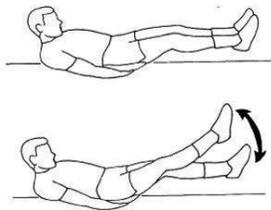
V-Hold



Lateral V-ups



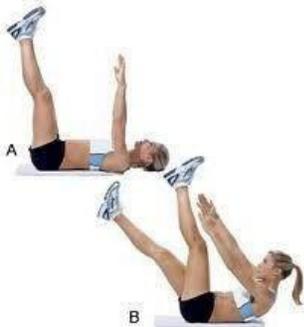
Flutter Kicks



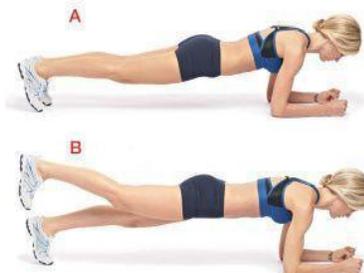
Alternating Supermans



Alternating V-Ups



Single Leg Low Plank



Hollow Body Hold



## FIFA F-Marc 11



### 1 STRAIGHT AHEAD

Jog straight to the last cone. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Run slightly more quickly on the way back. **2 sets.**



### 2 HIP OUT

Jog to the first cone, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**



### 3 HIP IN

Jog to the first cone, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**



### 4 CIRCLING PARTNER

Jog to the first cone. Shuffle sideways towards your partner, shuffle an entire circle around one other (without changing the direction you are looking in) and then shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**



### 5 SHOULDER CONTACT

Jog to the first cone. Shuffle sideways towards your partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet with your hips and knees bent. Shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**



### 6 QUICK FORWARDS & BACKWARDS

Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards until you reach the other side of the pitch. **2 sets.**

## The Bench & Sideways Bench

### 7.1 STATIC



**Starting position:** Lie on your front, support upper body with forearms. Elbows directly under shoulders.

**Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets.**

**Important:** Do not sway or arch your back. Do not move your buttocks upwards.

### 7.2 ALTERNATE LEGS



**Starting position:** Lie on your front, support upper body with forearms. Elbows directly under shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**

**Important:** Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.

### 7.3 ONE LEG LIFT AND HOLD



**Starting position:** Lie on your front, support upper body with forearms. Elbows directly under your shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets. Important:** Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.

### 8.1 STATIC



**Starting position:** Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder. **Exercise:** Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec. Repeat on other side. **3 sets. Important:** Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.

### 8.2 RAISE & LOWER HIP



**Starting position:** Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets. Important:** Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.

### 8.3 WITH LEG LIFT



**Starting position:** Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets. Important:** Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.

## Hamstrings



### 9.1 BEGINNER

**Starting position:** Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.  
**Exercise:** Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5** repetitions.  
**Important:** Do exercise slowly at first, but once you feel more comfortable, speed it up.



### 9.2 INTERMEDIATE

**Starting position:** Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.  
**Exercise:** Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10** repetitions.  
**Important:** Do exercise slowly at first, but once you feel more comfortable, speed it up.



### 9.3 ADVANCED

**Starting position:** Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.  
**Exercise:** Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Min. **12-15** repetitions.  
**Important:** Do exercise slowly at first, but once you feel more comfortable, speed it up.

## SINGLE Leg Stance



### 10.1 HOLD THE BALL

**Starting position:** Stand on one leg, knee and hip slightly bend and hold the ball in both hands. **Exercise:** Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



### 10.2 THROWING BALL WITH PARTNER

**Starting position:** Stand on one leg, face a partner at a distance of 2-3m. **Exercise:** Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



### 10.3 TEST YOUR PARTNER

**Starting position:** Stand on one leg, at arm's length from your partner. **Exercise:** Keep balance while you and your partner in turn try to push the other off balance in different directions. Continue for 30 sec. and repeat on the other leg. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.

## SQUATS



### 11.1 WITH TOE RAISE

**Starting position:** Stand with feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets.**

**Important:** Do not let your knee buckle inwards. Lean upper body forward with a straight back.



### 11.2 WALKING LUNGES

**Starting position:** Stand with feet hip-wide apart, hands on your hips. **Exercise:** Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets.**

**Important:** Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.



### 11.3 ONE-LEG SQUATS

**Starting position:** Stand on one leg, loosely hold on to your partner. **Exercise:** Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets.**

**Important:** Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.



### 12.1 VERTICAL JUMPS

**Starting position:** Stand with your feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets.** **Important:** Jump off both feet. Land gently on the balls of both feet with your knees bent.



### 12.2 LATERAL JUMPS

**Starting position:** Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards. **Exercise:** Jump from your supporting leg approximately 1m to the side onto the other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets.** **Important:** Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.



### 12.3 BOX JUMPS

**Starting position:** Stand with feet hip-width apart, imagine a cross you are standing in the middle of. **Exercise:** Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets.** **Important:** Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.

## **Running Exercises**

### **13 ACROSS THE PITCH**



Run approx 40m across the pitch at 75-80% of maximum pace and then jog the rest of the way. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back. **2 sets.**

### **14 BOUNDING**



Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog the rest of the way. Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards. Jog back easily to recover. **2 sets.**

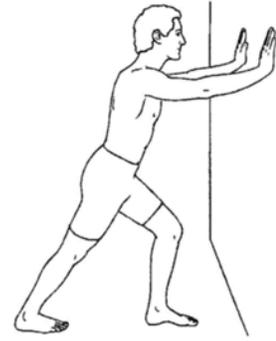
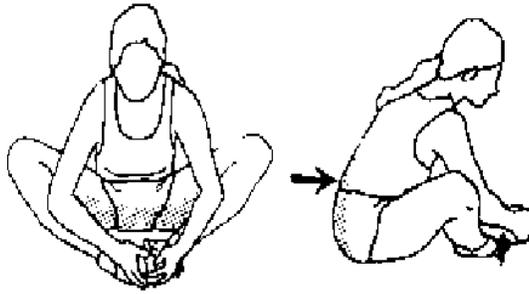
### **15 PLANT & CUT**



Jog 4-5 steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back. **2 sets.**

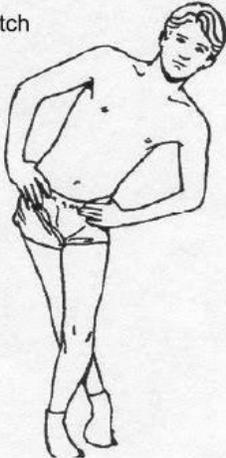
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# Static stretching used for Cool Down



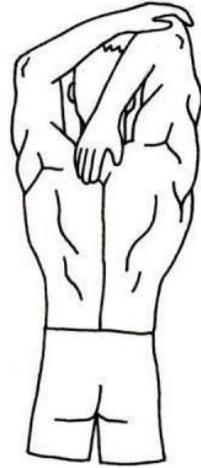
## Illiotal Band Stretch

While standing, cross left leg in front of right. Bend to the left at waist. Repeat sequence with opposite leg.





□ Hip &  
Lower  
Back



Simple Shoulder

### HAMSTRING STRETCH (SEATED)

In addition to the muscles mentioned in the standing hamstring stretch, this stretches the calf (gastrocnemius and soleus) muscles.



**Position:** Sit on the ground with both legs straight and extended forward with the feet upright about six inches apart. Put the hands on the ankles or toes.

**Action:** Bend from the hips, keeping the back and head in a comfortable, straight line. Hold this position for 10 to 15 seconds. (Variation for greater stretch: Stretch and pull back on the toes.)

# May

# 2021

Fitness Packet

Want to be successful as bad as your body  
wants to breathe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1

2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 Workout 1 (x3 rounds) Core pick 6 (x1min)	18 Cardio (A)	19 Workout 3 (x2 rounds) Core pick 6 (x1min)	20 (F) Cardio	21 Workout 2 (x2 rounds) Core pick 6 (x1min)	22 Workout 4 (x3 rounds) (C) Cardio x2sets  Core pick 7 (x1min)
23 Stretch day	24 Workout 1 (x2 rounds) Cardio (B) Core pick 7 (x1min)	25 Stretch day	26 Workout 5 (x1 round) Cardio (H) Core pick 7 (x1min)	27 Workout 3 (x3) Cardio (E) Core pick 7 (x1min)	28 Cardio (K) x3 or (M) x1 Core pick 7 (x1min)	29 Workout 2 (X3 rounds) Core pick 7 (X1 min)

# June

2021

## Fitness Packet

Want to successful as bad as your body wants to breathe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 Cardio (J) x3 OR (L) x1 Core pick 7 (x1min)</p>	<p>31 Workout 4 (x3rounds) Cardio (I) x2sets Core pick 7 (x1min)</p>	<p>1 Cardio (O) Core pick 8 (x1min)</p>	<p>2 Workout 5 (x2rounds)</p>	<p>3 Cardio (A) Core pick 8 (x1min)</p>	<p>4 Workout 1 (x3rounds)</p>	<p>5 Cardio (L) x2 sets. Core Pick 8 (x1 min)</p>
<p>6 Workout 4 (x4rounds)</p>	<p>7 Stretch day</p>	<p>8 Workout 1 (x3rounds)</p>	<p>9 Stretch Day</p>	<p>10 Workout 5 (x2rounds)</p>	<p>11 Workout 3 (x4rounds)</p>	<p>12 Stretch day</p>

Cardio (D) Core pick 9 (x1min)		Cardio (F) Core pick 9 (x1min)		Cardio (Q) Core pick 9 (x1min)	Cardio (D) Core pick 10 (x1min)	
<sup>13</sup> Workout 4 (x4rounds) Cardio (D) Core pick 9 (x1min)	<sup>14</sup> Stretch day	<sup>15</sup> Workout 1 (x3rounds) Cardio (F) Core pick 9 (x1min)	<sup>16</sup> Stretch day	<sup>17</sup> Workout 5 (x2rounds) Cardio (Q) Core pick 9 (x1min)	<sup>18</sup> Workout 3 (x4rounds) ) Cardio (D) Core pick 10 (x1min)	<sup>19</sup> Stretch day
<sup>20</sup> Workout 2 (x3rounds ) Cardio (A) Core pick 10 (x1min)	<sup>21</sup> Stretch day	<sup>22</sup> Workout 4 (x4rounds ) Cardio (B) Core Pick 10 (x1min)	<sup>23</sup> Workout 2 (x3rounds) Cardio (I) x2 sets Core pick 6 Stretch day	<sup>24</sup> Stretch day	<sup>25</sup> Workout 3 (x4rounds ) Cardio (D) Core pick 10 (x1min)	<sup>26</sup> Stretch day
<sup>27</sup> Workout 4 (x4rounds )  (K) Cardio x3 OR (S)  Core pick 6 (x1:15min)	<sup>28</sup> Cardio (E) Cardio (K)  x3 sets Core pick 15 (45secs)	<sup>29</sup> Workout 6 (x2rounds ) Cardio (B)  <sup>29</sup> Workout 6 (x2rounds ) Cardio (B)	<sup>30</sup> Cardio (D) Core pick 15 (45 secs)  <sup>30</sup> Cardio (D) Core pick 15 (45 secs)	July 1 Workout 3 (x2rounds)  (J) Cardio x3 sets  (K) Cardio x3sets	July 2 Cardio (R) Core pick 15 (x45 secs)  July 2 Cardio (R) Core pick 15 (x45 secs)	July 3 Stretch day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 (G or J or K) Cardio x3 sets Core Pick 7 (x1:15min)	5 Workout 4 (x3rounds)	6 (D or O) Cardio Core Pick 7 (x1:15min)	7 Workout 1 (x4rounds)	8 (F or J or K) Cardio x3 sets Core Pick 7 (x1:15min)	9 Workout 4 (x5rounds) (H) Cardio x1set +2add	10 Workout 4 (x5rounds) (H) Cardio x1set +2add Core Pick 8 (x1:15)
11 Stretch day	12 Workout 1 (x4rounds) (F) Cardio x1set +3add Core Pick 8 (x1:15)	13 Stretch day	14 (Q) Cardio	15 Workout 2 (x4rounds) (I) Cardio x3 sets Core Pick 5 (2x45secs)	16 Core Pick 5 (2x45secs)	17 Workout 3 (x5rounds) (J) Cardio x3 or (R) x1 Core Pick 5 (2x45secs)
18 Core Pick 5 (2x45secs)	19 Workout 4 (x4rounds) (K) Cardio x3 or (S) Core Pick 5 (2x45secs)	20 (E) Cardio Workout 3 (x3rounds)	21 (D) Cardio	22 Workout 5 (x2 rounds) (I) Cardio x3 sets	23 (J & K) cardio x3 sets Core pick 6 (2x45secs)	24 (R) Cardio Workout 2 (x3rounds)
25 Workout 1 (x3rounds) Core pick 5 (1x1:30min)	26 (Q) Cardio	27 (S) Cardio	28 (E) Cardio	29 (R) Cardio	30 Stretch day	31 Stretch day
Aug 1 3 mile run under 25min	Aug 2 Cardio (I)	Aug 3 2 mile run under 16min	Aug 4 Ave. College Report Date GO FOR A LIGHT RUN & STRETCH	Aug 5 Cardio (R)	Aug 6 Workout 1 (x3rounds) Core pick 5 (1 x1:30min)	Aug 7 Cardio (Q)
Aug 8 2 mile run under 16min						

