

SUMMER TRAINING SCHEDULE:

This is the work-out schedule from last summer, with dates updated.

Remember, our Tuesday/Thursday "open-turf" sessions will focus on individual ball skills, small-sided games, and up to 9v9 situations. Therefore, the running and physical component of your training will be done elsewhere.

- You should do a minimum of 4 workouts per week, but you should do no more than 6.
- Each workout has the following framework:
 - Running a Distance (1-mile or 2-mile or 12-minutes)
 - Ball Work (pick 10 exercises for 1 minute each from videos)
 - Running Sprints (300-yard shuttles or 80-yards)
 - Core Work (Pushups, situps, or similar Exercises – 100 rep)
- Make sure you warmup properly before any workout.
- Make sure you hydrate properly throughout the week.
- The running times that I list here may be too slow or too fast for you; you might need to make adjustments based on your ability.
- The workouts are located at the end of this document.
 - Weeks 1 & 2 are the same.
 - Weeks 3 & 4 are the same.
 - Weeks 5 & 6 are the same.
 - Week 7 is the last preparation for preseason.

BALL WORK VIDEOS:

- Search for Mark Lavery Individual Training Session.
- There is a part 1 and a part 2.
 - <https://www.youtube.com/watch?v=deh07Qar5wI&t=311s>
 - <https://www.youtube.com/watch?v=78P-OMMI8jQ&t=215s>
- You can pick 10 exercises for 1 minute each.



Fords Soccer: Summer of 2021



WEEK ONE 6/28-7/4

and

WEEK TWO 7/5-7/11

- WORKOUT 1:
 - One mile at 7:30 pace
 - Ball work for ten minutes
 - 2 sets of "Penalty Box Sprints" (6 and back, 12 and back, 22 and back --- do this THREE TIMES)
 - Core Work – 100 total reps
- WORKOUT 2:
 - Two miles at 8:00 pace
 - Ball work for ten minutes
 - 300-Yard Shuttle Run (do this 2 times)
 - Core Work
- WORKOUT 3:
 - One mile at 7:30 pace
 - Ball work for ten minutes
 - MG's Slow Jog/Fast Jog/Sprint across field (15 times)
 - Core Work
- WORKOUT 4:
 - Two miles at 8:00 pace
 - Ball work for ten minutes
 - 10 80-yard sprints with 45 seconds rest in between
 - Core Work

WEEK THREE 7/12-7/18
and
WEEK FOUR 7/19-7/25

- WORKOUT 1:
 - One mile at 7:15 pace
 - Ball work for ten minutes
 - 2 sets of "Penalty Box Sprints" (6 and back, 12 and back, 22 and back --- do this THREE TIMES)
 - Core Work
- WORKOUT 2:
 - Two miles at 7:45 pace
 - Ball work for ten minutes
 - 300-Yard Shuttle Run (do this 2 times)
 - Core Work
- WORKOUT 3:
 - One mile at 7:15 pace
 - Ball work for ten minutes
 - MG's Slow Jog/Fast Jog/Sprint across field (15 times)
 - Core Work
- WORKOUT 4:
 - Two miles at 7:45 pace
 - Ball work for ten minutes
 - 10 80-yard sprints with 45 seconds rest in between
 - Core Work

WEEK FIVE 7/26-8/1
and
WEEK SIX 8/2-8/8

- WORKOUT 1:
 - 12-Minute Run (how far can you go)
 - Ball work for ten minutes
 - 2 sets of "Penalty Box Sprints" (6 and back, 12 and back, 22 and back --- do this THREE TIMES)
 - Core Work
- WORKOUT 2:
 - One mile at 7:00 pace
 - Ball work for ten minutes
 - 300-Yard Shuttle Run (do this 2 times)
 - Core Work
- WORKOUT 3:
 - Two miles at 7:30 pace
 - Ball work for ten minutes
 - MG's Slow Jog/Fast Jog/Sprint across field (15 times)
 - Core Work
- WORKOUT 4:
 - One mile at 7:00 pace
 - Ball work for ten minutes
 - 10 80-yard sprints with 45 seconds rest in between
 - Core Work

WEEK SEVEN 8/9-8/15

- WORKOUT 1:
 - 12-Minute Run (how far can you go)
 - Ball work for ten minutes
 - 2 sets of "Penalty Box Sprints" (6 and back, 12 and back, 22 and back --- do this THREE TIMES)
 - Core Work
- WORKOUT 2:
 - One mile at 6:45 pace
 - Ball work for ten minutes
 - 300-Yard Shuttle Run (do this 2 times)
 - Core Work
- WORKOUT 3:
 - Two miles at 7:30 pace
 - Ball work for ten minutes
 - MG's Slow Jog/Fast Jog/Sprint across field (15 times)
 - Core Work
- WORKOUT 4:
 - One mile at 6:45 pace
 - Ball work for ten minutes
 - 10 80-yard sprints with 45 seconds rest in between
 - Core Work