



Conditioning Program

	Morning	Afternoon / Evening
Monday (Anaerobic)	<ul style="list-style-type: none"> 10-yard sprints - 5x60 seconds rest 20-yard sprints - 5x60 seconds rest 30-yard sprints - 4x60 seconds rest 40-yard sprints - 4x60 seconds rest 	<u>Plyometrics</u> <ul style="list-style-type: none"> Squat Jumps Tuck Jumps Broad Jumps Single Leg Lateral Jumps <i>*4x6 with 90 seconds rest</i>
Tuesday (Aerobic)	<p>Bleep Test</p> <ul style="list-style-type: none"> Start off at a slow pace and run 25 yards before the beep sounds As the levels get higher, the pace gets faster When you are unable to finish before the beep, you're done, and the level is recorded One time only <i>*Download app on your phone to track progress</i>	<p><u>Soccer Interval Test</u></p> <ul style="list-style-type: none"> Start by running 10 yards down and back twice Run 25 yards down and back once Finish in 30 seconds and have 30-sec rest Run 25 yards down and back once You should finish is 29 seconds with a 30-second rest Each run, the time gets lower until you are unable to finish, and the level is recorded <i>* This test is done with and without the ball.</i>
Wednesday (Anaerobic)	<p><u>Pro Agility</u> - (5-10-5 yards)</p> <ul style="list-style-type: none"> 3 runs starting to the right 3 runs starting to the left Each with a 45-second rest <p>L-Drill</p> <ul style="list-style-type: none"> 4 runs with 30-second rest <p>T-Drill</p> <ul style="list-style-type: none"> 4 runs with 30-second rest 	<p>30-minute Swim</p>
Thursday (Aerobic)	<p><u>Footwork:</u> (2x30 seconds with 30-second rest)</p> <ul style="list-style-type: none"> Toe Taps Scissors Step Overs Foundation Inside-outside right and left foot Inside-outside both feet 	<ul style="list-style-type: none"> Shuttle: 60-yard shuttle; run five sets with 30-second rest) Gassers: (100-yard shuttle; run 5 times with 30-second rest) Box Drill: (20-yard by 20-yard box; run one time at maximum speed)