

Soccer – Summer Workout

Lifting – 3 days/week

Plyometrics – 3 days/week

Cardio – 3 days/week (20-40 minutes)

Sprints – 4-6 days/week (during weeks 4-10)

BE SURE TO CHALLENGE YOURSELF BY INCREASING WEIGHT REGULARLY

PHASE 1: June 13-July 12

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lifting: Squat: 5x4 Bench: 5x4 Upright Row: 3x8 Tri Ext: 3x8 AIR ALERT	Cardio Plyos AIR ALERT	Lifting Front Squat: 4x7 Shoulder Press: 5x4 Lat Pull Down: 3x8 Curls: 3x8 AIR ALERT	Cardio Plyos AIR ALERT	Lifting MB cleans: 4x45 seconds (or Power Clean: 4x7) Thrusters: 4x45 seconds (or Jerk: 4x7) Gambetta Walks: 10 crawls front/back, side/side, 2 full circles Gambetta Drill: 5 x 5 AIR ALERT	Cardio Plyos AIR ALERT	REST & RECOVER

PHASE 2: July 12-August 16

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Lifting: Squat: 3x5 Jump Squat: (Long./Lat.) 3x10 each way Inc. Bench: 3x5 Row: 3x6-8 Tri Ext: 3x6-8 AIR ALERT	Cardio Plyos AIR ALERT	Lifting Power Clean + Front Squat: 3x5 Lat Raises: 3x8 Lat Pull down: 3x8 Curls: 3x8 AIR ALERT	Cardio Plyos AIR ALERT	Lifting MB cleans: 5x30 seconds (or Power Clean: 5x4) Thrusters: 5x30 seconds (or Jerk: 5x4) Gambetta Walks: 16 crawls front/back, side/side, 4 full circles Gambetta Drill: 10x4 AIR ALERT	Cardio Plyos AIR ALERT	REST & RECOVER