

## SOUTHRIDGE WOMEN'S SOCCER SUMMER CONDITIONING

**Anaerobic Endurance:** Anaerobic means 'without oxygen'. During anaerobic work, involving maximum effort, the body is working so hard that the demands for oxygen and fuel exceed the rate of supply and the muscles have to rely on the stored reserves of fuel. In this case waste products accumulate, the chief one being lactic acid. The muscles, being starved of oxygen, take the body into a state known as oxygen debt. The body's stored fuel soon runs out and activity ceases - painfully. Activity will not be resumed until the lactic acid is removed and the oxygen debt repaid. Fortunately the body can resume limited activity after even only a small proportion of the oxygen debt has been repaid. Anaerobic endurance can be developed by using repetition methods of relatively high intensity work with limited recovery.

**Aerobic Endurance:** Aerobic means 'with oxygen'. During aerobic work the body is working at a level that the demands for oxygen and fuel can be met by the body's intake. The only waste products formed are carbon dioxide and water. These are removed as sweat and by breathing out.

**Ball Work:** All workout sessions should end with 45 minutes of ball work whenever possible, which include 15 minutes of juggling, ball touches, fakes and turns. 15 minutes of passing with a partner or wall using both feet (push pass, chipping and instep drives). 15 minutes of sweet spot shooting with both feet from short and long range. Focus on proper technique.

All workouts require a proper warm-up and stretch and warm-down at stretch at the conclusion of your workout. We recommend the following warm-up prior to any activity. If you are unable to do these activities, your warm-up should include 10 minute run with ten minutes of stretching. Injuries occur due to the lack of flexibility.

### Warm Up

- 1>Jogging (jog across field) x 4
- 2>Skipping (skipping across field) x 1
- 3>Shuffling (side shuffling across field/switch directions every 10-15 yards) x1
- 4>Carioca (carioca across field switch directions halfway) x1
- 5>Butt Kickers (butt kickers halfway, jog rest) x1
- 6>High Knees (high knees halfway, jog rest) x1
- 7>Backwards (20 yards, shuffle right 20 yards, left 20 yards) x1
- 8>Side Shuffles (two shuffles 2 the right, two 2 the left in a zig zag pattern) x1
- 9>Backwards side shuffles (same as side shuffles, but backwards)
- 10>Outwards hip rotation/inward hip rotation (outwards halfway/inwards half way)
- 11>Forward leg strikes/knees to chest (leg strides halfway/knees to chest half way) x1
- 12>Grass touches 2 header (touch grass one hand 2 jump header, repeat with other hand) x1

### Speed Agility Quickness

- 1>Run (1 foot in each square) x 2
- 2>Run (2 feet in each Square) x 2
- 3>Lateral (face side ways/ 1 step in each square) x 2  
\*Repeat facing opposite direction
- 4>Icky Shuffle (right in, left in, right out, left up on square) x 2
- 5>Side ways in/out (left in, right in, left out right out) x 2  
\*Repeat facing opposite direction
- 6>Crossover (x left in, lateral step right outside, left outside) x 2  
\*Repeat backwards
- 7>Ali Shuffle x 2  
\*Repeat facing opposite direction
- 8>Ski Jump x 2  
\*Repeat backwards

### WEEK 1 July 14-18

Monday: **Steady run** good pace for 15 minutes-your target pace is 7½ minute mile pace. Find yourself a 2-mile loop or a track.

Tuesday: **90/80%/10** - 90 seconds run at 80% of max speed with a 3 minute rest, 10 repetitions. Work to rest ratio is (1/2)

Wednesday: **120's** – 120 yards a max speed @ 20 seconds, rest 40 second repeat 8 times. Do two sets with a four minutes rest between sets. Work to rest ratio is (1/2)

Thursday: **Steady run** good pace for 15 minutes-your target pace is 7½ minute mile pace. Find yourself a 2-mile loop or a track. .

Friday: **Sprint work.**

Run full speed for 30 seconds then rest for 30 seconds.

Run full speed for 60 seconds then rest for 60 seconds.

Run full speed for 90 seconds then rest for 90 seconds.

Rest for 2 minutes then repeat Do three sets.

### WEEK 2 July 21-25

Monday: **Steady run** good pace for 15 minutes-your target pace is 7½ minute mile pace. Find yourself a 2-mile loop or a track.

Tuesday: **Sprint work.**

Run full speed for 30 yards then jog back. Repeat three times.

Run full speed for 30 yards then walk back. Repeat three times. Rest for 2 minutes.

Run full speed 40 yards then jog back. Repeat three times.

Run full speed for 40 yards then walk back. Repeat three times. Rest for 2 minutes.

Run full speed for 70 yards then jog back. Repeat three times.

Run full speed for 70 yards then walk back. Repeat three times.

Wednesday: **Intervals** 30/30 – run at 80% of max speed for 30 seconds and jog for 30 seconds for your rest. Repeat 10 times rest 5 minutes and repeat.

Thursday: **run** good pace for 15 minutes-your target pace is 7½ minute mile pace. Find yourself a 2-mile loop or a track.

Friday: **Fitness with the ball**, using the touchlines of a soccer field; you will run with the ball (max speed with control) from touchline to touchline, once to the touchline you will dribble back (as many touches with both feet as possible) to the starting touchline as your recovery. Two sets of 10 with 5 minute rest between sets.

### WEEK 3, July 28-August 1

Monday: **Steady run: run** good pace for 22 minutes-your target pace is 7½ minute mile pace. Find yourself a 3-mile loop or a track

Tuesday: **(10/20/30/40X5)** - Start with a 15 minute warm up jog, followed by a 10 minute stretching session. Follow the session with a 15 minute cool down and a stretch.

10 yard sprint – walk back, repeat 5 times

20 yard sprint – walk back, repeat 5 times

30 yard sprint – walk back, repeat 5 times

40 yard sprint – walk back, repeat 5 times

Wednesday: **Intervals (20/20/40x30)** Start with a 15 minute warm up jog, followed by a 10 minute stretching session. This workout can be done anywhere. It contains three parts: the jog, the hard run (80% sprint) and the walk. The 20/20/40 represents jogging for 20 second, hard run for 20 seconds and the walk for 40 seconds. These intervals should be repeated for 30 minutes. Follow the session with a 15 minute cool down and a stretch.

Thursday: **120's/60's**

This exercise can be done on a soccer field although fields vary in length from 100-120 yards. Football field are 120 yards in length from the end of one end zone to the other end zone.

- 120's - sprint the full length of the field (120 yards) in 20 seconds and jog back in 40 seconds. Rest for one minute and repeat 8 times. Take a 5 minute rest at the completion of the set.
- 60's – sprint to midfield (60 yards) in 9 seconds and job back in 22 seconds. Rest for 30 seconds and repeat 6 times.

Friday: **Steady run: run** good pace for 22 minutes-your target pace is 7½ minute mile pace. Find yourself a 3-mile loop or a track

### WEEK 4, August 4-8

Monday: **Steady run:** good pace for 22 minutes-your target pace is 7:15 minute mile pace. Find yourself a 3-mile loop or a track.

Tuesday: **Sprint work** - run full speed for 30 yards then jog back. Repeat three times.

Run full speed for 30 yards then walk back. Repeat three times

Run full speed 40 yards then jog back. Repeat three times; rest 3 minutes.

Run full speed for 40 yards then walk back. Repeat three times

Run full speed for 70 yards then jog back. Repeat three times; rest 3 minutes..

Run full speed for 70 yards then walk back. Repeat three times.

Wednesday: **Intervals (20/20/40x30)**. This workout can be done anywhere, it contains three parts: the jog, the hard run (80% sprint) and the walk. The 20/20/40 represents jogging for 20 second, hard run for 20 seconds and the walk for 40 seconds. These intervals should be repeated for 22 minutes.

Thursday: **Sprint work** - Run full speed for 30 seconds then rest for 30 seconds.  
Run max speed for 60 seconds then rest for 60 seconds.  
Run max speed for 90 seconds then rest for 90 seconds.  
Rest for 2 minutes then repeat Do three sets.

Friday: **Steady run**: good pace for 22 minutes-your target pace is 7:15 minute mile pace. Find yourself a 3-mile loop or a track. Make sure you stretch before and after.

#### **WEEK 5, August 11-15**

Monday: **Steady run**: good pace for 22 minutes-your target pace is 7 minute mile pace. Find yourself a 3-mile loop or a track.

Tuesday: **Shuttles (40/30/20x4)** - Place two cones 15 yards apart. When doing shuttle (bend with the knees not at the waist) touch the ground at each end.

Max speed for 50 seconds and then rest 50 seconds

Max speed for 40 seconds and then rest 40 seconds

Max speed for 30 seconds and then rest 30 seconds

Max speed for 20 seconds and then rest 20 seconds

Rest 2 minutes and repeat 4 times.

Wednesday: **Intervals (20/20/40x30)**. This workout can be done anywhere, it contains three parts: the jog, the hard run (80% sprint) and the walk. The 20/20/40 represents jogging for 20 second, hard run for 20 seconds and the walk for 40 seconds. These intervals should be repeated for 22 minutes.

Thursday: **Sprint work** - Run full speed for 30 seconds then rest for 30 seconds.  
Run max speed for 60 seconds then rest for 60 seconds.  
Run max speed for 90 seconds then rest for 90 seconds.  
Rest for 2 minutes then repeat Do three sets.

Friday: **Steady run**: good pace for 22 minutes-your target pace is 7 minute mile pace. Find yourself a 3-mile loop or a track. Make sure you stretch before and after.