

Bethel M Soccer

Off-Season Training Guide

Level Two - Off Season

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Speed	8 fast sprints during practice 3 x week							
Sprint 8 cardio	20 minutes 2 x week / or play your sport hard & fast X3							
Plyometrics	15 minutes 1 x week							
Hip Flexors	Hurdles - 15 minutes 1 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Chest press 3/10 Chest flies 3/10							
Back	mach rows 3/10 or lat pull downs							
Shoulders	Shoulder press 3/10 shrugs 3/20							
Sports Specific Strength	DB Pullovers 3/10 Split-leg snatch DB 2/10							
Biceps	Machine curls 3/10 DB 21s 2/21							
Triceps	Rope Triceps 3/20							
Leg superset:	Leg press 3/10 (or Squats)							
1. Quads	3 way calf raises 3/10							
2. Calves	pause jumps 3/10							
3. Bosu Balance Ball	10 seconds each leg x3							
Sports Specific	Overspeed jumps 1/10 Single-leg box jump 3/8							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Abs	Abs superset 3/failure Leg raises 3/failure							
Low back Obliques	Hyperextensions 2/15 with Russian twist							