

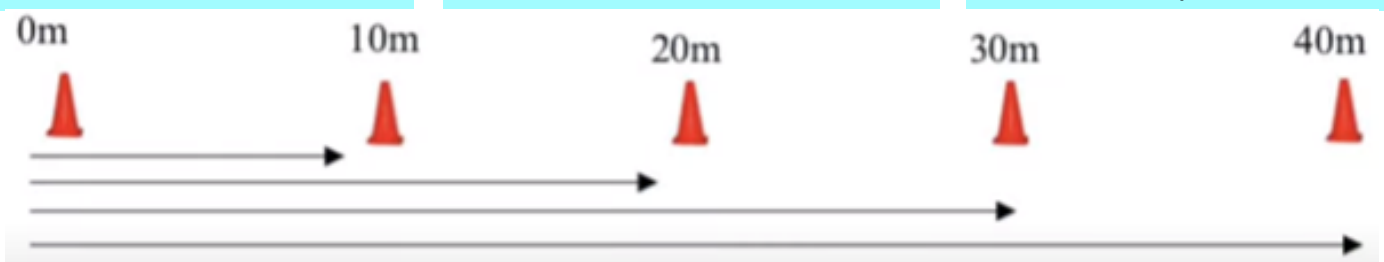
SOCCER PRE-SEASON CONDITIONING - WEEK 4

WEEK 4 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whole Body	L Run+Ball Sk	Day off	Sprints	Whole Body	Day off	Interv+Ball Sk

WEEK 4 SESSION PLAN

Exercise	Type	Sets / Reps
Long Run	Jog	Aim 4-8km
Whole Body	Weighted Squat Weighted Lunge Straight Leg Deadlift Weighted Calf Raises Incline Push ups Crab Walks Crunches Plank Side Plank	3 x 10-12 Plank Hold 3 x 40sec 5-10kg Weight
Interval Run (Soccer field)	Sprint (Width) Jog (Length)	4 x 3 (3 min rest) 80-90% sprint
Ball Skills	Quick feet Toe Taps Sole Taps Cutbacks Ball Rolling Clock	30mins
Sprints	Sprints	10m x 4 20m x 4 30m x 5 40m x 6 2min rest between metres Repeat x 2



SOCCER PRE-SEASON CONDITIONING - WEEK 4

WEEK 4 SESSION PLAN - CONTINUED

Exercise	Type	Sets / Reps
Stretches	Calf Hip flexors Quads Hamstring Glutes	30-40sec holds x 2 Both sides

