

## **2022 Upper St. Clair Boys Soccer Summer Conditioning**

This is a **mandatory running and strength conditioning program** that you must perform in order to get ready for the **August 15** try-outs. **Every soccer player is expected to do this workout!** It can be done anywhere and does not require any special equipment other than a stopwatch. This is the minimum you need to do. Anything beyond this, such as lifting weights and participating in soccer camps will be a bonus for you and make you even better, faster and stronger.

Both the running and strength work-outs are designed to last about 30 - 45 minutes. You also need to work with a soccer ball for at least 30 minutes every day. Work on dribbling, cutting, moves and juggling. Use a wall to work on receiving the ball with both feet, thighs and chest. If you have a partner, work with him on 1v 1s and passing and receiving. Play small sided games if you can get together with several guys.

The conditioning consists of a **9 week program**. Mondays, Wednesdays and Fridays are running days. Tuesdays, Thursdays and Saturdays are Strength and Conditioning days. Follow the attached workout routine for these days. You can be flexible with the days for Running and Strength Conditioning as long as you get both done 3 times a week. Make sure you work with a ball every day! **Begin your conditioning no later than Monday, June 18.**

The best place to do the running is a track such as the high school stadium. But a neighborhood street will do, too. Measure the required distances and use a stop watch to time yourself. Adjust the running speed to the length of the runs but do each run as fast as possible. **The only one who can stop you from being in the best possible shape is you!**

### **Week 1:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Repeat 100's: (push yourself to do each run as fast as possible!)  
2 sets of 8 x 100 m at 18-22 sec. with 30 sec. rest between runs,  
3 min. rest between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

90 sec. runs: (as fast as possible)  
8 x 90 sec. runs with 3 min. recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching.

Steady run for 25 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 2:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

30/30s: (as fast as possible)  
10 x 30 sec. runs, 30 sec. jog recovery  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

2 min. runs: (run as fast as you can)  
5 x 2 min. runs with 2 min. recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 3:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

10 sec bursts:  
Burst hard with maximum effort for 10 sec. then slow down and coast for 30 sec.  
2 sets of 6 min. – 3 min walk between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Fartlek: Speed play to simulate the demands of the game's continuous starts and stops  
25 min run with 15 hard efforts (sprints) throughout. Sprints should vary from 15 sec to 90 sec in duration

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 4:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Repeat 100's: (push yourself to do each run as fast as possible!)  
2 sets of 10 x 100 m at 16 - 20 sec. with 30 sec. rest between runs,  
3 min. rest between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

90 sec. runs: (as fast as possible)  
8 x 90 sec. runs with 3 min. recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

## **Week 5:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

30/30s: (as fast as possible)  
12 x 30 sec. runs, 30 sec. jog recovery  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

1 min. runs: (as fast as possible)  
6 x 1 min. runs with 2 min. recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

## **Week 6:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

10 sec bursts:  
Burst hard with maximum effort for 10 sec. then slow down and coast for 30 sec.  
2 sets of 7 min. – 3 min walk between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Fartlek: Speed play to simulate the demands of the game's continuous starts and stops  
30 min run with 20 hard efforts (sprints) throughout. Sprints should vary from

15 sec to 90 sec in duration

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 7:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Repeat 100's: (push yourself to do each run as fast as possible!)  
3 sets of 8 x 100 m at 16 - 20 sec. with 30 sec. rest between runs,  
3 min. rest between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Power runs:  
5 x 45 sec. runs all out (max speed) with 5 min. light jogging between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 8:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

30/30s: (as fast as possible)  
15 x 30 sec. runs, 30 sec. jog recovery

Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

1 min. runs: (as fast as possible)  
8 x 1 min. runs with 2 min. walk recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

**Week 9:**

**Monday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Repeat 120's: (push yourself to do each run as fast as possible!)  
2 sets of 8 x 120 m at 16 - 18 sec. with 35 sec. rest between runs,  
3 min. rest between sets  
Finish with 10 min. steady cool-down run

**Tuesday:** Strength and Conditioning: See attached work-out

**Wednesday:** Running, warm-up for 5 min. and do 3 min. of active stretching

90 sec. runs: (as fast as possible)  
10 x 90 sec. runs with 3 min. recovery between runs

**Thursday:** Strength and Conditioning

**Friday:** Running, warm-up for 5 min. and do 3 min. of active stretching

Steady run for 30 min.

**Saturday:** Strength and Conditioning

**Sunday:** Rest

## **Strength and Conditioning Work-outs**

### **Week 1 - 3**

#### **Core:**

##### 1. Sit-ups, 3 x 20

- Bend knees, raise feet of floor with lower legs parallel to ground.
- Balance soccer ball on lower legs.
- With hands on the side of your head touch knees with your elbows.

##### 2. 6 – inch leg raises, 3 x 20

- Lie on back with legs straight.
- Keep arms at sides and raise legs 6” off ground.
- Hold position for 5 sec., lower and repeat.

##### 3. Superman, 3 x 20

- Lie on stomach, arms and legs straight.
- Raise arms and legs of the ground, hold for 5 sec.
- Lower and repeat.

##### 4. Side Plank, 90 seconds per side

- Lie on side with elbow tucked underneath and feet on top off each other.
- Lift body into the air with only foot / ankle touching ground.
- Elevate hips and keep core tight.
- Lift top leg 6” off bottom leg. (advanced)

#### **Chest:**

##### Push-ups 3 x 20

- Place both hands on soccer ball in push-up position.
- Do push-ups slow and in a controlled way.

## **Legs:**

1. Single leg squat with chair, 3 x 10 each leg
  - Stand in front of chair on one leg.
  - Slowly lower yourself onto chair.
  - Push back up just as you touch the chair.
2. Single leg bound lateral, 3 x 10 per leg
  - From standing position bound laterally of left leg and land on right leg in semi squat position, keeping left foot of the ground.
  - Hold for 3 seconds, bound of right leg onto left leg etc.
3. Squat jumps, 3 x 10
  - In athletic stance interlock your fingers behind your head.
  - Quickly squat and then explode and jump as high as you can.
  - Land softly and repeat immediately.

## **Week 4-6**

### **Core**

1. Russian Twist, 2 x 15 each side
  - Sit on floor with feet in the air.
  - Hold 10 pound weight (anything) near torso with both hands.
  - Rotate right and touch weight to floor next to hip.
  - Rotate left and touch weight to floor next to hip.
2. Plank, 3 x 2 minutes
  - Lie on stomach with elbows bend under you.
  - Raise body into air until only elbows and toes are touching ground.
  - Keep body in straight line with abs and buttocks tight.
  - Hold for two minutes
3. Bridge with Leg Extension, 3 x 8 per leg
  - Lie on back with knees bend and legs flat on floor.

- Raise body off the floor.
- Form straight line from shoulders to knees.
- Only feet and shoulder blades touch the ground.
- Lift left leg and straighten it.
- Lower left leg and lift right leg, etc.

4. Side Bridge 2 x 30 seconds per side
- See previous description of work-out.

### **Chest:**

Push-ups 3 x 10 per leg

- Place both hands on soccer ball in push-up position.
- Raise left leg 6" of the ground.
- Do push-ups slow and in a controlled way.
- Lower left leg and raise right leg.

### **Legs:**

1. Lateral Skaters, 3 x 20 sec.

- Begin with both feet together and push off laterally with one leg.
- Upon landing, immediately push off in opposite direction and continue drill.

2. In Place Ankle Jumps, 2 x 20sec. back and forth and 2 x 20 sec sideways

- Perform in-place jumps using the ankle.
- Spend a minimum amount of time on the ground.
- Jump over a line, back and forth and sideways.

3. Lunges, 3 x 10 per leg

- From lunge position ( front leg bent, back leg 1-2 inches above ground) push off front leg to standing position.
- Step forward into lunge position with same leg.
- Switch legs after 10 reps.

## **Week 7-9**

### **Core:**

1. Sit-ups, 3 x 30

- Bend knees, raise feet of floor with lower legs parallel to ground.
- Balance soccer ball on lower legs.

- With hands on the side of your head touch knees with your elbows.
2. High Plank with Forearm Touch 2 x 30 seconds per arm
    - Assume push-up position with hips in line with shoulder and knees (raise your butt).
    - Lift left hand and touch it to right forearm hold for 30 sec.
    - Lower left and lift right hand to left forearm, etc.
  3. Bridge with Leg Extension, 3 x 10 per leg
    - See previous description of work-out.
  4. Side Bridge Advanced, 2 x 30 seconds per side
    - See previous description of work-out.

### **Chest:**

1. Push-up with Rotation, 3 x 20
  - Perform push-up. At top of movement, rotate body to side-plank position with one arm on ground and other extended towards ceiling.
2. Plyo Push-Ups, 2 x 15
  - Perform an explosive push-up. Hands should leave the ground, achieving as much space between hands and ground as possible. Finish with arms extended.
  - When landing, keep your arms stiff, but not locked. Spend as little time on the ground as possible and explode back up.

### **Legs:**

1. Lunge with Power-up Jump, 2 x 10 per leg
  - Step into lunge position and shift your weight toward your front leg.
  - Drive off front leg into a forward motion and then land on two feet.
  - Step out with other leg and repeat.
2. In-Place Tuck Jumps, 3 x 12
  - Standing in the power position, load the lower body by swinging both arms back while flexing the hips and knees.

- Begin the extension of the hips and knees and finally the ankles as the arms swing forward but close to the body.
- Jump Straight in the air tucking both knees to the chest.
- Upon landing repeat immediately with the same technique
- Perform as rapidly as possible

3. Power Skips, 3 x 20 (You will need to use the track or turf)

- Skip with an aggressive hip extension.
- The goal is to increase distance and height with each skip.
- You should spend the least amount of time in contact with the ground as possible.