

SUMMER WORKOUTS-RUNNING SCHEDULE AND STARTING DATE

I am looking forward to the 2016 soccer season. In order for you to be a more competitive player, it is necessary that you be physically fit. An example of an appropriate training schedule for soccer players would be the following:

First week:

1 mile 6 times a week (at your own pace)
20 sprints 10 yards each 6x a week

Second week:

2 miles 6x a week (at your own pace)
20 sprints 6 yards each 6X a week
10 sprints 12 yards each 6x a week
2 sprints 18 yards each 6x a week

Third week:

2 miles 5x a week under eight minutes a mile or better
20 sprints 6 yards each 5X a week
10 sprints 12 yards each 5x a week
2 sprints 18 yards each 5x a week

Forth week:

2 miles 5x a week under seven minutes a mile or better
20 sprints 6 yards each 5X a week
10 sprints 12 yards each 5x a week
2 sprints 18 yards each 5x a week

Other important suggestions:

- Join Mr. Cugliari's workouts if you don't play a winter or spring sport.
- Play organized soccer as much as possible.
- Join the workouts on Monday and Tuesday nights during the summer on the turf.

IT IS IMPERATIVE THAT YOU HAVE A PHYSICAL COMPLETE BEFORE BEGINNING ALL OF THE ABOVE ACTIVITIES...

FIRST PRACTICE FOR THE 2016 SEASON IS AUGUST 19TH!