



*John P. Stevens*  
**Hawks Soccer**  
 2011

Program For June

1. You should run 18 miles a week during June.
2. Do not concern yourself too much with time, just Run.
3. Give yourself 4 miles worth of credit for playing an organized match. Two miles credit for practice.
4. You should be lifting 3 times a week.
5. Work on personal improvement - your aim should be to improve the weak areas of your game.
6. Do two track workout a week listed below. Do not do a track workout on the day before or day of a match
7. Do a minimum of 400 situps and 250 pushups a week.

**Workout (Mondays at 2:45 p.m.)\***

1. Jog 1/2 mile - Stretch
2. Ladder Work
3. Run 1200 Meters. Target time 6:45 minutes.
4. Run 800 Meters. Target time 3:00 minutes.
5. Run 400 Meters. Target time 1:20 minutes.
6. Run 4 x 100 meters. (jog curve-run straight away)
7. 1/2 Mile cool down jog.
8. Weightroom

**Workout (Thursday at 2:45 p.m.)\***

1. Jog 1/2 Mile - Stretch
2. Ladder Work.
3. 5 x 30 Full Speed - Walk back for recovery.
4. 5 x 40 Full Speed - Walk back for recovery.
5. 5 x 50 Full Speed - Walk back for recovery.
6. 1 Suicide set.
7. 1/2 Mile cool down jog.
8. Weightroom

**\* After the last day of school all track and weightroom workouts will be on Mondays and Wednesdays beginning at 9:00 a.m.**

# June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Track Work Out - Weightroom 2:45 pm	<b>2</b>	<b>3</b>
						<b>4</b>
	<b>5</b>	<b>6</b> Track Work Out - Weightroom 2:45 pm	<b>7</b>	<b>8</b>	<b>9</b> Track Work Out - Weightroom 2:45 pm	<b>10</b> Finals
						<b>11</b>
	<b>12</b>	<b>13</b> Finals	<b>14</b> Finals	<b>15</b> Graduation	<b>16</b> Captains Practice 6:30-8:00 pm	<b>17</b>
						<b>18</b>
	<b>19</b>	<b>20</b> Track Work Out - Weightroom 9:00 am	<b>21</b> Captains Practice 6:30-8:00 pm	<b>22</b> Track Work Out - Weightroom 9:00 am	<b>23</b> Captains Practice 6:30-8:00 pm	<b>24</b>
						<b>25</b>
	<b>26</b>	<b>27</b> Track Work Out - Weightroom 9:00 am	<b>28</b> Captains Practice 6:30-8:00 pm	<b>29</b> Track Work Out - Weightroom 9:00 am	<b>30</b> Captains Practice 6:30-8:00 pm	
						