



John P. Stevens
Hawks Soccer
 2011

May 2011

Program For May

1. You should run 16 miles a week during May.
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 strenuously 3 times a week. Following the lifting program.
5. Work on personal improvement - your aim should be to improve the weak areas of your game.
6. Do both track workouts a week listed below.
7. Do a minimum of 300 situps and 200 pushups a week.
8. Play Play Play - Make sure you enjoy the GAME.


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

1. Jog 1/2 mile - Stretch
2. Ladder Work
3. Run 8 x 100 meters. (jog curve-run straight away)
4. Suicides
5. 1/2 Mile cool down jog
6. Weightroom

Workout (Thursdays at 2:45 p.m.)

1. Jog 1/2 mile - Stretch
2. Ladder Work
3. Run 1200 Meters. Target time 7:00 minutes
4. Run 800 Meters. Target time 3:15 minutes
5. Run 400 Meters. Target time 1:30 minutes
6. 1/2 Mile cool down jog.
7. Weightroom



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1	2 Track Work Out - Weightroom 2:45 pm	3	4	5 Track Work Out - Weightroom 2:45 pm	6	7
	8	9 Track Work Out - Weightroom 2:45 pm	10	11	12 Track Work Out - Weightroom 2:45 pm	13	14
	15	16 Track Work Out - Weightroom 2:45 pm	17	18	19 Track Work Out - Weightroom 2:45 pm	20	21
	22	23 Track Work Out - Weightroom 2:45 pm	24	25	26 Track Work Out - Weightroom 2:45 pm	27 	28
	29	30 Memorial Day	31				



Play the Beautiful Game

PLAY PLAY PLAY