



Hawks Soccer Players:

Summer Independent Workout:

It's time that you take an active independent role in your attempt to become ready for the fall campaign. It is expected that you come into preseason camp on August 14th with a basic core cardio level. To that end you should follow these benchmarks each month to get your body ready for the vigor of a long season. Keep track and record your progress throughout the summer.

Stretching:

It is important that you stretch before and after working out. Read and follow the helpful tips found on the Sports Fitness Advisory website:

<http://www.sport-fitness-advisor.com/soccer-stretching.html>

Cardiovascular and Strength Program:

June: Perform a minimum of 300 sit-ups and 200 push-ups each week. You can do them in sets of 10 throughout the day. Jog total of 14 miles for each week of the month of June, a couple of miles each day

July: Increase to 400 sit-ups and 250 push-ups each week. Jog total of 16 miles for weeks in July

August: Complete 500 sit-ups and 300 push-ups each week for the two weeks before we start the season on August 14th. Jog total of 18 miles each week.

Three times a week do one of these Training Challenges:

Training Challenge 1: 5-minute run at 80% of your max HR. Rest 4 minutes.
Repeat for 5 sets.

Training Challenge 2: 2-minute intervals running at 95% of your max heart rate.
Rest 1-minute between sets. Repeat for 8 sets

Training Challenge 3: Run a 20-second sprint as fast as you can.
(Think running for your life.) Rest 1-minute. Repeat 30 times. (Yes, 30 times.)

Training Challenge 4: Run 60 yards and return back 60 (120 yards total).
Complete each set within 20 seconds. Rest 100 seconds and complete for 10 sets.

Training Challenge 5: Sprint 60 yards. Rest 10 seconds. Repeat for 8 sets.

Training Challenge 6: Break the parameter of a field into 6 parts (mid to corner, corner to corner, corner to mid, mid to corner....) Start with a jogging 5 sections and sprinting one. Add a section to the sprint (ie. sprint 2 sections jog 4) each time until the final time around you are sprinting all six sections.