



John P. Stevens
Hawk Soccer
 2011

April 2011



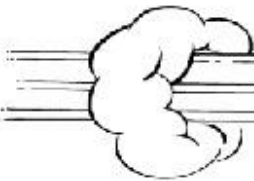


Program For April

THE TIME IS NOW TO BEGIN THE PREPERATION FOR THE FALL SEASON, IF YOU HAVE NOT DONE SO ALREADY. IF YOU FOLLOW THE STEPS SET OUT OVER THE NEXT FEW MONTHS YOUR SEASON, AS WELL AS THE TEAMS WILL CERTAINLY BE SUCCESSFUL.

1. You should run 12 miles a week during April.
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 2-3 times a week. Following our lifting program.
5. Work on personal improvement - your aim should be to improve the weak areas of your game.
6. Attend track workouts listed below.
7. Do a minimum of 300 situps and 200 pushups a week.
8. Play Play Play - Make sure you enjoy the GAME.

Track Workouts - (Monday & Thursdays at 2:45 pm)

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 4 x 100 meters. (jog curve-run straight away)
6. 1/2 Mile cool down jog.
7. Weightroom

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
						
3	4 Track Work Out - Weightroom 2:45 pm	5	6	7 Track Work Out - Weightroom 2:45 pm	8	9
10	11 Track Work Out - Weightroom 2:45 pm	12	13	14 Track Work Out - Weightroom 2:45 pm	15	16
	17 18 Track Work Out - Weightroom 2:45 pm	19 No School	20 No School	21 No School	22 No School	23
24	25 Track Work Out - Weightroom 2:45 pm	26	27	28 Track Work Out - Weightroom 2:45 pm	29	30

Hawk Time
Get the Ball Rolling.