



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

# August 2011

Program For August

1. You must run 21 miles a week during July. (Shoot for sub 7 minute miles).
2. Reduce the number of competitive matches so to reduce the possibility of injury directly before the season.
3. You should be lifting 3 times a week.
4. Personal improvement work should be done with a partner if possible. Play 1 vs 1 for two minutes at a time.
5. Do two track workout a week listed below.
6. Do a minimum of 500 situps and 300 pushups a week.

Workout (Monday Mornings 9:00 a.m.)

1. Jog 1 Mile - Stretch
2. Ladder Work
3. 5 x 80 Accelerations.
4. 5 x 30 Full Speed - Walk back for recovery.
5. 5 x 40 Full Speed - Walk back for recovery.
6. 5 x 50 Full Speed - Walk back for recovery.
7. 1 Suicide set.
8. 1/2 Mile cool down jog.
9. Weightroom

Workout (Wednesday Mornings 9:00 a.m.)

1. Jog 1 mile - Stretch
2. Ladder Work
3. 10 x 10 Meters Sprints to Slow Downs
4. 10 x 20 Meters Sprints to Slow Downs
5. 10 x 30 Meters sprints to Slow Downs
6. 1/2 Mile cool down jog.
7. Weightroom

**Get Ready**  
**Get Set**  
**PLAY**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Track Work Out - Weightroom 9:00 am	<b>2</b> Captains Practice 6:30-8:00 pm	<b>3</b> Track Work Out - Weightroom 9:00 am	<b>4</b> Captains Practice 6:30-8:00 pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Track Work Out - Weightroom 9:00 am	<b>9</b> Captains Practice 6:30-8:00 pm	<b>10</b> Track Work Out - Weightroom 9:00 am	<b>11</b> Captains Practice 6:30-8:00 pm	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> First Day of Practice 9:00-11:00am 1:00-3:30 pm	<b>16</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>17</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>18</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>19</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>20</b> Car Wash Times TBA
<b>21</b>	<b>22</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>23</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>24</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>25</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>26</b> Practice 8:00 - 10:30am 1:00 - 3:30pm	<b>27</b> Scrimmage @ Sayreville
<b>28</b>	<b>29</b> Practice 9:00 - 12:00	<b>30</b> Scrimmage	<b>31</b> Practice 9:00 - 12:00			