



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

# July 2011

Program For July

1. You should run 20 miles a week during July. (Shoot for sub 8 minute miles).
2. Continue to give yourself 4 miles worth of credit for playing an organized match. Two miles credit for practice.
3. You should be lifting 3 times a week.
4. Work on personal improvement.
5. Do two track workouts a week listed below.
6. Do a minimum of 490 situps (average 70 per day) and 385 (average 55 per day) pushups each week.

Monday Workout

1. Jog 1 mile - Stretch
2. Ladder Work
3. 2 x 800 Meters. Target time 3:00 minutes.
4. 2 x 400 Meters. Target time 1:30 minutes..
5. 2 x 200 Meters. Target time 45 seconds.
6. 1/2 Mile cool down jog
7. Weightroom

Wednesday Workout

1. Jog 1 Mile - Stretch
2. Ladder Work
3. 4 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. 1/2 Mile cool down jog.
8. Weightroom



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Happy Fourth	5 Captains Practice 6:30-8:00 pm			6 Track Work Out - Weightroom 9:00 am	7 Captains Practice 6:30-8:00 pm
10	11 Track Work Out - Weightroom 9:00 am	12 Captains Practice 6:30-8:00 pm	13 Track Work Out - Weightroom 9:00 am	14 Captains Practice 6:30-8:00 pm	15	16
17	18 Track Work Out - Weightroom 9:00 am	19 Captains Practice 6:30-8:00 pm	20 Track Work Out - Weightroom 9:00 am	21 Captains Practice 6:30-8:00 pm	22	23
24	25 Track Work Out - Weightroom 9:00 am	26 Captains Practice 6:30-8:00 pm	27 Track Work Out - Weightroom 9:00 am	28 Captains Practice 6:30-8:00 pm	29	30
31						

UK Elite High School Training Camp  
 Bloomsburg University July 17th - 21st

