



John P. Stevens
Hawks Soccer
 2011

June 2011

Program For June

1. You should run 18 miles a week during June.
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 3 times a week.
5. Work on personal improvement - your aim should be to improve the weak areas of your game.
6. Do two track workout a week listed below. Do not do a track workout on the day before or day of a match
7. Do a minimum of 400 situps and 250 pushups a week.

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

1. Jog 1/2 mile - Stretch
2. Ladder Work
3. Run 1200 Meters. Target time 6:45 minutes.
4. Run 800 Meters. Target time 3:00 minutes.
5. Run 400 Meters. Target time 1:20 minutes.
6. Run 4 x 100 meters. (jog curve-run straight away)
7. 1/2 Mile cool down jog.
8. Weightroom

Workout (Thursday at 2:45 p.m.)*

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

*** After the last day of school all track and weightroom workouts will be on Mondays and Wednesdays beginning at 9:00 a.m.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Track Work Out - Weightroom 2:45 pm	2	3
						4
<p>Help yourself and your teammates! Get ready for the season by doing all you can.</p>						
5	6 Track Work Out - Weightroom 2:45 pm	7	8	9 Track Work Out - Weightroom 2:45 pm	10	11
12	13 Finals	14 Finals	15 Graduation	16 Captains Practice 6:30-8:00 pm	17	18
19	20 Track Work Out - Weightroom 9:00 am	21 Captains Practice 6:30-8:00 pm	22 Track Work Out - Weightroom 9:00 am	23 Captains Practice 6:30-8:00 pm	24	25
26	27 Track Work Out - Weightroom 9:00 am	28 Captains Practice 6:30-8:00 pm	29 Track Work Out - Weightroom 9:00 am	30 Captains Practice 6:30-8:00 pm		